# **IUDs and the Implant**

the No-Ecther Birth Control

I've heard my friends talk about IUDs and implants, but I don't know anything about them.



Are they right for me?

## **IUDs and implants are**



**easy** to remember and use. After one-time insertion, they can last 3 to 12 years.



**safe** for adolescents to use and are recommended by leading medical groups.<sup>3</sup>



**highly effective.** They can be 20 times more effective than other common birth control methods <sup>4</sup> (e.g., condoms, oral contraceptives, patch).



**discrete.** People won't be able to tell you are using them.



**inexpensive.** Often available at reduced cost or for free from a doctor's office or health department.



**reversible.** They can be removed at any time if you want to become pregnant. 5



An IUD is a small, t-shaped piece of plastic that is inserted in a woman's uterus by a clinician and protects against pregnancy for **3 to 12 years** (depending on which one you get). They are safe for women who have not had a baby, and work by preventing sperm from fertilizing an egg. IUDs are more than **99% effective**.

ACTUAL SIZE

## THE IMPLANT

An implant is a rod about the size of a matchstick; it's inserted under the skin in a girl's upper arm and protects against pregnancy for **up to 3 years**. Implants work by releasing hormones that keep ovaries from releasing eggs and thickening cervical mucus, which helps block sperm from reaching the eggs in the first place. Implants are **more than 99% effective**.

## There are lots of great places to get more information about IUDs and implants.





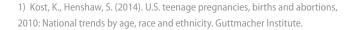
A teen-focused interactive site that has lots of information about dating, sex, and birth control. It includes resources for finding a health center.

#### Sexetc.org

Designed by and for youth. It features a variety of topics about sex and offers stories from teens' perspectives about their experiences with birth control, including IUDs and implants.

### cdc.gov/teenpregnancy/teens

A CDC site for teens designed with input from teens about pregnancy prevention.



2) Mosher, W. D., Jones, J., Abma, J.C. (2012). Intended and unintended births in the United States: 1982–2010. National Center for Health Statistics. Vital Health Stat (55).

3) The American Congress of Obstetricians and Gynecologists and the American Academy of Pediatrics recommend long-acting reversible contraceptive (LARC) methods, better known as IUDs and implants, for sexually active adolescents.

4) A study found that "participants using oral contraceptive pills, a transdermal patch, or a vaginal ring had a risk of contraceptive failure that was 20 times as high as the risk among those using long-acting reversible contraception." Source: Winner, B., M.D., et al. (2012). Effectiveness of long-acting reversible contraception. New England Journal of Medicine, 366(21), 1998–2007.

5) The American Congress of Obstetricians and Gynecologists and the American Academy of Pediatrics. (2014). Long-acting reversible contraception (LARC): IUD and implant. FAQ184. Retrieved from http://www.acog.org/Patients/-FAQs/Long-Acting-Reversible-Contraception-LARC-IUD-and-Implant

6) The National Campaign to Prevent Teen and Unplanned Pregnancy. (2015). The IUD. Retrieved from http://stayteen.org/sex-ed/article/iud

7) The National Campaign to Prevent Teen and Unplanned Pregnancy. (2015). The implant. Retrieved from http://stayteen.org/sex-ed/article/implant







