



### **Patient Management: *Cross-Training***

modification date:	June 14, 2013
content:	LARC Blurb

#### **Overview**

The “LARC Blurb” was designed by the Contraceptive CHOICE Project as an easy-to-use tool for creating awareness about and promoting long-acting reversible contraception, which is an essential component of a LARC FIRST practice. The ‘LARC Blurb’ can be used by receptionists when scheduling family planning or well women visits, or by any staff member to introduce LARC to a patient.

One of our objectives is to be sure women are aware of all contraceptive options, especially the most effective, reversible, long-acting methods. These methods include intrauterine contraception (the IUD or IUC) and the subdermal arm implant.

- IUDs or IUCs are completely reversible contraceptive methods placed in the uterus. There are two types of IUDs. The first, [Mirena,] is hormonal and lasts up to 5 years. The other, [ParaGard,] is non-hormonal, contains copper, and can last up to ten years. Both may be removed at any time if you wish to become pregnant or want to switch to a new method. They are very safe and have the highest satisfaction and continuation rates of any contraceptive method.

- The implant [Nexplanon] is a single flexible plastic rod placed under the skin of your upper arm. It is hormonal and lasts up to three years. It may also be removed if you wish to become pregnant or would like to switch to a different method.

- Do you have any questions about these methods?