

Today there are many contraceptive methods to choose from.

Long-acting reversible contraceptives (LARCs), like the IUD or implant, are the most effective methods. They can help you live your dreams and wait until you are ready to start a family.



Not ready to get **pregnant?**

Talk with a healthcare provider today about choosing the right contraceptive method for you.

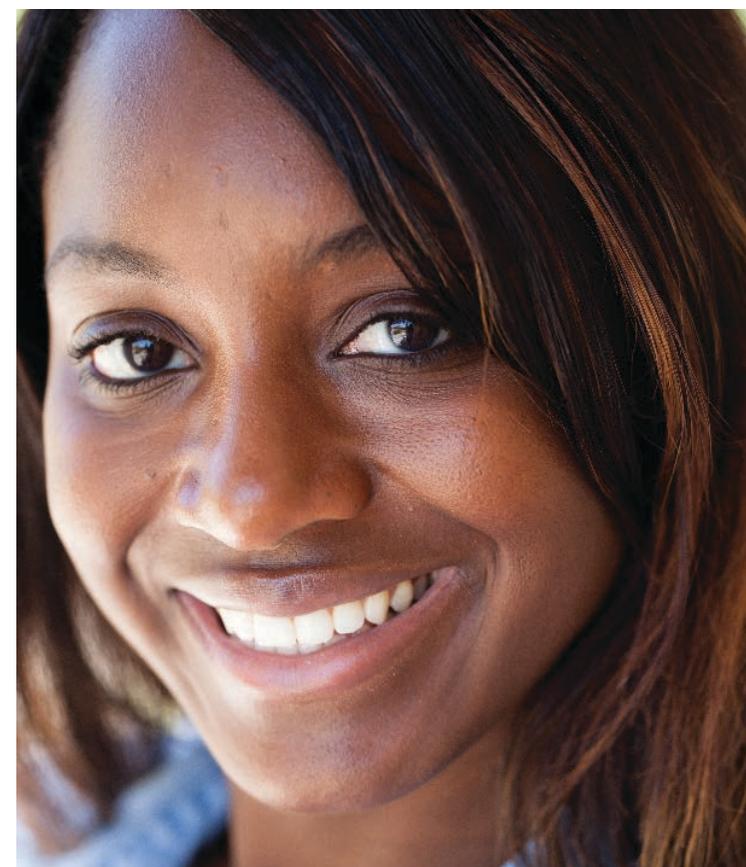
Think about an **IUD or Implant**



IUD
(INTRAUTERINE DEVICE)



IMPLANT



“My best friend has an implant and is happy and worry-free. That’s why I want to find out more.”

Irene, 19 years old



For more information, go to www.healthcommcapacity.org/LARCS



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HEALTH COMMUNICATION CAPACITY COLLABORATIVE

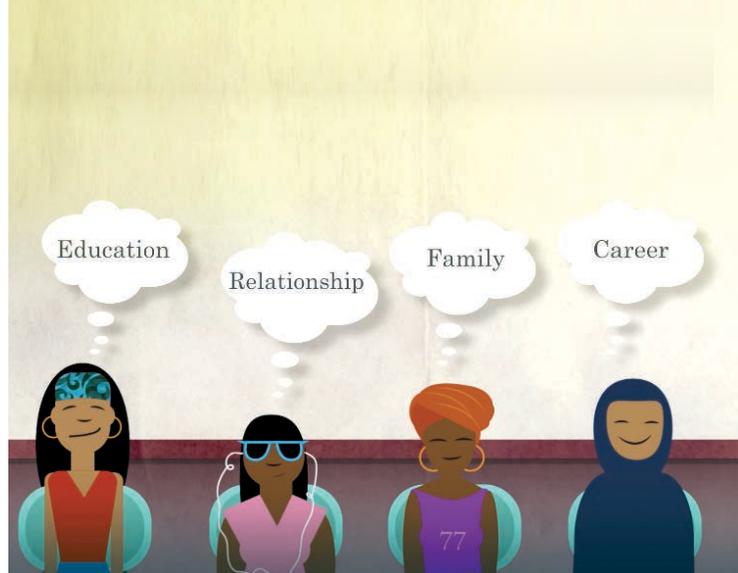
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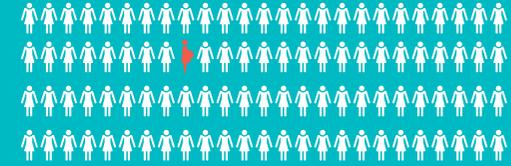


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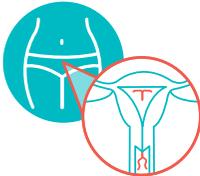
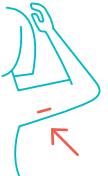
IUDs and implants are **the most effective** contraceptive methods.

If using an IUD or implant, **99 women in 100** will be protected from unintended pregnancy.



6 Reasons to Think About an IUD or Implant

- 1 **Safe for young women**, even those who have not had a child or are not married
- 2 **Effective** at preventing pregnancy
- 3 **Private** — not visible to others
- 4 **Convenient** — no daily pills to take or injections to schedule
- 5 **Removable** when you're ready to get pregnant
- 6 **Long-acting** protection against pregnancy

	What is it?	What does it do?	Where does it go?	Can it be removed?	Are there side effects?
 <p>IUD (intrauterine device) Such as "Copper-T"</p>	A small, T-shaped piece of soft plastic .	Provides protection against pregnancy,* and stays where placed for up to 12 years , depending on IUD type	 <p>Carefully inserted into the uterus by a trained health provider</p>	Yes. When the IUD or implant is removed by a trained health provider, a woman can become pregnant right away.	Side effects are common, but some women do not experience them. They are not a sign of illness and are often manageable. Talk with a healthcare provider to learn more.
 <p>Implant Such as "NXT"</p>	One or two small, flexible rods , about the size of a matchstick	Provides protection against pregnancy,* and stays where placed for 3 to 5 years , depending on implant type	 <p>Carefully inserted into the inner side of either upper arm by a trained health provider</p>		

*IUDs and implants protect against pregnancy, but they do not protect against STIs or HIV. A condom should be used with an IUD or implant to prevent these infections.

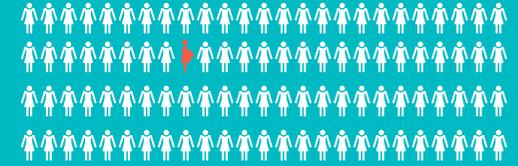


"When we first got together, I wanted something easy to use, so I got an IUD. When we were ready, I had the IUD removed, and now we have our beautiful baby." *Fatima, 23 years old*



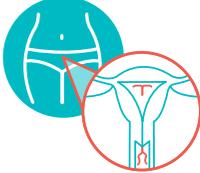
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