

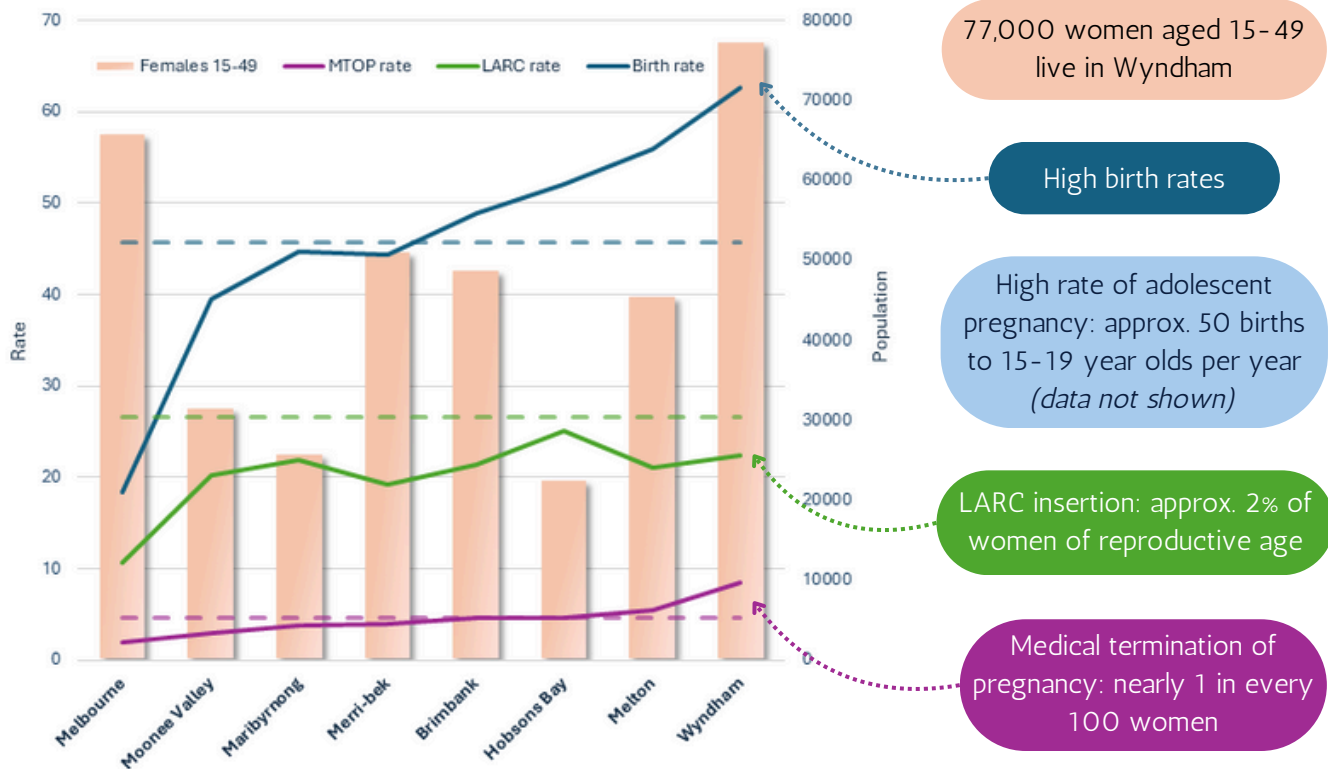
# Quick Guide to Contraceptive Counselling in Wyndham

May 2024

Curated and evidence-based resource for use during contraceptive counselling sessions to support informed decision-making

Wyndham

## Unintended pregnancy is common and Long-Acting Reversible Contraceptive (LARC) use is low



Medical termination of pregnancy (MTOP), LARC uptake and birth rates, 2020, by Local Government Area (per 1000 women of reproductive age). Dotted lines represent Victorian averages.

## Offer Long-Acting Reversible Contraceptives (LARCs) as first-line option to every woman wanting to prevent pregnancy

### What are LARCs?

- Copper Intra-Uterine Device (IUD): Load 375 or TT380
- Progesterone-Releasing Intra-Uterine Device (IUD): Mirena or Kyleena
- Sub-dermal implant: Implanon

### LARC Facts:

- Are >99% effective at preventing pregnancy
- Lasts 3, 5 & 10 years, dependant on device: "set and forget"
- Are fully reversible: fertility returns immediately upon removal
- Require doctor or nurse with specific training to insert



The choice of LARC or other contraceptive method is based on each woman's priorities, preferences, cultural background, and experience.

**Talk through contraceptive method options using this tool, and provide a copy to take home**

[Tool is linked here](#)



**Use culturally appropriate and translated information, as required**

Some examples are shown and linked below, and more can be found on WPHU's Guide to Resources for Contraceptive Decision-Making

[Information for Aboriginal and Torres Strait Islander peoples](#)



[Jean Hailes Contraception fact sheet in 18 languages](#)



["Which contraceptive method is right for you?" Video culturally adapted and available in English, Arabic, Cantonese, Hindi & Mandarin \(13:30 - SPHERE\)](#)

**Encourage finding the right service for them by calling 1800 696 784**

Can also search the [1800 My Options map](#), but more services are available via phone call



**For more information, these WPHU resources are available via [wphu.org.au](http://wphu.org.au):**

- [Dispelling the Myths about LARC](#)
- [Guide to Resources for Contraceptive Decision-Making](#)

**Sources:**

- About the graph data: Counts for each indicator were obtained from the Victorian Women's Health Atlas (VWHA) <http://victorianwomenshealthatlas.net.au/>. Rates per 1000 women aged 15-49 years were calculated using the Australian Bureau of Statistics 2022 Estimated Residential Population (ERP) for 2020 <https://www.abs.gov.au/statistics/people/population/regional-population-age-and-sex/2022>. These rates differ from the rates in the VWHA because different population estimates were used.
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- FPAA (2023) Yarning about Contraception. Sourced from: Family Planning Alliance Australia - <https://www.fpaau.org.au/health-information/aboriginal-and-torres-strait-islander/yarning-about-contraception>
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- 1800 My Options. Sourced from: <https://www.1800myoptions.org.au/>
- Liu R, Mazza D, Li CK, Subasinghe AK. What do women need to know about long-acting reversible contraception? Perspectives of women from culturally and linguistically diverse backgrounds. Health Promot J Austral.2023. <https://doi.org/10.1002/hpja.743>

