

## Talking Points for IUDs and Implants

IUDs and Implants can be used by most women, including teens and those with no children.

When clients call asking about IUDs or implants, please remember the following talking points:

### IUDs are...

- ❖ **Effective:** More effective than the pill, patch or ring.
- ❖ **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®).
- ❖ **Safe:** IUDs are safe, easy to remove and won't affect your future fertility.
- ❖ **Easy To Use:** You don't have to remember to do anything for them to work.
- ❖ **Reversible:** They can be removed any time; your fertility will return right away.
- ❖ **Long Lasting:** If you want protection for a while, IUDs can be used for up to 3-12 years.

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

### Implants are...

- ❖ **Effective:** More effective than the pill, patch or ring.
- ❖ **Low Hormones:** The Nexplanon® implant contains a low dose of hormone, which is released gradually over time.
- ❖ **Safe:** Implants are safe, easy to remove and won't affect your future fertility.
- ❖ **Easy To Use:** You don't have to remember to do anything for it to work.
- ❖ **Reversible:** They can be removed any time; your fertility will return right away.
- ❖ **Long Lasting:** If you want protection for a while, the implant can be used up to 3 years.

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