LARC Guidance During COVID-19
4/9/2020

This guidance is meant to help ensure patient access to contraceptive care and safe LARC management during COVID-19.

**Principles of care:**
- To maintain contraceptive access, most providers are shifting to telehealth visits.
- All methods, including IUDs and implants, should be made available during pandemic.
- IUD and implant access is essential, but challenging, during the COVID-19 response.
- Telehealth visits can be used to screen and offer patient centered counseling.
- For contraceptive best practices during COVID-19, see Beyond the Pill, ACOG, FPNTC, RHAP.

**Patient centered counseling** is key to ensuring access to method that fits patient’s priorities.
- The most effective method is one a patient knows they can use.
- Pushing someone to use another method undermines patient autonomy, satisfaction, and continuation.

**Safety:** LARC methods are safe for most patients.
- IUDs and implants are safe for patients with estrogen contraindications (i.e migraines).
- In-person visits are still needed for IUD and implant insertion and most removals.
- **WHO** reports a global increase in domestic violence with shelter at home orders.
- LARC methods may offer more safety and privacy for some patients.

**Ensuring LARC removal**
- Patients should have access to start and discontinue any method.
- Delay removals, using extended evidence-based durations.
- IUD and implant removals will usually require a provider visit.
- Provide IUD self-removal instruction as appropriate (1 in 5 who wished to remove IUD was successful).

**Minimizing exposure risk during in-person visits**
- Screen patients prior to and at office arrival for fever, cough, shortness of breath.
- Delay any procedures if patients are symptomatic.
- Complete registration, billing, counseling, and consents via phone or telehealth.
- Offer patients a mask, or have them bring their own.
- Have patients wait in their car, performing the intake prior to entering the facility.
- Upon entry, direct immediately into an exam room (minimize moving between rooms).
- Minimize staff and support people in rooms. Staff can call into room as needed.
- Monitor PPE supply and adjust use according to CDC guidance.

**Minimizing exposure risk during procedures**
- IUD and implant insertion or removal are low risk, non-aerosol generating procedures.
- Routine surgical masks for patient interactions may reduce asymptomatic transmission.
- Prepare all equipment trays and materials ahead of time to reduce time in the room.