

## 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:

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### 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:

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