### Effective and appropriate use of long-acting reversible contraception

### Intra-uterine devices (CuIUD)

T-Safe Cu380A • Flexi-T 300 • GyneFix • Multiload Cu250 • Multiload Cu250 Short

Multiload Cu375 • Nova-T 380

- Non-hormonal
- Lasts: 3-8 years dependent on device
- Failure: < 2 in 100 over 5 years
- Effectiveness independent of user compliance
- Heavy/longer menstrual periods
- No effect on return to fertility
- Requires fitting

#### Intrauterine systems (IUS) Mirena

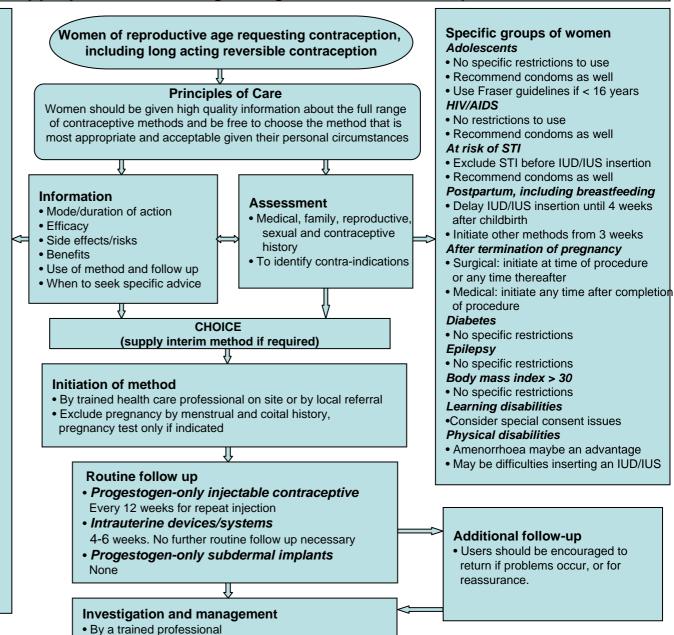
- Hormonal
- · Lasts: 5 years
- Failure: < 0.5 in 100 over 5 years
- Effectiveness independent of user compliance
- Oligo/amenorrhoea likely; but spotting common in first 3 months
- · May be associated with acne
- · Rapid return to fertility
- · Requires fitting

# Progestogen-only injectable contraceptive (POIC) Depo-Provera

- Hormonal
- · Lasts: 12 weeks
- Failure: < 0.4 in 100 over 2 years
- · Oligo/amenorrhoea likely
- Small reduction in bone mineral density may occur
- · Weight gain may occur
- Delay in return to fertility (6-9 months)

# Progestogen-only subdermal implants (POSDI) Implanon

- Hormonal
- · Lasts: 3 years
- Failure: < 0.1 in 100 over 3 years
- Effectiveness independent of user compliance
- Irregular bleeding patterns can occur throughout use
- · Rapid return to fertility
- Requires minor procedure for both fitting and removal



This algorithm should, when necessary, be interpreted with reference to the full guideline