




# Long-Acting Contraceptive Information

<b>What are long-acting contraceptives?</b>	Long-acting contraceptives are plastic birth control devices. These include copper and hormonal IUDs (intrauterine devices) and a hormonal implant. A long-acting contraceptive prevents you from getting pregnant as long as it is in your body. For more details, see the chart, “Which Long-Acting Contraceptive Is Right for Me?”
<b>How well do long-acting contraceptives work?</b>	All long-acting contraceptives prevent pregnancy more than 99% of the time, which is more effective than the pill, the patch, the ring, or the shot.
<b>Are long-acting contraceptives safe?</b>	Long-acting contraceptives are safe. Serious problems are rare and tend to occur within the first few days of use.
<b>Can I get a long-acting contraceptive if I’ve never been pregnant?</b>	Yes. Long-acting contraceptives are a good choice even if you have not been pregnant.
<b>How do I get a long-acting contraceptive?</b>	A long-acting contraceptive can be placed by a trained professional. It is done in a medical office and takes only a few minutes. You can return to the office to have it removed at any time.
<b>What are the benefits of long-acting contraceptives?</b>	The main benefit is that you don’t need to think about or plan for birth control as long as the device is in your body. It is different from surgery (tubal ligation) since you can have the device removed if you don’t like it or if you want to get pregnant. A long-acting contraceptive can prevent pregnancy for an extended period of time. You do not need to buy refills or come back to the office for a shot. Long-acting contraceptives are safe to use while breastfeeding.
<b>Do long-acting contraceptives protect against HIV and other sexually transmitted infections?</b>	No, these contraceptives <b>do not</b> protect you from sexually transmitted infections. You should use a condom every time you have sex, even with an IUD or implant, to prevent HIV and other sexually transmitted infections.
<b>Do I need to have my long-acting contraceptive checked regularly?</b>	No routine visits are necessary. Schedule a visit with your provider if you have any questions, want to change your method, or would like to have your long-acting contraceptive removed.
<b>How much do long-acting contraceptives cost?</b>	The cost varies based on insurance coverage. Some insurance providers completely cover the cost of long-acting contraceptives. If the contraceptive is not covered by your insurance, it may cost several hundred dollars.
<b>Do IUDs cause abortion?</b>	No. IUDs work primarily by preventing sperm from fertilizing eggs.
<b>What happens if I want to get pregnant?</b>	Your health care provider can remove your long-acting contraceptive at any time. Some people remove their own IUDs. You can get pregnant right after the IUD or implant is removed.

# Which Long-Acting Contraceptive Is Right For Me?

	Copper IUD	Progestin IUD	Progestin Implant
			
<b>Brand names</b>	Paragard®	Mirena®, Kyleena®, Skyla®, Liletta®, and others	Nexplanon®
<b>How do I start using it?</b>	After putting a speculum in your vagina, a health care provider inserts the IUD into your uterus. Many providers give medicine like ibuprofen first.	After putting a speculum in your vagina, a health care provider inserts the IUD into your uterus. Many providers give medicine like ibuprofen first.	After numbing your skin with a topical medicine, a health care provider inserts the implant under the skin of your upper arm.
<b>When does my contraceptive start working?</b>	The copper IUD starts working right away.	The progestin IUD starts working 7 days after it is inserted.	The implant starts working 7 days after it is inserted.
<b>How long can I use it?</b>	Paragard® works for 10–12 years. Your health care provider can remove your IUD at any time. You may also be able to remove it yourself.	Mirena® works for 5–7 years, Kyleena® works for 5 years, Liletta® works for 5 years, and Skyla® works for 3 years. Your health care provider can remove your IUD at any time. You may also be able to remove it yourself.	The implant works for 3–5 years. Your health care provider can remove your implant at any time.
<b>Does it contain hormones?</b>	No.	Yes. There is a low dose of progestin but no estrogen.	Yes. There is a low dose of progestin but no estrogen.
<b>Side effects*</b> <i>*These may be bothersome but are not unsafe</i>	There may be cramping during or immediately after the procedure, heavier or longer periods, or stronger cramps with your period.	There may be cramping during or immediately after the procedure, spotting, lighter periods, or no periods after a few months.	There may be changes to your period (lighter or heavier) or spotting. Less commonly, there may be bloating, nausea, headaches, or breast pain.
<b>Benefits</b>	Can be used as emergency contraception: Prevents pregnancy when inserted up to 5 days after unprotected sex.	Can decrease heavy periods, cramps, PMS.	Does not require a vaginal exam. Mostly invisible to others, although it can be felt under the skin.