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NationwideChildrens.org/BC4Teens.



Low Maintenance Contraception



Contraceptive Implant



- Small, flexible rod placed under skin of non-dominant arm
- More than 99 percent effective
- Lasts for 3 years, can be removed sooner
 - 100 percent reversible, so when you want to get pregnant you can
- **Primary mechanism:** Suppression of ovulation
- **Inserted easily:** Clinician will wash off your arm, inject numbing medicine and then place the implant under your skin. You will need to wear an occlusive bandage for 24 hours and a small bandage for another day or two.
- **Main side effect:** Irregular vaginal bleeding
 - Some women have no bleeding at all; others have more days bleeding than their period
 - Cannot predict bleeding pattern
- Does not protect against sexually transmitted infections (STIs)

Hormonal IUDs



- Small, flexible T-shaped device with strings attached
- More than 99 percent effective
- There are different kinds, lasting 3-5 years, but all can be removed sooner
 - 100 percent reversible, so when you want to get pregnant you can
- **Primary mechanisms:** Thickens cervical mucus, inhibits sperm motility and function
- **Insertion:** Inserted by a clinician into your uterus
- **Main side effects**
 - Irregular bleeding and cramping after insertion, greatest in first 3-6 months and usually improves
 - Period is typically much lighter and shorter
- Does not protect against sexually transmitted infections (STIs)

Non-Hormonal Copper IUD



- Small, flexible T-shaped device wrapped in copper with strings attached
- More than 99 percent effective
- Lasts for 10 years, can be removed sooner
 - 100 percent reversible, so when you want to get pregnant you can
- **Primary mechanism:** Interferes with sperm movement and egg fertilization
- **Insertion:** Inserted by a clinician into your uterus
- **Main side effects**
 - Periods may become heavier and more crampy
 - Irregular bleeding and cramping after insertion, greatest in first 3-6 months and usually improves
- Does not protect against sexually transmitted infections (STIs)