

Long Acting Reversible Birth Control After Childbirth

Why should I consider LARC immediately after childbirth?




LARC stands for Long-Acting Reversible Contraception (LARC). **Contraception** is birth control. Intrauterine Devices (IUDs) and implants are long-term birth control methods that are more than 99% effective at preventing pregnancy. IUDs and implants are recommended immediately after childbirth because they are safe, convenient options for new moms and can be placed before you leave the hospital.



Intrauterine Device (IUD) - a small T-shaped device a provider puts into your uterus. There are two types of IUDs, hormonal and copper. They both prevent pregnancy by blocking sperm from reaching the egg.

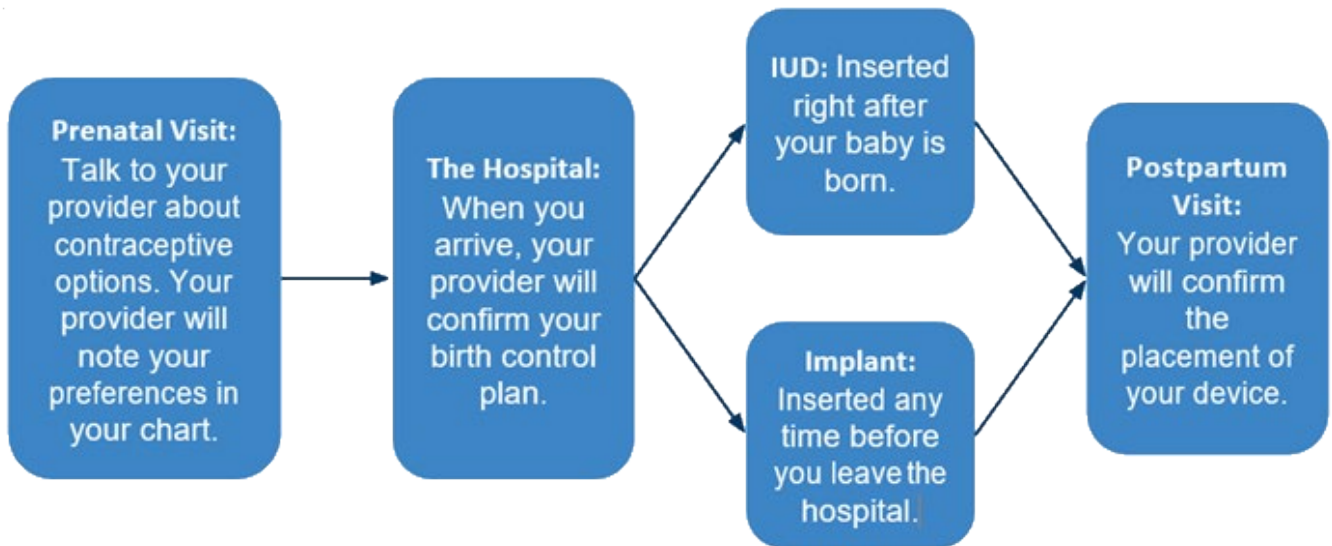
Implant- The implant is a flexible, plastic rod about the size of a matchstick that is inserted just under the skin in the upper arm.

Comparing the methods:

	How long does it last? 	Potential pros 	Potential cons 
Copper IUD (Paragard)	Up to 10 years	Safe for those who cannot use estrogen	May cause heavier, crampier periods (5 out of 100 users). Removal must be done by a clinician.
Hormonal IUD (Multiple)	Up to 5 years	Safe for those who cannot use estrogen. Might make periods less painful, lighter or go away completely	May cause irregular bleeding Removal must be done by a clinician

Implant (Nexplanon)	At least 3 years	Safe for those who cannot use estrogen	May cause irregular bleeding Removal must be done by a clinician
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What should I expect if I choose IUD or Implant insertion in the hospital?



Do implants and IUDs affect breastfeeding?

- There is no evidence that copper IUDs have any effect on breastfeeding
- High-quality studies suggest that getting hormonal IUDs and implants immediately after childbirth are safe for breastfeeding moms.
 - ✓ No decreased milk production
 - ✓ No increased risk of poor baby growth
- Importantly, existing studies did not include women with multiples, preterm birth, or other risk factors for difficulty with breastfeeding. Talk to your doctor if you have any of these concerns.

What should I know about IUD expulsion?

- When an IUD is placed immediately postpartum (after childbirth), it is more likely to fall out (expulsion). Up to 25 out of 100 devices fall out at this time, compared to approximately 5 out of 100 at a postpartum office visit.
- The IUD stops working immediately if it falls out. Remember to use a backup method.
- A new IUD can always be placed if you want at a postpartum office visit.

Other considerations

- **Insertion timing:** Any of these devices can be placed at a postpartum visit, if you prefer.
- **Removal timing:** They can be removed at any time. Talk to your provider about how to access this care.

There are many potential positive and negative side effects that may matter to you. To learn more visit <https://postpartum.mybirthcontrol.org/> and talk to your healthcare provider.

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