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 the hormonal IUD (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 (NEXPLANON)

FDA Approval: 3 years
Research Findings: **4-5 years**

1. Ali M, Bahamondes L, Landoulsi SB. Extended Effectiveness of the Etonogestrel-Releasing Contraceptive Implant and the 20µg Levonorgestrel-Releasing Intrauterine System for 2 Years Beyond U.S. Food and Drug Administration Product Labeling. *GlobalHealth: Science and Practice*. 2017;5(4):534-539. doi:10.9745/ghsp-d-17-00296.
2. 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. *American Journal of Obstetrics and Gynecology*. 2017;216(6):586.e1-586.e6. doi:10.1016/j.ajog.2017.01.036.

COPPER IUD (PARAGARD)

FDA Approval: 10 years
Research Findings: **12 years**

1. Bahamondes L, Faundes A, Sobreira-Lima B, Lui-Filho JF, Pecci P, Matera S. TCu 380A IUD: a reversible permanent method in women over 35 years of age. *Contraception*. 2005;72(5):337-341. doi:10.1016/j.contraception.2004.12.026.
2. Long-Term Reversible Contraception. Twelve Years of Experience with the TCu380A and TCu220C. *Contraception*. 1997;56(6):341-352.doi:10.1016/S0010-7824(97)00186-8.

52MG LEVONORGESTREL-RELEASING IUD (MIRENA, LILETTA)

FDA Approval: 8 years (Mirena), 6 years (Liletta)
Research Findings: **7 years** (Liletta)

1. Bahamondes L, Fernandes A, Bahamondes MV, Juliato CT, Ali M, Monteiro I. Pregnancy outcomes associated with extended use of the 52-mg 20 µg/day levonorgestrel-releasing intrauterine system beyond 60 months: A chart review of 776 women in Brazil. *Contraception*. 2018;97(3):205-209. doi:10.1016/j.contraception.2017.10.007.
2. 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. *American Journal of Obstetrics and Gynecology*. 2017;216(6):586.e1-586.e6. doi:10.1016/j.ajog.2017.01.036.
3. Rowe P, Farley T, Peregoudov A, et al. Safety and efficacy in parous women of a 52-mg levonorgestrel-medicated intrauterine device: a 7-year randomized comparative study with the TCu380A [published correction appears in Contraception. 2016 Sep;94(3):288]. *Contraception*. 2016;93(6):498–506. doi:10.1016/j.contraception.2016.02.024
4. Wu JP, Pickle S. Extended use of the intrauterine device: a literature review and recommendations for clinical practice. *Contraception*. 2014;89(6):495-503. doi:10.1016/j.contraception.2014.02.011.

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

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