

# IOWA STATE UNIVERSITY

Thielen Student Health Center

## LONG ACTING REVERSIBLE CONTRACEPTION

**2647 UNION DRIVE**

Corner of Sheldon & Union  
Across from State Gym

### CLINIC HOURS

MONDAY 8 am - 6 pm

TUESDAY 8 am - 5 pm

WEDNESDAY 9 am - 5 pm

THURSDAY 8 am - 5 pm

FRIDAY 8 am - 5 pm

SATURDAY 9 am - noon

### PLEASE CALL TO MAKE AN APPOINTMENT

To schedule an appointment call (515) 294-5801. When you call for an appointment, please be specific about your needs so that we can schedule you with the appropriate healthcare provider and an appropriate amount of time.

**515-294-5801**  
**FREE MEDICAL**  
**ADVICE 24/7**



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Long-acting reversible contraceptives (LARCs) are the most effective methods of birth control. These include intrauterine devices and hormonal implants. LARCs can prevent unwanted pregnancy up to 20 times better than birth control pills, patches and vaginal rings. They are a great option for a woman who may want to become pregnant in the future but also desire long-term, highly effective pregnancy prevention.

### INTRAUTERINE DEVICE (IUD)

An intrauterine device (IUD) is a little, t-shaped piece of plastic inserted into the uterus to provide birth control. It's long-term, reversible, and one of the most effective birth control methods available. There are both hormonal or non-hormonal options available.

**LASTS  
3-10  
YEARS**



#### HORMONAL IUD

The **Hormonal IUD** uses the hormone progestin to prevent pregnancy. Progestin is very similar to the hormone progesterone that our bodies make naturally. These are effective for 3-5 years depending on the brand.



#### COPPER IUD

The **Copper IUD** does not use hormones. It's wrapped in a tiny bit of copper, and it protects you from pregnancy for up to 10 years. It can also serve as emergency contraception if inserted within 5 days after unprotected sex.

### HOW THEY WORK

Both copper and hormonal IUDs prevent pregnancy by changing the way sperm cells move so they can't get to an egg. If sperm can't make it to an egg, pregnancy can't happen. One of the benefits of IUDs is that they last for years — but they're not permanent. If you decide to start planning for a pregnancy or you just don't want to have your IUD anymore, your healthcare provider can quickly and easily take it out. There is no waiting period after removal to start trying to get pregnant.

### HORMONAL IMPLANT

The hormonal implant is a small flexible rod inserted under the skin of a woman's upper arm to provide birth control. It prevents pregnancy for up to 3 years. The implant prevents pregnancy by slowly releasing low levels of the hormone progestin to prevent ovulation.

**LASTS  
3  
YEARS**

The progestin released by the device also thickens the mucus around the cervix. This helps prevent sperm from entering the uterus.



### OTHER BENEFITS OF LARCs

- High continuation rates
- No estrogen – decreased risk of cardiovascular effects
- Relief of dysmenorrhea (cramps)
- Ease of use
- Reversibility

**Keep in mind that, like many birth control methods, LARCs don't protect against sexually transmitted diseases (STDs). Be sure to use a condom to reduce your risk of infection.**