LARC initiation Kathy McNamee



case

 Nedrett is a 17 year old who comes after school for emergency contraception



Absolute contraindications

Exception asymptomatic chlamydia, relatively strongly contraindicated

- hormonal
 - current breast cancer
- IUD
 - known current infection
 - gynae malignancies in some circumstances

Medical eligibility criteria MEC 1 no restriction on use MEC 2 benefits generally > disadvantages MEC 3 risks usually > advantages, may require specialist input MEC 4 absolute contraindication

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Excluding pregnancy

- no sex since menstruation
- reliable contraception
- day 1-5
- <3/52 post partum
- \leq 5/7 post termination or miscarriage
- negative PT, 3/52 no sex or 100% condoms



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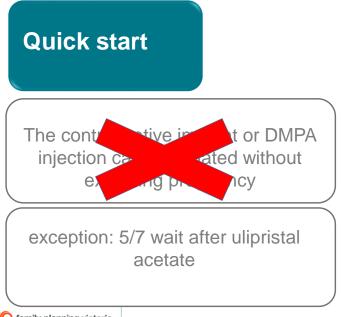
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Pregnancy not excluded

• IUD: no, unless emergency copper

- interval contraception
- Quick Start; ideal characteristics
 - rapid onset
 - no teratogenesis
 - menstruation expected
 - reversible

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Quick start: advantages

- · fewer unplanned pregnancies
- a higher chance the woman will initiate the method
- minimised chance of forgotten instructions eg. come back day 1-5



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Quick start: disadvantages

- · pregnancy cannot always be excluded
- · the woman may not realise she's pregnant
- urban myth, bleeding=contraception and not pregnant



Quick start for implant and injection

- ?pregnancy test now
- known teratogenic effects
- condoms or abstain for 7 days
- pregnancy test 4/52 weeks
- FPV protocol and consent forms on our website



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Post partum

- IUD
 - within 48 hours post partum or $\geq 4/52$
 - higher risk of perforation, particularly if breast feeding
- implant
 - no contraindication
- DMPA
 - generally safe



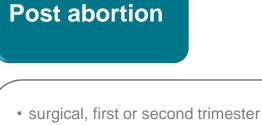
Tricky post partum

• Jane is breastfeeding her 3/12 month old baby around 80% of the time. She is amenorrhoeic and uses withdrawal for contraception,

- she'd like to have an IUD
- her partner won't use condoms



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- immediate use of any method
- IUD, MEC 2 for second trimester
- medical
 - implant (DMPA also) initiated with mifepristone
 - IUD, when the abortion is complete
 - other methods, day after misoprostol



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Conclusion

- very few contraindications to LARC initiation
- Quick start is preferred for the implant and injection
- sperm live a long time!
- must exclude pregnancy to insert an IUD unless using a copper IUD for emergency contraception

