

LARCs

MYTHS & FACTS

LONG ACTING
REVERSIBLE
CONTRACEPTION

THERE ARE LOTS OF DIFFERENT
LONG-ACTING REVERSIBLE CONTRACEPTIVE
OPTIONS, INCLUDING:

LARCs ARE OVER
99%
EFFECTIVE

CONTRACEPTIVE
IMPLANTS

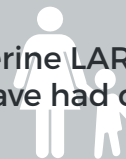
INTRAUTERINE
SYSTEMS

INTRAUTERINE
CONTRACEPTIVE
DEVICES

THE MYTHS

ONLY WOMEN WHO HAVE HAD CHILDREN CAN HAVE AN INTRAUTERINE LARC FITTED

In the Dublin Well Woman Centre, we fit more intrauterine LARCs in women who have never been pregnant than in women who have had children.



NOT TRUE

THERE ARE LIMITED OPTIONS WHEN IT COMES TO LARCs AND THEY ALL COME WITH THE SAME SIDE EFFECTS

They all last for different amounts of time (between 3 and 10 years) and work in different ways (some use hormones, others don't) so there's always an option for you.

NOT TRUE

FITTING AN INTRAUTERINE LARC IS VERY DIFFICULT AND CAN BE TOO PAINFUL FOR THE PATIENT



NOT TRUE

At the Dublin Well Woman Centre, we fit over a 1,000 LARCs every year (and we're good at it too!) so even though there can be some discomfort, we make the procedure as comfortable as possible for you.

THE FACTS

WOMEN WHO WANT OR NEED TO
AVOID HORMONES CAN SAFELY USE
INTRAUTERINE COPPER DEVICES



ONLY 11% OF SEXUALLY ACTIVE WOMEN USED
LARCS IN IRELAND IN 2010

LARCS ARE THE MOST EFFECTIVE TYPE OF
CONTRACEPTION, BEING **OVER 99% EFFECTIVE**



ALL LARCS ARE **MORE COST EFFECTIVE**
THAN THE COMBINED CONTRACEPTION
PILL AFTER 1 YEAR OF USE



ALL LARCS ARE SAFE WITH BREASTFEEDING,
DIABETES AND MIGRAINE WITH AURA

YOUR FERTILITY (ABILITY TO GET PREGNANT)
WILL RETURN TO NORMAL WITHIN 1 - 2 CYCLES
AFTER THE DEVICE IS REMOVED



79% OF WOMEN IN IRELAND ARE NOT FULLY
AWARE OF LARCS EVEN THOUGH THEY ARE
THE MOST EFFECTIVE TYPE OF CONTRACEPTION

YOU **DO NOT HAVE TO TAKE THEM EVERY DAY**
AND THEY ARE HIGHLY REGARDED BY
DOCTORS AND NURSES



"WOMEN CAN CHOOSE BETWEEN AN IMPLANT
THAT IS PLACED UNDER THE SKIN OF THE
INNER UPPER ARM OR ONE OF SEVERAL
FORMS OF INTRAUTERINE DEVICE.

YOUNGER WOMEN TEND TO CHOOSE THE
IMPLANT, WHEREAS OLDER WOMEN PREFER
THE INTRAUTERINE OPTION."



DR SHIRLEY MCQUADE,
MEDICAL DIRECTOR OF THE DUBLIN WELL WOMAN CENTRE

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