



Health Professionals
Committed to the
Reproductive Needs of
Children and Adolescents

IUDs and Implants LARCS-Long Acting Reversible Contraception

THE INTRAUTERINE DEVICE (IUD)

THE IMPLANT (NEXPLANON)

The Basics

This tiny T shaped plastic device is inserted into the uterus. Once placed, the IUD works for years (3-12 depending on which IUD you choose)- you don't have to do a thing. It's more than 99% effective at preventing pregnancy and you can get it removed whenever you want. You can quickly get pregnant once the IUD is removed.

The Basics

This thin flexible rod gets placed under the skin of your upper arm. It's totally invisible and it works for years. You don't have to remember to take a pill, fill a prescription or do anything else-it just works. The implant is more than 99% effective at preventing pregnancy and you can get it removed whenever you want.

How does it work?

The IUD works with your body to change how sperm move and prevents sperm from reaching the egg.

How does it work?

The implant releases a hormone (progesterone) that prevents eggs from leaving the ovaries. It also thickens cervical mucus blocking sperm from getting through.

Is it safe?

The IUD is a safe birth control method. It does not cause infertility.

What can I expect?

You will feel a quick pinch and burning with a small injection of numbing medicine and insertion of the implant. The most common side effect after insertion is some bruising and soreness. Many girls will experience irregular bleeding which typically improves in 3-6 months. Some may actually have lighter or no periods and most have fewer menstrual cramps when they do have bleeding.

What can I expect?

You may have some pain and cramping when the IUD is inserted and some women have cramping for a day or two after the IUD is inserted. Most teens report the pain is a '6 out of 10' when it is placed, but the discomfort is brief. Taking Ibuprofen before and after getting your IUD insertion can help the cramping. The most common side effects are bleeding and cramps. These typically improve in 3-6 months or less. Some women don't experience any side effects and many women will have no more periods and fewer cramps.

Who uses the Implant?

Women who want effective birth control that lasts for years. The implant is a great option for teens because it is safe, simple and convenient.

Who uses the IUD?

Women who want effective birth control that lasts for years. Teens love IUDs because they are invisible, low maintenance and work extremely well to prevent an unplanned pregnancy.

For more information:

www.bedsider.org