



# Addressing Extended Long Acting Reversible Contraceptive (LARC) Use With Your Patients

Clinical research demonstrates that for some devices, LARC use beyond the Food and Drug Administration (FDA) approved duration is safe and effective. Providing your patient this option can offer greater convenience as they are allotted more time before needing to have the device removed and replaced.

## I. LARC Options

|                               | <b>Mirena®</b><br>(LNg 52/5)                                                                                                                                                                                                     | <b>Liletta®</b><br>(LNg 52/3)                                                                                                                                                                                                                | <b>Kyleena®</b><br>(LNg 19.5/5)                                                        | <b>Skyla®</b><br>(LNg 13.5/3)                                                          | <b>ParaGard®</b><br>(TCu380A)                                                                                                                                                                  | <b>NEXPLANON®</b><br>(ENG Implant)                                                                                                                               |
|-------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Size</b>                   | 32mm x 32mm                                                                                                                                                                                                                      | 32mm x 32mm                                                                                                                                                                                                                                  | 28mm x 30mm                                                                            | 28mm x 30mm                                                                            | 32mm x 36mm                                                                                                                                                                                    | 4cm x 2mm                                                                                                                                                        |
| <b>Manufacturer</b>           | Bayer                                                                                                                                                                                                                            | Medicines 360                                                                                                                                                                                                                                | Bayer                                                                                  | Bayer                                                                                  | TEVA                                                                                                                                                                                           | Merck                                                                                                                                                            |
| <b>Insertion Device Diam.</b> | 4.4mm                                                                                                                                                                                                                            | -                                                                                                                                                                                                                                            | 3.8mm                                                                                  | 3.8mm                                                                                  | 4.0mm                                                                                                                                                                                          | -                                                                                                                                                                |
| <b>Hormone Reservoir</b>      | 52mg<br>Levonorgestrel                                                                                                                                                                                                           | 52mg<br>Levonorgestrel                                                                                                                                                                                                                       | 19.5mg<br>Levonorgestrel                                                               | 13.5mg<br>Levonorgestrel                                                               | 380mm <sup>2</sup> of<br>Copper Surface<br>area                                                                                                                                                | 68mg Etonogestrel                                                                                                                                                |
| <b>Release Rate</b>           | Initial → 8 years<br>20mcg/day → 10-<br>14mcg/day                                                                                                                                                                                | Initial → 8 years<br>20mcg/day →<br>8.6mcg/day                                                                                                                                                                                               | Initial → 5 years<br>17.5mcg/day →<br>7mcg/day                                         | Initial → 3 years<br>14mcg/day →<br>5mcg/day                                           |                                                                                                                                                                                                | Initial → 3 years<br>60-70mcg/day →<br>25-30mcg/day                                                                                                              |
| <b>Plasma Concentration</b>   | ~180 pg/mL at 1<br>year                                                                                                                                                                                                          | ~170 pg/mL at 1<br>year                                                                                                                                                                                                                      | ~200 pg/mL at 1<br>year                                                                | ~77 pg/mL at 1<br>year                                                                 |                                                                                                                                                                                                | ~200pg/mL at 1<br>year                                                                                                                                           |
| <b>Duration of Action</b>     | FDA approved for 8<br>years                                                                                                                                                                                                      | FDA approved<br>for 8 years                                                                                                                                                                                                                  | FDA approved<br>for 5 years                                                            | FDA approved<br>for 3 years                                                            | FDA approved<br>for 10 years                                                                                                                                                                   | FDA approved for 3<br>years                                                                                                                                      |
| <b>Amenorrhea</b>             | 44% of users at 6<br>months<br>50% of users at 1<br>year<br>50% of users at 3<br>years                                                                                                                                           | -% of users at 6<br>months<br>19% of users at 1<br>year<br>38% of users at 3<br>years                                                                                                                                                        | 5% of users at 6<br>months<br>12% of users at 1<br>year<br>20% of users at 3<br>years  | 3% of users at 6<br>months<br>6% of users at 1<br>year<br>12% of users at 3<br>years   | At 3 months:<br>63% have more<br>cramping, 71%<br>have increased<br>bleeding<br>volume, 4%<br>have increased<br>bleeding<br>frequency<br>At 6 months:<br>14%, 19%, and<br>13%,<br>respectively | Infrequent: 33.6%*<br>Amenorrhea:<br>22.2%*<br>Prolonged: 17.7%*<br>Frequent: 6.7%*<br><br>%* = percent of 90-<br>day intervals with<br>this bleeding<br>pattern |
| <b>Irregular Bleeding</b>     | 25% of users at 6<br>months<br>11% of users at 1<br>year<br>-% of users at 3<br>years                                                                                                                                            | Unknown                                                                                                                                                                                                                                      | 25% of users at 6<br>months<br>17% of users at 1<br>year<br>10% of users at 3<br>years | 28% of users at 6<br>months<br>23% of users at 1<br>year<br>-% of users at 3<br>years  |                                                                                                                                                                                                |                                                                                                                                                                  |
| <b>Unique Features</b>        | Can be used as<br>Emergency<br>Contraception<br>within 120 hours of<br>unprotected sex <sup>1</sup><br><br>FDA approved for<br>treatment of heavy<br>menstrual bleeding<br><br>Contains Barium-<br>Sulfate for radio-<br>opacity | Can be used as<br>Emergency<br>Contraception<br>within 120 hours of<br>unprotected<br>sex <sup>1</sup><br><br>Contains Barium-<br>Sulfate for radio-<br>opacity<br><br>Essentially the<br>same device as<br>Mirena®, except<br>for the price |                                                                                        | Silver ring for ID<br>via U/S<br><br>Contains Barium-<br>Sulfate for radio-<br>opacity | Can be used as<br>Emergency<br>Contraception<br>within 120<br>hours of<br>unprotected<br>sex<br><br>Barium-<br>containing for<br>radio-opacity                                                 | Subdermal Implant<br><br>Contains Barium-<br>Sulfate for radio-<br>opacity                                                                                       |
| <b>Government Pricing</b>     | \$524.15                                                                                                                                                                                                                         | \$316.42                                                                                                                                                                                                                                     | \$518.83                                                                               | \$341.45                                                                               | \$405.43                                                                                                                                                                                       | \$581.94                                                                                                                                                         |

<sup>1</sup> New England Journal of Medicine, Levonorgestrel vs. Copper Intrauterine Devices for Emergency Contraception, 2021 (<https://www.nejm.org/doi/full/10.1056/NEJMoa2022141>)

# Addressing Extended Long Acting Reversible Contraceptive (LARC) Use With Your Patients

## 2. Extended LARC Use

If the patient has chosen NEXPLANON® or Paragard®, **share with them clinical research indicating that use beyond the FDA-approved duration for these devices is safe and effective.** Tell the patient they have the choice to use their LARC for an extended duration in line with research summarized in the American College of Obstetricians and Gynecologists (ACOG) Practice Bulletin<sup>1</sup> and clinical practices by large centers that provide contraception such as Planned Parenthood.

| Name of LARC                                 | FDA-Approved Duration | Extended Duration |
|----------------------------------------------|-----------------------|-------------------|
| NEXPLANON® (Etonogestrel single rod implant) | 3 years               | 4-5 years         |
| Paragard® (Copper T380A IUD)                 | 10 years              | 12 years          |
| Mirena® (Levonorgestrel 52 mg IUD)           | 8 years               | N/A               |
| Liletta® (Levonorgestrel 52 mg IUD)          | 8 years               | N/A               |
| Kyleena® (Levonorgestrel 19.5 mg IUD)        | 5 years               | N/A               |
| Skyla® (Levonorgestrel 13.5 mg IUD)          | 3 years               | N/A               |

## 3. Counseling Your Patient on Extended LARC Use

**Counsel** the patient on the benefits and risks of extended use of the LARC device:

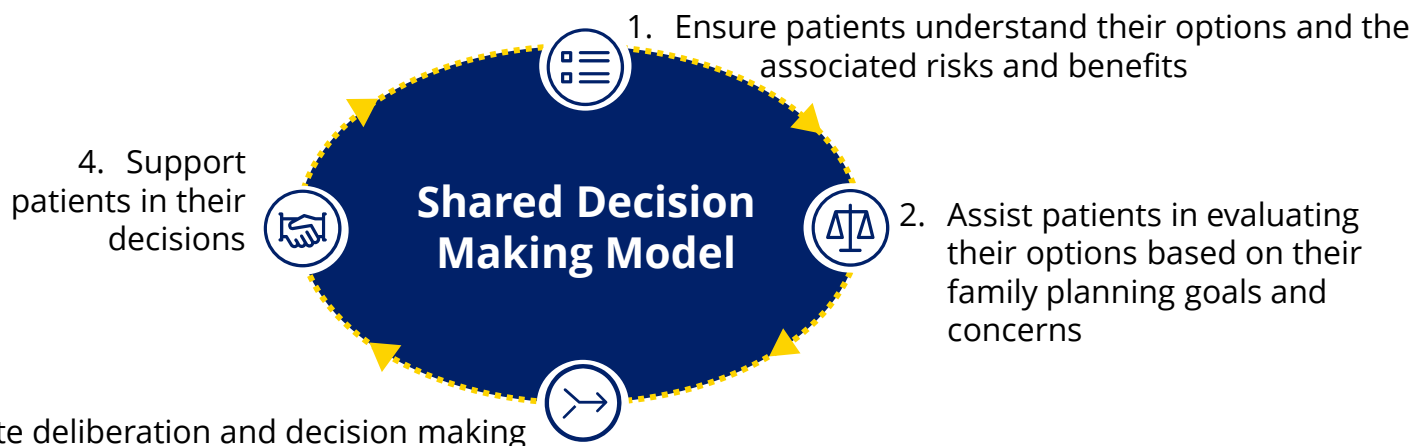
### BENEFITS

- Patient gains additional time before needing to remove device through intrauterine procedure
- Cost-saving
- Prolongation of contraception

### RISKS

- Progestin levels slightly decline over time
- Increasing likelihood of spotting and breakthrough bleeding

**SHARED DECISION MAKING:** Make the decision for extended use in partnership with the patient using a shared decision making model:





# Extended LARC Use: Guidance Continued

## 3. Clinical Background on Extended LARC Use

### Extended Use: Copper IUD

The copper IUD is **approved by the FDA to remain in place for 10 years**. Extended use of the copper IUD for up to 12 years is supported by several studies.

- In two studies of 314 women who used the copper IUD for an additional two years (10 to 12 years from insertion), no pregnancies were reported.<sup>2</sup>
- Additionally, no pregnancies were reported in the subgroup of eight women who used the device for up to 16 years.<sup>2</sup>

### Extended Use: Etonogestrel (ENG) Implant

In clinical studies, extended use of the one-rod ENG-releasing subdermal contraceptive implant (commercial name NEXPLANON®) showed **100% efficacy in years 4 and 5**.<sup>3</sup>

- Serum ENG levels indicate the implant contains adequate hormone for ovulation suppression at the end of both 3 and 4 years of use.<sup>3</sup>
- In one study with 123 women using the ENG implant for 4 years and 34 using it for 5 years, zero pregnancies were documented, for a failure rate of 0 (one-sided 97.5% confidence interval [CI] 0-1.61) per 100 women-years.<sup>3</sup>

## 4. Additional Information

For more helpful resources on contraceptive and family planning care, please review the following (and more on the [Women's Health Webpage](#)).

### Encouraging Continued LARC Use: Provider Guide (Available Here)

This resource outlines options to support patients experiencing side effects of LARC use to mitigate bothersome side effects and prevent premature removal of the birth control device.

### Emergency Contraception Toolkit: Provider Algorithm (Available Here)

This resource provides step-by-step guidance on counseling patients on emergency contraceptive options and prescribing the best option based on patient preference and eligibility.

### Guidance on Addressing Fertility Concerns (Available Here)

This resource provides information on when and how to refer patients to infertility services, recommended responses to frequently asked patient questions surrounding infertility, and modifiable risk factors for pregnancy.

