

# Long-Acting Reversible Contraception (LARCS)



# What is contraception?



**Contraception** is something you use or do to stop pregnancy.

Contraception means using things like medicine or items to stop you from getting pregnant.



There are many different types of contraception.

Each type works in a different way.

# What is long-acting reversible contraception?



Long-acting reversible contraception is also called LARC.

**5 - 8  
Years**



LARC is a way to stop **pregnancy** for a long time.



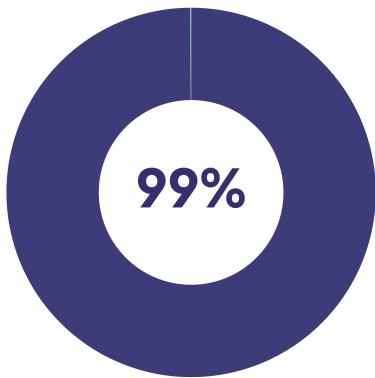
Pregnancy means a baby growing inside the womb.



LARC's work for years but can be stopped when you want.

Once a LARC is put in, you do not need to do anything.

You only need to change it when the doctor tells you it is time.



LARCs are more than 99% **effective** at stopping pregnancy.



Effective means it works very well.



It is safe for most people.



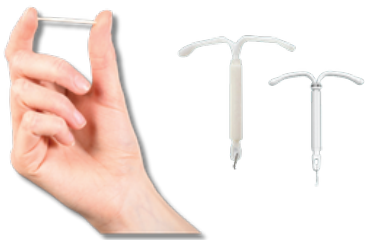
LARC's can be stopped any time.



When you stop using a LARC your **fertility** goes back to normal.



Fertility means your body's ability to get pregnant.



There are two main types of LARC:  
IUDs (intra-uterine devices)  
Implants

We will explain what these mean.



LARCS do not protect you against **Sexually Transmitted Infections.**

Sexually Transmitted infections are also called STIs.



STI's are infections passed through sex.



This guide will tell you about the different types of IUDs.



Your doctor or clinician should use this guide while talking with you.



Your doctor or clinician should support you to ask questions.



It is your body and your choice.

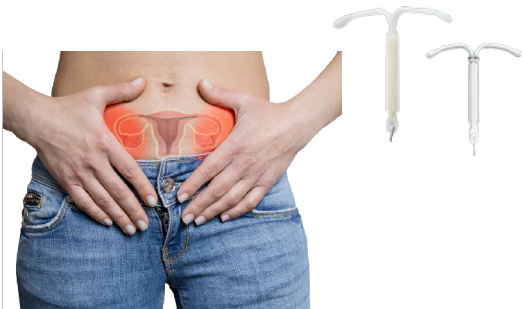


You have the right to information and choice.

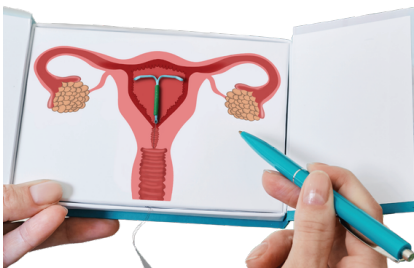
# Hormonal IUD's



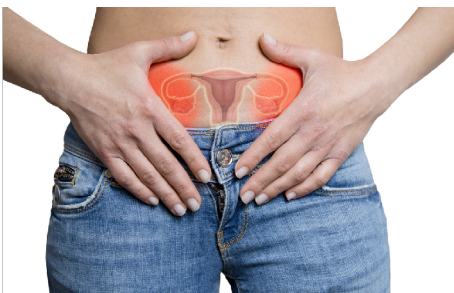
A hormonal **IUD** is a small T-shaped device.



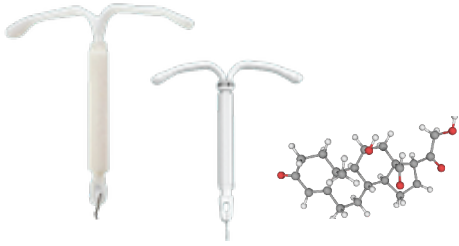
IUD means intra-uterine device.



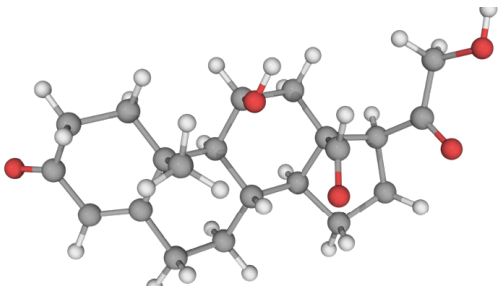
The IUD goes inside the **uterus**.



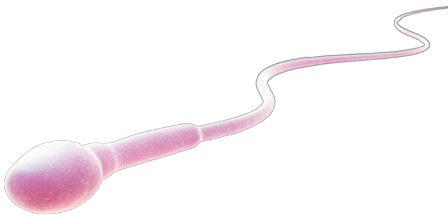
The uterus is also called the womb it is where a baby can grow.



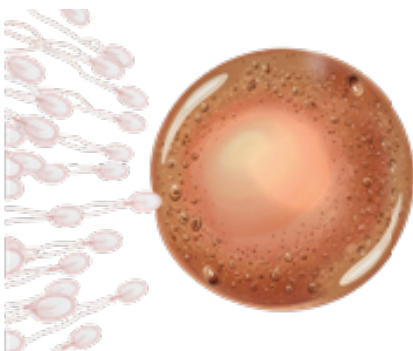
The IUD releases a small amount of **hormone** to stop pregnancy.



A hormone is a chemical made by your body that controls how it works.



The hormone stops **sperm** from reaching an egg and changes part of the womb.



Sperm are tiny cells made by people with testicles that can join with an egg to start a pregnancy.

There are two types of hormonal IUDs:

- Mirena.

This works for up to 8 years.

- Kyleena.

This is smaller and works for up to 5 years.

Hormonal IUDs can make **periods** lighter or stop them completely.

Periods are the monthly bleeding from the uterus.



This is not harmful to the body.



You might notice some light bleeding or **spotting** when it is first put in.

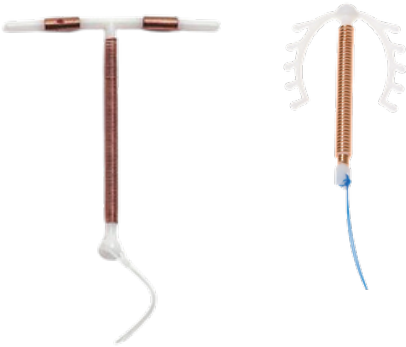


Spotting means a small amount of bleeding between periods.



The IUD can be put in or taken out by a doctor or nurse

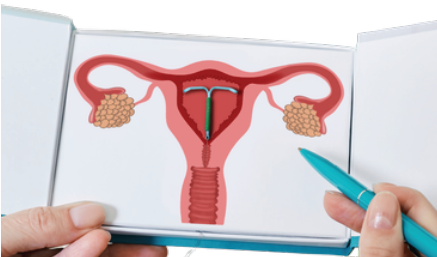
# Copper IUD's



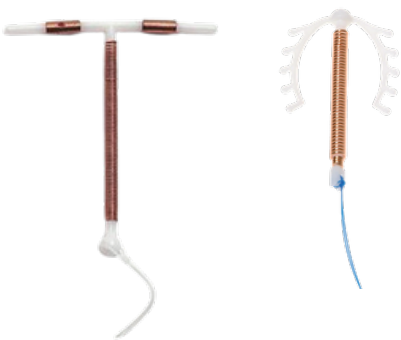
A copper IUD is a small T-shaped device made with **copper**.



Copper is a type of metal.



The copper IUD goes inside the uterus.



The Copper IUD change how sperm move so they cannot reach an egg.

**10  
Years**

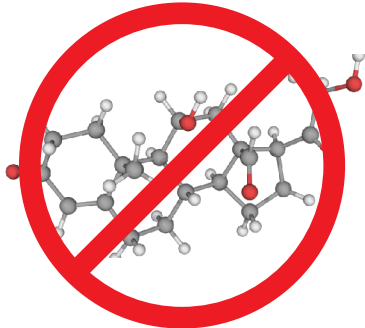


The Copper IUD works for up to 10 years.

**5 Years**



The Multiload IUD works for up to 5 years.



Copper IUD's do not have hormones so there are no hormonal side effects.



They might make your periods heavier or longer.



A copper IUD can be used as **emergency contraception** if put in within 5 days after sex.



Emergency contraception means something used after **unprotected sex** to stop pregnancy.



Unprotected sex means having sex without using contraception.



It can be put in by a doctor or **gynaecologist**.

A gynaecologist is a doctor who helps with women's reproductive health.

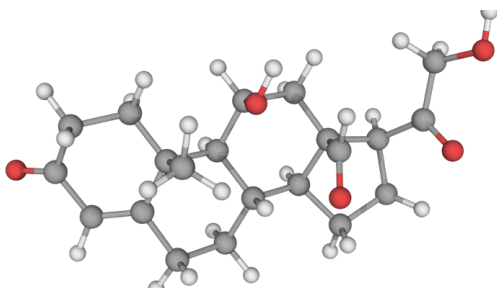
# Contraceptive Implant (Implanon)



A contraceptive implant is also called **Implanon**.



An Implanon is a small tube that goes under the skin in the upper arm.

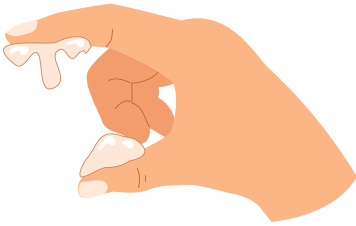


It slowly releases a hormone called **progestogen**.

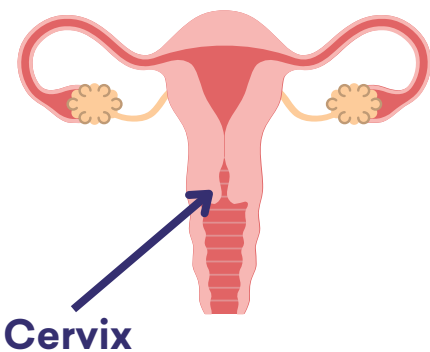


Progesterone is a hormone that stops the body from releasing eggs.

Progesterone makes the **mucus** in the **cervix** thicker.



Mucus is a sticky fluid made by the body.



Cervix means the opening between the vagina and womb.

The mucus helps to block **sperm**.



**3**  
**Years**

The implant works for up to 3 years.



It might make your period different.



Some people bleed more or at random times.



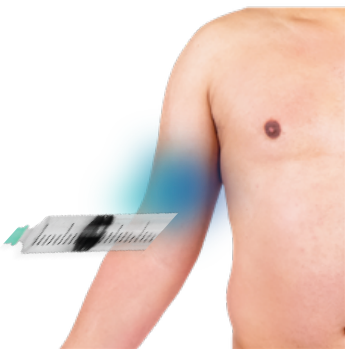
Some people do not bleed at all.



The implant can be removed by a trained doctor or nurse.



When it is put in the doctor or nurse will use a **local anaesthetic** to stop pain.



Local anaesthetic means a numbing medicine that makes one part of the body not feel pain.



The contraceptive implant is 99.95% effective.

This means it works very well.



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Online Bookings [www.shinesa.org.au](http://www.shinesa.org.au)







Clinic locations and times are available at [www.shinesa.org.au](http://www.shinesa.org.au)

### Sexual Healthline

-  1300 883 793 Country callers (toll free)
-  1800 188 171 Talk to a sexual health nurse about any sexual health issue.  
Available 9am – 12.30pm,  
Monday – Friday

### National Relay Service

-  [www.relayservice.gov.au](http://www.relayservice.gov.au)
-  133 677 (TTY/Voice)
-  1300 555 727 (Speak & Listen)
-  0423 677 767 (SMS)



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