

Myth

vs

Fact

IUDs & the Implant: How long do they last and can I change my mind?

MYTH

"Long-acting birth control options like IUDs and the implant are permanent and irreversible"



FACT

All IUDs and the implant are completely reversible and can be removed by your doctor at any time if you change your mind, so you can try to get pregnant right away

Check this out: the implant Nexplanon, and IUDs Liletta and Skyla can last for up to 3 years. The IUD Mirena and Kyleena can last for up to 5 years, and ParaGard, the copper IUD, can last for up to 10 years.

Myth

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Intrauterine devices and the implant: will teens really like this option?

MYTH

"Teens and adolescents prefer to use condoms and oral contraceptives when it comes to birth control"



FACT

Many teens simply don't know about IUDs and the implant. Studies show when educated about their options, teens have a much greater interest in these options over other methods.

Check this out: In a study done by the CHOICE project, 75% of participants chose IUDs and the implant over the pill when presented with all birth control options in order of efficacy.

75%

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IUDs and the implant vs. the pill: which is more effective?

MYTH

"Oral contraceptives, like the pill, are the most effective form of birth control."



FACT

LARC, or long-acting reversible contraception such as IUDs and the implant, are the most effective form of birth control available today.

Check this out: when comparing typical use, LARC contraception is over 99% effective at preventing pregnancy, and the pill is 91% effective (Bedsider).

Myth

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Inserting and positioning IUDs: what if it won't fit?

MYTH

"I don't think an IUD will fit in my uterus"



FACT

Literature shows that IUD size does not contribute to any difference in risks or complications during insertion.



Check this out: actual size of an IUD next to a paperclip

Myth

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IUDs & the Implant: Do they increase my risk for infection?

MYTH

"IUDs can cause pelvic inflammatory disease, or PID"



FACT

IUDs do not cause PID. The most current IUDs use a monofilament string that does not increase a patient's risk of infection. Risks of infection are associated with an older model that utilized a multifilament string.

Check this out: Some studies have shown that ParaGard, the copper IUD, may help to protect against certain types of infection, like cervical cancer.

Myth

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Fact

Inserting and positioning the implant:

MYTH

"The implant might cause complications that allow it to travel to other parts of my body"



FACT

The implant cannot travel to other parts of your body. The implant will remain where the doctor places it until you have it removed.

Check this out: the implant is placed in your upper arm, and can stay there for up to 3 years while providing you with highly effective low maintenance birth control.

Myth

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Fact

Inserting and positioning IUDs: does it have to be inserted while I'm on my period?

MYTH

"IUDs can only be placed while you're on your period"



FACT

IUDs do not have to be placed during menstruation. A doctor might suggest this to confirm a patient is not pregnant, but inserting an IUD at any point during your cycle is safe.

Check this out: all IUD's and the implant are safe for women who have had children, and can sometimes even be inserted right after pregnancy.