

Nurses play an important role in the success of immediate postpartum long-acting reversible contraceptives!

What is LARC?

- Long-acting reversible contraception (LARC) methods include the **intrauterine device (IUD)** and the **birth control implant (Nexplanon)**. Both Methods are highly effective in preventing pregnancy, last for several years, and are easy to use. Both are reversible and can be removed at any time.
- The IUD and implant are the most effective forms of reversible birth control available.
- One of the benefits is it can be inserted immediately after childbirth and while breastfeeding.

Why postpartum LARC?

- Data shows 10-40% of women do not attend their postpartum visit and up to 75% who plan to use an IUD after pregnancy never obtain it postpartum.
- A delay of contraception until 6 weeks can leave women at risk for rapid repeat pregnancy.
- Half of women have resumed sexual intercourse before their 6-week postpartum visit.

Quick Facts

- Inserting a LARC immediately after delivery (IUD) or prior to discharge (implant) from the hospital is convenient and effective during a time when women are highly motivated to start a contraceptive method.
- Immediate postpartum LARCs reduce the risk of unintended pregnancy and decrease the chance of closely spaced pregnancies.
- Arkansas HB 1385 passed in April of 2023. This allows LARC methods to be reimbursed by insurance carriers (Medicaid and Private), if it is provided prior to discharge from the hospital.
- While studies are limited LARC devices appear to have no effect on lactogenesis and inability to breastfeed.

What is my role in LARC placement?

- Birth control counseling should begin during prenatal visits. If a patient still has questions surrounding their choice, request a provider consult.
- Consult your hospital policy. Your policy includes a list of supplies that a physician will need to place these devices.
- Ensure a consent is signed prior to placement.
- Perform a time out prior to placement.
- While the prices for each device vary, they can cost over \$1,000. The device can be available at the bedside, but please refrain from opening the package until the physician is prepared to place the device and has verified the patient's desire.
- Fundal massage can be performed after the placement of an intrauterine device.
- Provide your patient with respective Nexplanon and IUD postpartum patient discharge instructions. These documents contain important information and will direct patients when they need to contact their physician for assistance.

Additional Information

- The implementation of this initiative is part of a grant funded program by the University of Arkansas.
- Patient discharge instructions contain a QR code linked to a survey. Encourage your patients to take this quick survey. We want their voice surrounding this process.
- If additional information is needed, or if you have concerns surrounding the initiative, you may contact the IPP LARC team members at arlarc@uams.edu

