

## **Long active Reversible Contraceptives**

Both Mirena® and Implanon NXT® are examples of this type of contraception.

Long acting reversible contraceptives (LARC's) are a group of contraception methods that:

- provide very effective contraception
- are suitable for women of any age
- involve an insertion and removal procedure by a doctor or nurse
- can be removed easily at any time by a trained health professional
- are immediately reversible on removal
- provide no protection against STI (sexually transmitted infection)