

## Myths and misconceptions about LARC are common, and may cause women to feel apprehensive about trying IUDs or Implants

### ***"I don't want to use something that will affect my fertility later on"***

Implants and IUDs do not affect your fertility and their contraceptive effect ends as soon as they are removed.

### ***"It's dangerous to skip your period"***

It is **not** dangerous to skip your periods.

The benefits of skipping your period include avoiding period symptoms such as mood swings, period pain and headaches. It can be very helpful for people who have menstrual migraines, heavy periods, anaemia and premenstrual dysphoric disorder. It can also be convenient if you are travelling or don't want your period during an event.

### ***"Teenagers and people who have never had a child should not have an IUD"***

IUDs are available to all people of reproductive age. Those who have never given birth vaginally may require medical supervision to prevent pain or discomfort with their IUD insertion. A smaller IUD called the Kyleena is available, which is easier to insert in people who haven't given birth.

### ***"The implant causes bleeding all of the time"***

It is untrue to say that the contraceptive implant causes bleeding all of the time. But it certainly can cause changes to bleeding patterns. Generally, about 1 in 5 of those with the implant experience no bleeding at all. 1 in 4 can experience daily spotting, but this can improve after 3-6 months as the body adjusts.

### ***"IUD and implant insertion is painful"***

To avoid pain during IUD or implant insertion, it is important that you are aware of all of the available options for pain relief and tell your doctor or nurse about your concerns. There are multiple methods available including, oral analgesics, local anaesthetic, the "green whistle" (methoxyflurane), and in some cases sedation. You have a right to be heard and to experience a comfortable insertion.

### ***"IUDs cause abortion or miscarriage"***

IUDs do not terminate a pregnancy. They stop the pregnancy from happening in the first place, by preventing fertilisation between sperm and egg.

#### Sources:

1. Consensus statement (2017) Reducing unintended pregnancy for Australian women through increased access to LARC methods. sourced from <https://ranzocg.edu.au/wp-content/uploads/2022/05/Long-Acting-Reversible-Contraception-LARC-Consensus-Statement.pdf>
2. IPPF (2024) Myths and facts about the IUD. Sourced from: International Planned Parenthood Federation
3. Family Planning Australia (2022) Contraceptive Myths and Facts. Sourced from <https://www.fpns.w.org.au/media-news/blog/2022-07-08-contraceptive-myths-and-facts>

