

## Talking Points for IUDs and Implants

IUDs and Implants can be used by most patients, including teens and those with no children. When patients call asking about IUDs or implants, please remember the following talking points:

### IUDs are...

- ❖ **Effective:** One of the most effective options of contraception. IUDs (ParaGard, Mirena, and Liletta) are also the most effective form of emergency contraception.
- ❖ **Low or No Hormones:** One type of IUD has no hormones (ParaGard®), and the others have a low dose of hormone (Mirena®Liletta®Skyla® Kyleena®). IUDs do not contain estrogen.
- ❖ **Safe:** IUDs are safe, easy to remove, and they won't affect your ability to get pregnant in the future.
- ❖ **Easy To Use:** You don't have to remember to do anything for IUDs to work.
- ❖ **Reversible:** Fertility returns immediately after removal.
- ❖ **Long-Lasting:** IUDs can be used for up to 3-12 years, but you can request removal at any time, for any reason.

IUDs are offered on the following days: \_\_\_\_\_

### Implants are...

- ❖ **Effective:** One of the most effective options of contraception.
- ❖ **Low Hormones:** The Nexplanon® implant contains a low dose of hormone, which is released gradually over time. The implant does not contain estrogen.
- ❖ **Safe:** Implants are safe, easy to remove, and they won't affect your ability to get pregnant in the future.
- ❖ **Easy To Use:** You don't have to remember to do anything for the implant to work.
- ❖ **Reversible:** Fertility returns immediately after removal.
- ❖ **Long Lasting:** The implant can be used for up to 3-5 years, but you can request removal at any time, for any reason.

Implants are offered on the following days: \_\_\_\_\_