



# Latest Trends in CONTRACEPTION:

## How to Meet the Demands for Long-acting Reversible Contraception (LARCs)

### Key Takeaways

- Long-acting reversible contraception options (IUDs, implant) are safe and highly effective contraceptive agents for most women, including adolescents
- Engage in shared decision making to support patients in their choice of contraception
- Familiarize yourself with local policies regarding consent of minors for contraceptive services
- Provide anticipatory counseling about expected changes in bleeding patterns with LARCs, and other potential side effects
- Review with patients the potential need for back-up contraception and plans for monitoring/follow-up
- Consider comorbid conditions (and related medications) when counseling patients about contraception

### Resources

- The American College of Obstetricians and Gynecologists. Long-acting reversible contraception program. <https://www.acog.org/About-ACOG/ACOG-Departments/Long-Acting-Reversible-Contraception>.
- The American College of Obstetricians and Gynecologists. LARC Video Series. <https://www.acog.org/About-ACOG/ACOG-Departments/Long-Acting-Reversible-Contraception/LARC-Video-Series>.

#### Videos include:

- LARC Insertion
- LARC Removal
- LARC Counseling Scenarios
- Guttmacher Institute. An overview of consent to reproductive health services by young people. January 2020. <https://www.guttmacher.org/print/state-policy/explore/overview-minors-consent-law>.
- Contraceptive Technology. Find the “yes! . . . and” rather than “no” or “but”. January 2020. <http://www.contraceptivetechnology.org/latebreakers/find-yes-rather-no/>.
- Centers for Disease Control and Prevention. US Medical Eligibility Criteria (US MEC) for Contraceptive Use, 2016. November 2018. <https://www.cdc.gov/reproductivehealth/contraception/mmwr/mec/summary.html>.