

Long-Acting Reversible Birth Control Methods

This decision aid is to help you and your health care provider talk about methods of birth control and choose what's right for you. Most people can safely use these methods. Your health care provider can tell you whether these methods are safe for you.



	IMPLANT	HORMONAL IUD	COPPER IUD
How is it used?	A health care provider puts a flexible device the size of a matchstick under the skin of your arm	A health care provider puts a small, T-shaped, plastic device in your uterus	A health care provider puts a small, T-shaped plastic and copper device in your uterus
How often?	Every 3 years	Every 3 to 5 years (depends on the brand)	Every 10 years
How does it work?	Releases progestin	Releases progestin	Releases copper
When does it start working?	Immediately or after 7 days (depends on when you get the implant)	Immediately or after 7 days (depends on when you get the IUD)	Immediately
How many people become pregnant in the first year?			
Not always following the instructions:	Fewer than 1 in 100 people ○○○○○○○○○○	Fewer than 1 in 100 people ○○○○○○○○○○	Fewer than 1 in 100 people ○○○○○○○○○○
Always following the instructions:	Fewer than 1 in 100 people ○○○○○○○○○○	Fewer than 1 in 100 people ○○○○○○○○○○	Fewer than 1 in 100 people ○○○○○○○○○○
What are some of the side effects?			
Unscheduled spotting or bleeding?	Possible, may or may not improve over time	Possible, usually improves over time	Possible, usually improves over time
Heavy or prolonged bleeding?	Possible		Possible, usually improves over time
More painful periods?			Possible, usually improves over time
Fewer or no periods?	Possible	Possible	
Other side effects (e.g., nausea, headaches, breast tenderness, mood changes or depression)?	Possible	Possible	
Device comes out?		Possible	Possible
Does it protect against sexually transmitted infections (STIs)?	No	No	No

This decision aid is for use only during a visit with your health care provider. It is not intended to give you medical advice or recommend a birth control method. For more information, including authors, information sources, and terms of use, see www.rightforme.org/decision

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