

Today there are many contraceptive methods to choose from.

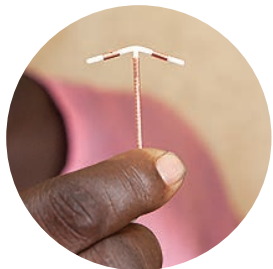
Long-acting reversible contraceptives (LARCs), like the IUD or implant, are the most effective methods. They can help you live your dreams and wait until you are ready to start a family.



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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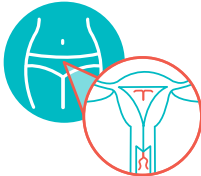

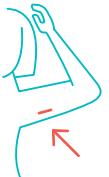
IUDs and implants are **the most effective** contraceptive methods.

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*