

Why Should I

# GET LARCEd?

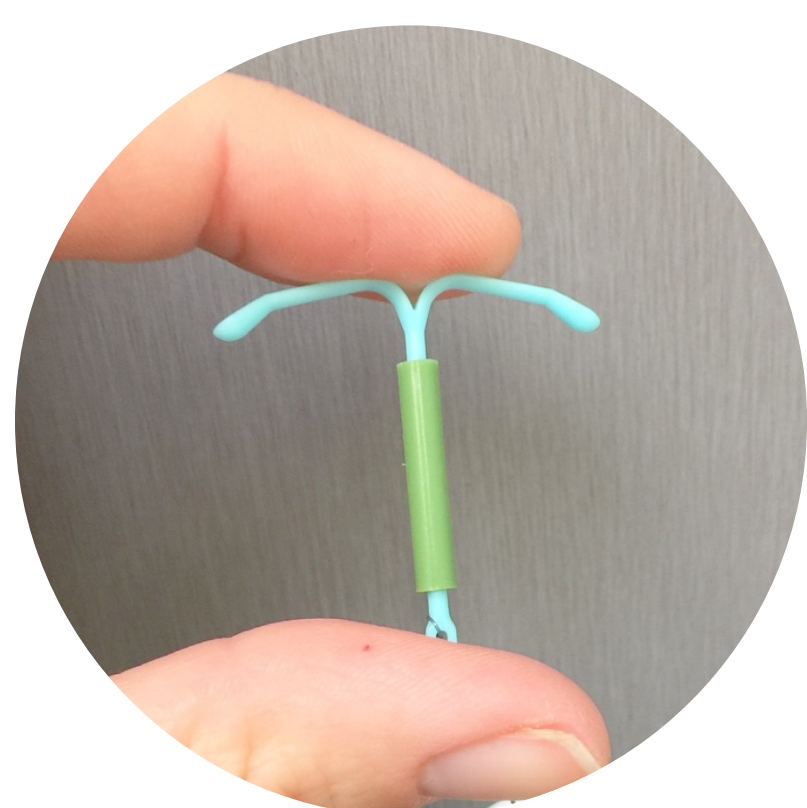
LARC stands for Long Acting Reversible Contraception

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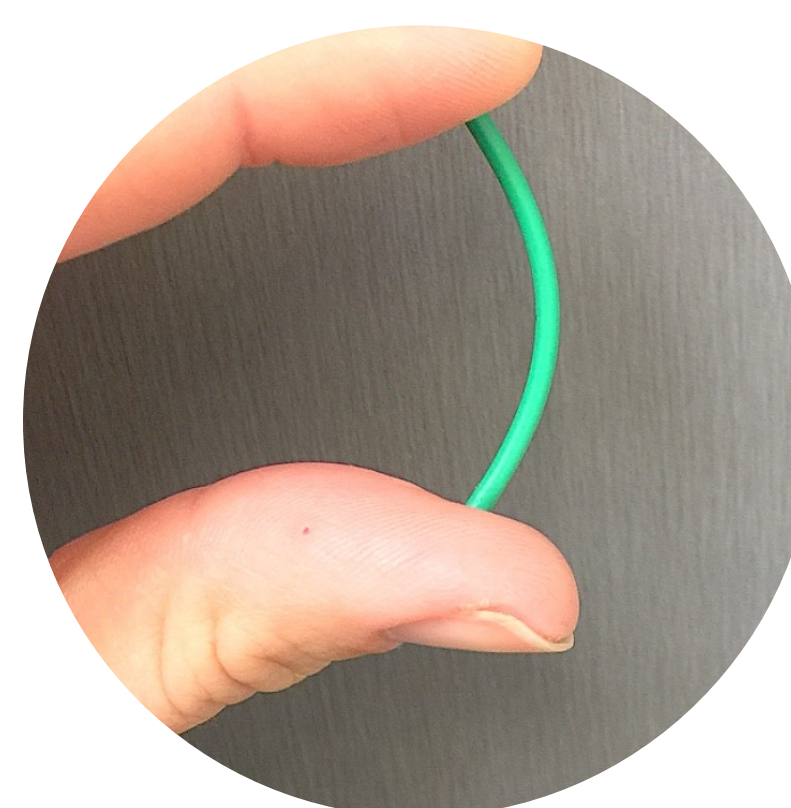


**LARCs are 99% effective at preventing pregnancy.**

## Types of LARC



**Intra-uterine Device (IUD)**  
IUDs are small T-shaped devices that are inserted into your uterus.



**Implanon**  
The Implanon is a 4 cm long, soft plastic bar that is inserted into your arm.

## How do I get LARCEd?



### Step 1

Talk to a Family Planning Tasmania doctor or nurse or your regular GP and get a script



### Step 2

Have your LARC implanted or inserted



### Step 3

Relax knowing that LARCs can prevent unwanted pregnancy for 3-10 years

Go to [www.fpt.asn.au](http://www.fpt.asn.au) for more information or to contact Family Planning Tasmania



Family Planning Tasmania  
sexuality education & clinical services

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