

# IUDs and the Implant

the *No-Bother* 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.<sup>5</sup>

## quick facts



**1 in 20** women will get pregnant during their teens.<sup>1</sup>

I'm pregnant?

**77%**

of teen pregnancies are unplanned.<sup>2</sup>



## IUD

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.**<sup>6</sup>

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.**<sup>7</sup>



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



How do I find out more?

### **Stayteen.org**

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.

1) Kost, K., Henshaw, S. (2014). U.S. teenage pregnancies, births and abortions, 2010: National trends by age, race and ethnicity. Guttmacher Institute.

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>