

Recommended Birth Control

Long Acting Reversible Contraception (LARC)

Mirena IUD

- ♥ A popular pick for birth control.
- ♥ Prevents pregnancy for up to **8 years**.
- ♥ FDA approved for the treatment of heavy or painful periods.
- ♥ Low-dose progestin-only **hormone** IUD.
- ♥ Thickens the cervical mucus to prevent sperm from traveling to fertilize an egg.
- ♥ Periods may be **lighter or may stop completely**.

ALL LARCS ARE
MORE THAN
99%
EFFECTIVE

Kyleena IUD

- ♥ Prevents pregnancy for up to **5 years**.
- ♥ Contains the lowest **hormone** of ANY hormone-containing birth control available.
- ♥ **Smaller in size** than Mirena & Paragard so it is sometimes a better option for women who haven't had children.
- ♥ Thickens the cervical mucus to prevent sperm from traveling to fertilize and egg.
- ♥ Periods may be **lighter** but it will not stop completely.

ParaGard IUD

- ♥ Prevents pregnancy for up to **10 years**.
- ♥ Copper-containing IUD **approved** by the FDA since 1984.
- ♥ **Completely hormone free**.
- ♥ It works by inhibiting sperm from fertilizing an egg and altering the ability of a pregnancy to implant in the uterine lining.
- ♥ You may have **heavier, longer periods** (your natural hormone-free cycle).

Did you know
Gynecologists
personally use LARCS
300% MORE
than the general
population?

Nexplanon

- ♥ Another popular pick for birth control.
- ♥ Prevents pregnancy for up to **3 years**.
- ♥ Small, soft, and flexible implant inserted into the upper arm using local anesthetic.
- ♥ Low-dose progestin-only **hormone** implant.
- ♥ Insertion usually takes less than 1 minute and is well-tolerated.

Why we ♥ LARC

- ♥ You don't need to think about your birth control for **3 or 10 years!**
- ♥ You can have them **removed early** if you choose.
- ♥ LARC is "forgettable birth control!" Even when you are not thinking about it, your LARC is working to protect you!
- ♥ You **return to normal fertility** as soon as they are removed, so you can get pregnant right away if you want to.