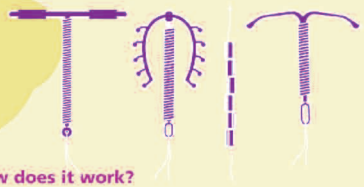
Lesson 3 Resource Sheet 1 LARC cards

IUD



An IUD is a small plastic and copper device, which is fitted inside your womb.

How does it work?
The IUD is a hormone-free method, and works primarily by affecting the swimming movements of sperm, stopping them reaching the egg. As a back up, it also can stop a fertilised egg from implanting in the womb.

How long does it last?
It can last for 5 to 10 years.

How effective is it?
The IUD is over 99% effective.

What are the possible benefits?

- It suits women who struggle with contraception with hormones.
- It lasts 5 to 10 years and your fertility returns as soon as you stop using it.
- It can be removed if you decide you want to get pregnant.
- Removal is simple and doesn't take long.

What are the possible drawbacks?

- Your periods may last longer, be heavier or more uncomfortable for the first few months. If this happens to you, you can talk to your doctor or nurse about it.
- Insertion must be done very carefully by a trained person as it is possible to unintentionally perforate (make a small hole) the womb. This happens in 1/1000 insertions so is rare but if it does happen, surgical treatement may be required.

How is it fitted?
A trained doctor or nurse fits the IUD, by inserting it into your womb via an internal examination. It usually takes about 20 minutes. It can be a little uncomfortable, but you can have a local anaesthetic and or painkillers to help with this. You may experience some discomfort and light bleeding for a few days afterwards, but the person who fits your IUD will advise you on deal with this.

How is it removed?
A trained doctor or nurse gently pulls on small threads attached to the device, pulling it through the neck of your womb (cervix) and out of your body.

IUD

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IUS

An IUS is a small, T-shaped plastic device fitted inside your womb by a doctor or nurse.

How does it work?
It works by releasing a small amount of the hormone progestogen into the womb, thinning the womb lining.

How long does it last?
It will last for 5 years.

How effective is it?
The IUS is over 99% effective.

What are the possible benefits?

- Your periods are likely to become lighter, shorter and less painful and may even stop after a while.
- It lasts 5 years and your fertility returns as soon as you stop using it.
- It can be removed if you decide you want to get pregnant.

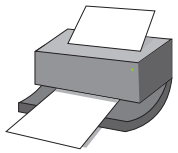
What are the possible drawbacks?

- You may experience some irregular bleeding or spotting at first, but this should settle.
- A few women complain of acne, headaches and sore breasts in the first few months following insertion. This usually settles as you get used to the small amount of hormone.
- Insertion must be done very carefully by a trained person as it is possible to unintentionally perforate (make a small hole) the womb. This happens in 1/1000 insertions, so is rare, but if it does happen, surgical treatment may be required.

How is it fitted?
A trained doctor or nurse fits the IUS, by inserting it into your womb via an internal examination. It usually takes about 20 minutes. It can be a little uncomfortable, but you can have a local anaesthetic and / or painkillers to help with this. You may experience some discomfort and light bleeding for a few days afterwards, but the person who fits your IUS will advise you.

How is it removed?
A trained doctor or nurse gently pulls on small threads attached to the system, pulling it through the neck of your womb (cervix) and out of your body.

IUS



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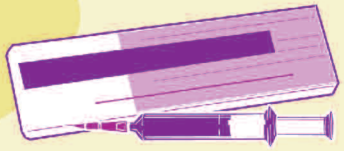
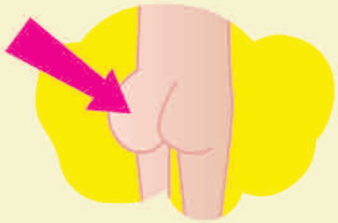
CONTRACEPTIVE INJECTIONS



There are two contraceptive injections available: Depo-Provera and Noristerat.



How do they work?
Contraceptive injections work by releasing a progestogen hormone, which stops your ovaries releasing an egg each month (ovulation). They also thicken the mucus from your cervix, making it difficult for sperm to travel to reach an egg. Lastly, they make the lining of your womb thinner so it is less likely to accept a fertilised egg.

How long do they last?
Over 8-12 weeks depending on which injection you have. You will need to have an injection every 8-12 weeks.

How effective is it?
Both injections are over 99% effective. Depo-Provera is more effective than Noristerat.

What are the benefits?

- It doesn't interrupt sex and you don't have to think about contraception for as long as the injection lasts.
- You can use it if you are breastfeeding.
- It is not affected by other medicines.
- It may reduce heavy, painful periods and help with premenstrual symptoms for some women.
- It gives you some protection against cancer of the womb and ovaries, and against pelvic inflammatory disease.
- It is a good method if you cannot use estrogens (hormones), like those in the combined pill.

What are the possible drawbacks?

- The injection works for 12 or 8 weeks, depending on which type you have.
- There's no antedote! so if you have any side effects, you have to be prepared for them to continue during this time and for some time afterwards.
- Your may experience irregular vaginal bleeding and this may continue for some months after you stop the injections.
- Some women report putting put on weight, having headaches, spotty skin, tender breasts and changes in mood and sex drive.
- Your periods, and fertility, may take from a few months to a year to return after stopping.

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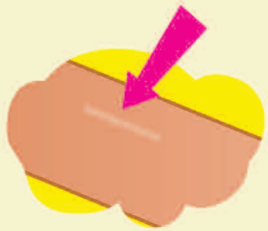
IMPLANT

The implant is a small, flexible rod inserted under the skin on the inside of your upper arm by a trained doctor or nurse.



How does it work?
It works by releasing a small amount of progestogen to stop you releasing an egg every month.

How long does it last?
It can last for 3 years.

How effective is it?
An implant is over 99% effective.

What are the possible benefits?

- It suits women who cannot use the combined pill or who want an alternative to a pill.
- It doesn't require an internal examination.
- Your periods may become irregular and stop altogether over time.
- It lasts 3 years and your fertility returns within 100 hours of removal.
- It can be removed if you decide you want to get pregnant.

What are the possible drawbacks?

- You are quite likely to experience some irregular bleeding or spotting at first. Some women experience headaches, skin changes and mood difference. If you experience these symptoms, speak to your doctor or nurse, who can advise you.
- The implant can be less effective if you are using certain prescribed or bought medications (especially treatments for HIV, epilepsy or tuberculosis and St. John's Wort). Let your doctor or nurse know if you are taking any medication.

How is it fitted?
A trained doctor or nurse fits the implant by inserting it under the skin on your upper arm, which feels a little bit like a small injection. Whoever fits the implant will use local anaesthetic to stop it hurting.

Your arm may be a little sore or bruised for the following few days. It will need to be covered with a dressing for 5 days.

How is it removed?
Removing an implant should not leave a noticeable scar. It is removed through a tiny cut, which a trained doctor or nurse will make in your skin. Local anaesthetic is used to stop this from hurting.

IMPLANT

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