LARC QUICK-REFERENCE GUIDE - Hormonal LARC

DEVICE (BRAND)	USE			1-YEAR FAILURE RATE	BACKUP CONTRACEPTION	BLEEDING PROFILE			COMMON SIDE EFFECTS (≥10%)	SPECIAL CONSIDERATIONS
	CONTRACEPTION	HEAVY MENSTRUAL BLEEDING	EMERGENCY CONTRACEPTION			FIRST 3-6 MONTHS	LONG-TERM	AMENORRHEA RATES		
IUDs										
LNG 52 mg (Mirena)	8 years	5 years	Off-label, use within 120 hours	≤0.2%	Use for 7 days[a]	Irregular, unscheduled	↓ bleeding; potentially still irregular	1 year: ~20% 8 years: 34%	• Genital discharge • Vulvovaginitis • Abdominal/pelvic pain • Headache/migraine	• May be used off-label as the progestin component of menopausal hormone therapy • Same T-frame size as Liletta
LNG 52 mg (Liletta)	8 years	5 years	Off-label, use within 120 hours	0.15%				1 year: 19% 8 years: 39%	• Vulvovaginal mycotic infections • Bacterial vaginosis • Acne • Nausea/vomiting • Breast tenderness/pain • Abdominal discomfort/pain	• Low-cost option for clinics enrolled in the 340B Drug Pricing Program • Same T-frame size as Mirena • May be used off-label as the progestin component of menopausal hormone therapy
LNG 19.5 mg (Kyleena)	5 years	—	—	0.16%				1 year: 12% 5 years: 23%	• Vulvovaginitis • Ovarian cyst • Abdominal pain • Acne • Headache	• Smaller T-frame and narrower insertion tube than 52-mg options • May be considered for patients more comfortable with monthly bleeding as reassurance
LNG 13.5 mg (Skyla)	3 years	—	—	0.41%				1 year: 6% 3 years: 12%	• Vulvovaginitis • Ovarian cyst • Abdominal pain • Acne • Headache	
Implant										
ENG 68 mg (Nexplanon)	5 years	—	—	0.05%	Use for 7 days[a]	Unpredictable, including spotting, ↑ frequency, ↑ intensity, and ↑ duration	Patterns in first 3 months predictive of long-term patterns	2 years: 22%	• Headache • Vaginitis • Weight increase • Acne • Breast pain • Abdominal pain • Pharyngitis	• No pelvic exam or intrauterine procedure required • Can be localized by radiography if non-palpable • Boxed warning: risk of complications from improper insertion/removal • Available only through REMS program (as of 2026)

ENG, etonogestrel; IUD, intrauterine device; LARC, long-acting reversible contraception; LNG, levonorgestrel; REMS, Risk Evaluation and Mitigation Strategy.

[a]Recommend a barrier method or abstinence for seven days unless inserted during the first seven days of the menstrual cycle, after a first-trimester abortion, or when switching directly from a consistently used hormonal method.

LARC QUICK-REFERENCE GUIDE - Cu-IUDs

DEVICE (BRAND)	USE			1-YEAR FAILURE RATE	BACKUP CONTRACEPTION	BLEEDING PROFILE			COMMON SIDE EFFECTS (≥10%)	SPECIAL CONSIDERATIONS
	CONTRACEPTION	HEAVY MENSTRUAL BLEEDING	EMERGENCY CONTRACEPTION			FIRST 3-6 MONTHS	LONG-TERM	AMENORRHEA RATES		
Cu380A (ParaGard)	10 years	—	Off-label, use within 120 hours	0.2%	Not needed	Heavier and longer cyclic bleeding, spotting	Bleeding changes improve with continued use	Hormonal cycles are unaltered; amenorrhea is not expected and warrants evaluation for pregnancy or other causes	Reported in clinical trials: • Anemia • Backache • Dysmenorrhea • Dyspareunia • Expulsion (complete or partial) • Prolonged bleeding • Spotting • Pain and cramping • Vaginitis	• Hormone free • Most effective form of emergency contraception • Contraindicated in those with copper allergy or Wilson's disease
Cu 175 mm² (Miudella)	3 years	—	—	0.94%	Not needed				Occurring in ≥5%: • Heavy menstrual bleeding • Dysmenorrhea • Spotting • Pelvic discomfort • Procedural pain • Pelvic pain • Postprocedural hemorrhage • Dyspareunia	• Hormone free • Smaller, more flexible T-frame with less copper than ParaGard, potentially reducing heavy bleeding and cramping • Boxed warning: risk of complications from improper insertion • Available only through REMS program • Contraindicated in those with copper allergy or Wilson's disease

Cu-IUD, copper intrauterine device; LARC, long-acting reversible contraception; REMS, Risk Evaluation and Mitigation Strategy.

Creinin MD, Uhm S. Liletta IUS: not just for long-term contraception. Contemporary OB/GYN. May 14, 2020. https://www.contemporaryobgyn.net/view/liletta-ius-not-just-long-term-contraception; Curtis KM et al. MMWR Recomm Rep. 2024;73(3):1-77; US FDA. Drugs@FDA: FDA-Approved Drugs. https://www.accessdata.fda.gov/scripts/cder/daf/index.cfm.

This educational activity is supported by independent medical education grants from Bayer HealthCare Pharmaceuticals Inc. and CooperSurgical.