

LARCs (Long-acting reversible contraception)

LARCs include such devices as the copper coil, hormonal coil, implant and contraceptive injection. They all require a small procedure of some sort.

You can read further information on each device by clicking on the small blue links:

Copper coil/IUD (intrauterine device):

- Small T-shaped plastic and copper device
- Fitted into the uterus (womb)
- Works for 5 or 10 (+) years, can be taken out sooner



<https://www.contraceptionchoices.org/FSRH/ContraceptionChoices/Contraception-Methods/Copper-Coil-IUD.aspx?hkey=3e647f9-77ac-4f41-9350-e8464b7db42a>



Hormonal coil/IUS (intrauterine system):

- Small T-shaped progestogen-releasing plastic device
- Fitted into the uterus (womb)
- Works for 3, 5, 8 (+) years, can be taken out sooner

<https://www.contraceptionchoices.org/FSRH/ContraceptionChoices/Contraception-Methods/Hormonal-Coil-IUS.aspx?hkey=f764ef99-a73c-4253-851f-166161c0f21b>

Implant:

- Small, flexible rod put under skin of upper arm
- Releases progestogen
- Works for 3 years but can be taken out sooner



<https://www.contraceptionchoices.org/FSRH/ContraceptionChoices/Contraception-Methods/Implant.aspx?hkey=d301eb48-f126-43f1-956d-51d5e72cd425>



Contraceptive injection:

- Injection of progestogen
- Usually into the buttock
- Works for 8 or 13 weeks

<https://www.contraceptionchoices.org/FSRH/ContraceptionChoices/Contraception-Methods/Injection.aspx?hkey=f1e8aceb-d11c-4d4d-bde3-656ee8c4821f>

While LARCs will protect you against pregnancy, it will not protect you against sexually transmitted infections (STIs), so it would be sensible to keep using condoms to protect yourself against STIs.

To help explain in more detail about the term LARC, please read the following:

Long-acting

All the LARCs can last a longer duration than other methods, this ranges from 3 years for an implant, up to 10 years for a copper coil. This means you do not have to have the method replaced until it is no longer effective. Although long acting, the method can be removed at any time a patient would like or need it removed, by a trained clinician (unless there is a risk of pregnancy). We have appointments readily available to book a patient into if a coil or implant is needing, or is wanting, removal.

Reversible

After a LARC has been removed, fertility will return to normal (except with the injection which can delay return to fertility).

Contraception

LARCs are very effective methods at avoiding pregnancy, for the young and older, and those who have not yet had children. Some can also be very effective at reducing heavy periods, helping with period cramps, and sometimes stopping ovulation. You do not need to require them as contraception as the only reason to use them.

Contraception and fertility for trans men and non-binary people, intersex people or people with variations in sex characteristics who may also experience menstrual cycles, pregnancy and the menopause

LARCs can be effective methods to reduce or stop periods, as part of HRT (apart from the copper coil) and are not affected by the masculinising effects of androgens/testosterone.