EXTENDED USE OF LARC METHODS

OVERVIEW
There is research data that supports extended use for most methods of long-acting reversible contraception (LARC) available in the United States. Studies have concluded that some hormonal IUDs (Mirena, Liletta), as well as the copper IUD (Paragard) and the contraceptive implant (Nexplanon), are effective beyond their FDA-approved duration.

For each LARC method, presented below is the current duration of use as approved by the FDA, as well as links to research that shows the efficacy of use past their FDA-approved duration.

When counseling a patient on extended use, inform them of both the FDA-approved duration and the evidence-based duration, and explain why the official label may not represent the most up-to-date research findings. Patients can make the choice for themselves about extending use of their LARC device, particularly in times when a visit to a provider is difficult.

CONTRACEPTIVE IMPLANT (NEXPANON)
FDA Approval: 3 years
Research Findings: 4-5 years

COPPER IUD (PARAGARD)
FDA Approval: 10 years
Research Findings: 12 years

52MG LEVONORGESTREL-RELEASING IUD (MIRENA, LILETTA)
FDA Approval: 5 years (Mirena), 6 years (Liletta)
Research Findings: 7 years

NOTE: There is no data on efficacy of extending Skyla beyond 3 years or Kyleena beyond 5 years.