

Extended Use of LARC

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Aims

- What are the current regimen for LARC?
- Is there evidence for extended use?
- What are the current guidance for clinical practice around extended use?
- The overdue LARC – what to do?



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Current Regimen LARC

LARC Method	Duration of Use
Levonorgestrel Intrauterine Device 52mg(LNG-IUD/Mirena)	5 years
TT380 Copper Intrauterine Device (Cu-TT380)	10 years
Multiload Copper Intrauterine Device (Cu-375)	5 years
TT380 Short Copper Intrauterine Device (Cu-TT380 Short)	5 years
Etonogestrel Implant (ENG Implant/Implanon NXT)	3 years
Depot Medroxyprogesterone Acetate (DMPA/Depo-Ralovera/Depo-Provera)	3 months

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LARCing abroad



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Extended Use - Evidence

- Warning – follow evidence based guidelines
- Several studies have shown that an LNG-IUD containing 52mg of LNG appear to be highly effective up to 7 years of use
- 4 studies in people age 25+ reported no pregnancies between years 5-7
- Study into extending both ETG-implant and LNG-IUD by 2 years
- Pregnancy failure rate 0.25/100 in the 6th year and 0.43/100 in the 7th year
- >99% contraceptive efficacy

Wu, P, Pickle, S 'Extended use of the intrauterine device: a literature review and recommendations for Clinical practice' *Contraception* 89 (2014) 495-503
 McNicholas C, Swor E, Wan L, Peipert JF 'Prolonged use of the etonogestrel implant and levonorgestrel intrauterine device: 2 years beyond Food and Drug Administration-approved duration.' *Am J Obstet Gynecol.* 2017 Jun;216(6):586.e1-586.e6

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Extended Use - Evidence

- Studies of Cu-IUD containing at least 300mm copper showed evidence of high contraceptive efficacy up to 12 years
- Smaller studies of ETG-implant demonstrated 0 pregnancies in the 4th and 5th year
- Effectiveness of Prolonged Use of IUD/Implant for Contraception (EPIC) – watch this space

Ali M, Akin A, Bahamondes L, Brache V, Habib N, Landoulsi S, Hubacher D; WHO study group on subdermal contraceptive implants for women. 'Extended use up to 5 years of the etonogestrel-releasing subdermal contraceptive implant: comparison to levonorgestrel-releasing subdermal implant.' *Hum Reprod.* 2016 Nov;31(11):2491-2498

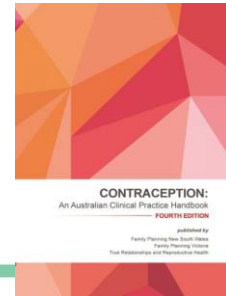
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Current Clinical Guidelines

- <https://www.fsrh.org/standards-and-guidance/current-clinical-guidance/>



- Contraception: An Australian Clinical Practice Handbook, 4th Edition



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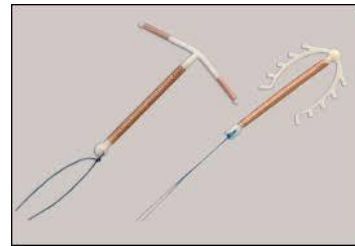
The overdue LARC – what to do?

- Khalindah is 42 and is having a Cu-IUD inserted
- What advice do you give about duration of use?



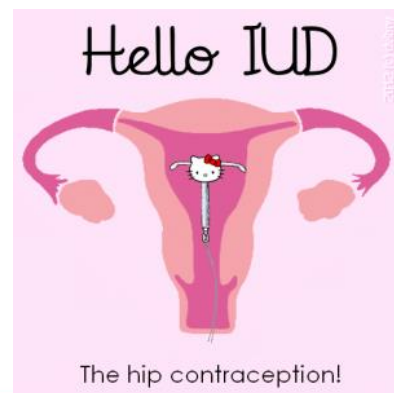
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- A Cu-IUD containing $>300\text{mm}^2$ copper after the age of 40 can be retained until contraception is no longer required
 - 1 year after LNMP if over 50
 - 2 years after LNMP if under 50



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- Michelle is 51 and has had a LNG-IUD for 6 years and is asking if it needs to be replaced
 - What do we need to know?



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- If inserted at age 45 or greater a 52mg LNG-IUD can be retained for 7 years or until menopause if amenorrhoeic
 - 2 serum FSH levels >30 6 weeks apart and remove the IUD after 1 year
 - What if it's used for HRT?
 - Mirena IUD licenced for 5 years for endometrial protection

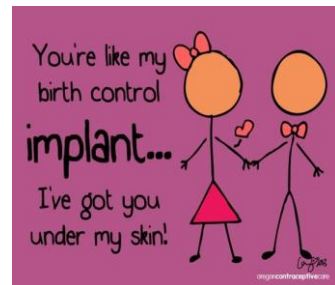
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- What if Michelle was aged 42 at the time of insertion and presents for changeover with Mirena in hand?
- Immediate replacement can occur at up to 7 years if a pregnancy test is negative and another pregnancy test is advised 3 weeks post most recent UPSI
- If >7 years must use alternative method for 3 weeks and have a negative pregnancy test
- If for bleeding control can be retained for as long as effective as long as contraceptive needs do not change

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- Jazz has had an Implanon NXT which expired 6 months ago
 - They were told that 'a few months won't matter'
 - Last UPSI 2 weeks ago
 - What do you tell Jazz?



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- Studies are limited by small size therefore should not be used as evidence for extended use
- Implanon NXT expires at 36 months by current guidelines
- Either negative pregnancy test 3 weeks after last UPSI

OR

- Immediate replacement as quickstart

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- George presents for repeat DMPA at 13 weeks and 5 days
 - Do you give the repeat injection?
 - PI states give 3 monthly and if the period between injections is greater than 14 weeks, the physician should determine that the patient is not pregnant before administering the drug
 - UK FSRH - administration 13 weekly and can be administered up to 7 days late (up to 14 weeks after the last injection) without the need for additional contraceptive precautions

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- George presents at 16 weeks, what now?
- Ask about last UPSI
- Quickstart and additional precautions for 7 days



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When can I stop?

- In general, all people can cease contraception at the age of 55, as spontaneous conception after this age is exceptionally uncommon even if still experiencing some menstrual bleeding
- If a person over 55 does not wish to stop a particular method, consideration can be given to continuation providing the benefits and risks have been assessed and discussed

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