

LARC

Long Acting Reversible Contraception

What is a LARC?

A contraceptive that lasts for a long time. You don't need to remember it every day or even every month.

There are 3 types in New Zealand:

- Depo Provera injection every 3 months
- An intrauterine device (IUD) that lasts 5 or more years
- An implant under the skin that lasts up to 5 years

Why use a LARC?

These types of contraception last longer and so are more effective at preventing pregnancy (no worry about forgetting pills or a condom breaking or coming off).

More about Depo Provera

The hormone changes your bleeding pattern and there can be some side effects. You do have to remember to come back for the next injection after 3 months. It is fully subsidised so you only have to pay for the visit and often that is free for young people. It is at least 99% effective at preventing pregnancy if you come on time. You can get it from a Family Planning clinic or your doctor.

More about IUDs

There are 2 types – one has copper on it and the other (Mirena) releases a small amount of hormone every day. The IUD is put into your uterus (womb) by an experienced doctor or nurse. You can get heavier periods with the copper IUD and lighter periods with Mirena. The copper IUD is fully subsidised but a Mirena costs over \$300 for contraception. Copper IUDs are about 99% effective at preventing pregnancy and Mirenas are even more effective.

More about implants

These little rods are put under the skin of your arm and release a small amount of hormone every day. They usually change your bleeding pattern. They are put in and removed by an experienced doctor. They are fully subsidised so you only need to pay for the visit, the prescription and the supplies needed to put it in and take it out. They are more than 99% effective.



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