



Long Action Reversible Contraception

Long acting * Rapidly Reversible * No estrogen * Highly effective * Nothing to do * Decreased risk of cervical, uterine CA

Options	Nexplanon (Arm implant)	Paragard (IUD)	Mirena (IUD)	Kyleena (IUD)	Skyla (IUD)
Hormone	Etonorgestrol	None (Copper)	Levonorgestrel (52 mg)	Levonorgestrel (19.5 mg)	Levonorgestrel (13.5 mg)
Dose*	138-202 pg/mL	N/A	159-180 pg/mL	65-195 pg/mL	62-77 pg/mL
Procedure	 Placed in office, 5-10 minutes	 Placed in office, 5-10 minutes	 Placed in office, 5-10 minutes	 Placed in office, 5-10 minutes	 Placed in office, 5-10 minutes
Anesthesia	Local (lidocaine)	Ibuprofen before Sometimes local (lidocaine) around the cervix	Ibuprofen before Sometimes local (lidocaine) around the cervix	Ibuprofen before Sometimes local (lidocaine) around the cervix	Ibuprofen before Sometimes local (lidocaine) around the cervix
Recovery	Immediate	Immediate	Immediate	Immediate	Immediate
Effectiveness	99.7 to 99% (1st to 3rd yr) Effective at 1 week, lasts 3 years	99.4 to 98% (1st to 10th yr) Effective immediately, lasts 10 yr	99.9 to 99% (1st to 5th yr) Effective at 1 week, lasts 5 yrs	99.9 to 99.7% (1st to 5th yr) Effective at 1 week, lasts 5 yrs	99.6 to 99.1% (1st to 3rd year) Effective at 1 week, lasts 3 yrs
Removal	At any time	At any time	At any time	At any time	At any time
Fertility	Returns 1 week after removal	Returns immediately	Returns 2 weeks after removal	Returns 2 weeks after removal	Returns 2 weeks after removal
Bleeding & cramps	Lighter periods Less cramps Unscheduled bleeding	Heavier periods Increased cramps Regular cycles	Lighter periods Less cramps Irregular bleeding (3mo) Amenorrhea (20% at 1 yr)	Lighter periods Less cramps Irregular bleeding (4-5 mo) Amenorrhea (12% at 1 yr)	Lighter periods Less cramps Irregular bleeding (6 mo) Amenorrhea (6% at 1 yr)
Side effects (rare)	Headache, weight gain, acne breast tenderness, mood swings NO STI Protection	Allergica urticaria, anemia, expulsion, back pain NO STI Protection	Headache, migrane, acne, discharge mood changes, breast tenderness NO STI Protection	Headache, migrane, acne, discharge mood changes, breast tenderness NO STI Protection	Headache, migrane, acne, discharge mood changes, breast tenderness NO STI Protection
Contra-indications	Breast CA, liver dz, allergies, undx abn bleeding, pregnancy	Copper allergy (rare), pregnancy undx abn bleeding, Wilson's dz	Breast CA, liver dz, allergies undx abn bleeding, pregnancy	Breast CA, liver dz, allergies undx abn bleeding, pregnancy	Breast CA, liver dz, allergies undx abn bleeding, pregnancy
Cost**	\$875	\$775	\$910	\$910	\$850

*Dose of progesterone only Pill: 1500-2000 pg/mL

*Depo shot: 1000-7000 pg/mL

** Covered by insurances under ACA

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