

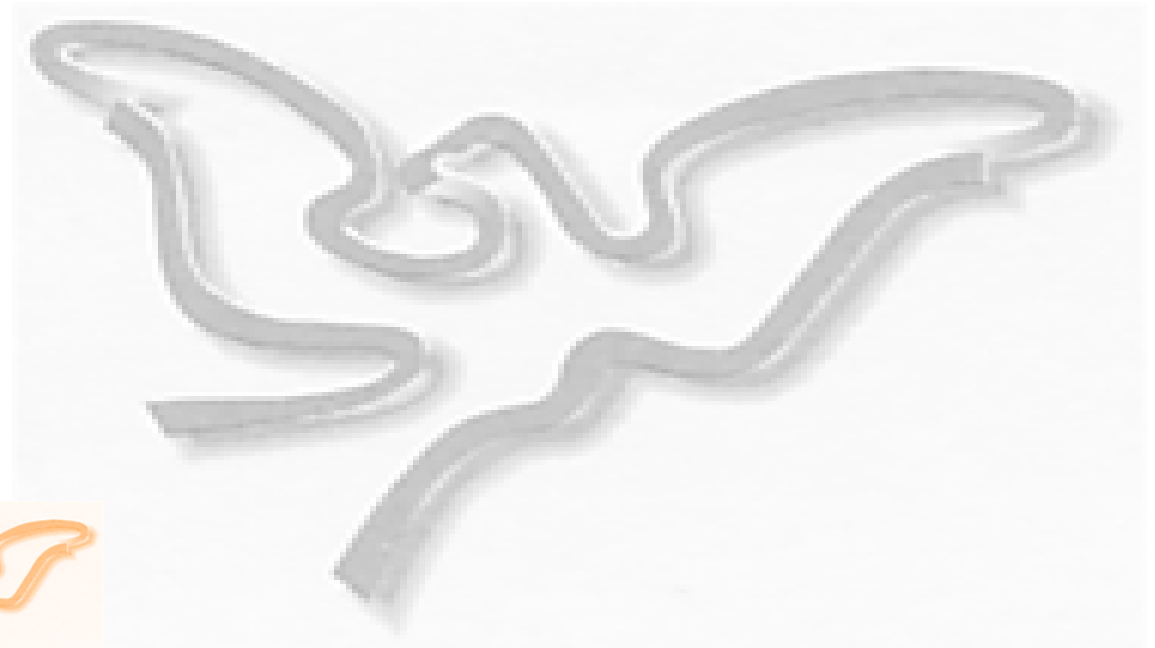
IF you need any more information please contact your GP, Practice Nurse or Family Planning Clinic.

Further information can be found on www.fpa.org.uk



CUMBERLAND HOUSE

PRIMARY HEALTH CARE CENTRE



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**Long Acting Reversible
Contraception
LARC**

Long Acting Reversible Contraception LARC

Helping you choose the method of contraception that is best for you. Long acting reversible contraception includes contraceptive injection, IUDs, IUS and implants. Their advantage is that they have no user failure

	Contraceptive injection	Intrauterine Device (IUD)	Intrauterine system (IUS)	Implant
Effectiveness	Over 99 per cent effective. Less than one woman in 100 will get pregnant in a year.	Over 99 per cent effective. Less than one woman in 100 will get pregnant in a year. Older IUDs have less copper and are less effective.	Over 99 per cent effective. Less than one woman in 100 will get pregnant over 5 years.	Over 99 per cent effective. Less than one woman in 1,000 will get pregnancy over three years. We do not currently provide implants at Cumberland House. The Family Planning Clinic at Waters Green Medical Centre would provide more details on where to get one fitted telephone 264100.
How it works	Releases the hormone progestogen, which stops ovulation, thickens cervical mucus to prevent sperm reaching an egg, and thins the lining of the uterus (womb) to prevent a fertilised egg implanting.	A small plastic and copper device is put into the uterus. It stops sperm reaching an egg, and may also stop a fertilised egg implanting in the uterus.	A small T-shaped plastic device which slowly released the hormone progestogen is put into the uterus. This thickens cervical mucus to prevent sperm reaching an egg, thins the lining of the uterus to prevent a fertilised egg implanting and may stop ovulation.	Small flexible rod put under the skin of the upper arm. Releases the hormone progestogen. It stops ovulation, thickens cervical mucus to prevent sperm reaching an egg, and thins the lining of the uterus to prevent a fertilised egg implanting.
Advantages	<ul style="list-style-type: none"> • Lasts for 12 weeks (Depo-Provera) • May protect against cancer of the uterus, and offers some protection from pelvic inflammatory disease. • You don't have to think about contraception for as long as the injection lasts. 	<ul style="list-style-type: none"> • Works as soon as it is put in. • Can stay in 5-10 years depending on type, but can be taken out at anytime. • You don't have to think about contraception for as long as the IUD is in place. • When the IUD is removed your fertility will return to normal. 	<ul style="list-style-type: none"> • Works for five years but can be taken out sooner. • Periods usually become much lighter, shorter and sometimes less painful. • You don't have to think about contraception for as long as the IUS is in place. • When the IUS is removed your fertility will return to normal. 	<ul style="list-style-type: none"> • Works for three years but can be taken out sooner. • You don't have to think about contraception for as long as the implant is in place. • When the implant is removed your fertility will return to normal.
Disadvantages	<ul style="list-style-type: none"> • Periods may stop, be irregular or longer. • Periods and fertility may take time to return after stopping the injection. <ul style="list-style-type: none"> • Some women gain weight. • Some women report having headaches, acne, mood changes and breast tenderness. 	<ul style="list-style-type: none"> • May not be suitable for women at risk of getting a sexually transmitted infection. • Periods may be heavier or longer and more painful. • Very small chance of getting an infection during the first 20 days after insertion. • A small increased risk of ectopic pregnancy if the IUD fails. 	<ul style="list-style-type: none"> • Irregular bleeding or spotting is common in the first six months. • Periods may stop altogether. Some women report having acne, headaches and breast tenderness. • Very small chance of getting an infection during the first 20 days after insertion. <ul style="list-style-type: none"> • May get ovarian cysts. 	<ul style="list-style-type: none"> • Periods are often irregular, much longer or stop. • Acne may occur. • Some women report having mood changes and breast tenderness. • It requires a small procedure to fit and remove it.
Comments	<ul style="list-style-type: none"> • The injection cannot be removed from the body so any side-effects may continue for as long as it works and for some time afterwards. • Not affected by other medicines. 	<ul style="list-style-type: none"> • If fitted after 40 it can stay in place until after the menopause. • Women are taught to check the IUD is in place by feeling the threads high in their vagina. • A check for any existing infection is usually advised before an IUD is put in. • Not affected by other medicines. 	<ul style="list-style-type: none"> • If fitted after 45 it can stay in place until the menopause. • Women are taught to check the IUS is in place. • Can be useful for women with very heavy and/or painful periods. • A check for any existing infection is usually advised before an IUS is put in. • Not affected by other medicines. 	<ul style="list-style-type: none"> • Put in using a local anaesthetic and no stitches are needed. Tenderness, bruising and some swelling may occur. • You may feel the implant with your fingers, but it can't be seen. • Some medicines may stop the implant working.