

# Extended use of long-acting reversible contraceptive methods

Long-acting reversible contraceptive methods (LARCs) are greater than 99% effective with normal use.<sup>1</sup>

The Family Planning Alliance of Australia (FPAA)<sup>1</sup> has previously recommended the extended use of LARCs during the COVID-19 pandemic. This statement refers to use of these methods for contraception and does not include their use for heavy menstrual bleeding or menopausal hormone therapy. Due to the removal of lockdowns and the increased availability of face-to-face consultations to facilitate LARC insertion and removal FPAA provides the following revised advice about extended use for:

- 52 mg LNG-IUD (Mirena)
- 19.5mg LNG-IUD (Kyleena)
- Copper IUDs
- Contraceptive Implant (Implanon NXT).

## 52 mg LNG-IUD (Mirena)

The 52 mg LNG-IUD is licensed for 5 years of use for contraception;<sup>2</sup>(2) current practice supports off-label extended use of the device:

- for 6 years use if inserted <45 years of age (3)
- until menopause when it is inserted at  $\geq 45$  years of age. In this instance, it can be retained for contraception until the age of 55 years at which point the risk of pregnancy is negligible. Alternatively, if the person has been amenorrhoeic for at least a year since turning 50, they may wish to have their FSH level measured. If the FSH is  $>30$  IU/L the IUD can be removed after a year of further use.<sup>3</sup>

If a patient\* presents for changeover, having used the IUD for 6-7 years, the pregnancy risk is very low. The changeover can proceed if pregnancy can be confidently excluded (as if there were no IUD in place) or with the following three additional measures:

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<sup>1</sup> The Medical Advisory Committee of Family Planning Alliance Australia is comprised of senior medical educators, senior medical officers, and medical directors of the member family planning organisations. The Clinical Reference Group of the Medical Advisory Committee exists as a means to review current clinical practice and provide evidence and consensus-based recommendations for use by clinicians where clinical guidance is lacking.

- a negative pregnancy test on the day
- uses another method of contraception for 7 days after the changeover
- repeats the pregnancy test in 1 month.<sup>4</sup>

\* Aged under 45 years at time of original insertion.

### **19.5mg LNG-IUD (Kyleena)**

The 19.5 LNG-IUD is licensed for 5 years of use;<sup>5</sup> extended use of the device is not recommended as contraceptive efficacy cannot be guaranteed if left in place beyond 5 years.

### **Copper IUDs**

Copper IUDs available in Australia are licensed for 5- or 10-years use. Current practice supports off-label extended use of any copper IUD approved for use in Australia until menopause when the device is inserted at  $\geq 40$  years of age. Menopause is here defined as amenorrhoea for 1 year since turning 50 years of age or 2 years if under the age of 50 years.<sup>3</sup>

### **Contraceptive Implant (Implanon NXT)**

Implanon NXT is licensed for 3 years of use;<sup>6</sup> extended use of the device is not recommended as contraceptive efficacy cannot be guaranteed if left in place beyond 3 years.

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<sup>1</sup> Winner B, Peipert JF, Zhao Q, Buckel C, Madden T, Allsworth JE, et al. Effectiveness of long-acting reversible contraception. *The New England journal of medicine*. 2012;366(21):1998-2007.

<sup>2</sup> Mirena. Australian approved product information. Bayer Australia Ltd. Updated 20 September 2021.

<sup>3</sup> FSRH Guidance Intrauterine Contraception March 2023: Faculty of Sexual & Reproductive Healthcare Statement. Clinical Effectiveness Unit; 2023 [cited 2023 17 May]. Available from: <https://www.fsrh.org/standards-and-guidance/documents/ceuguidanceintrauterinecontraception/1fsrh-clinical-guideline-intrauterine-contraception-mar23-6-.pdf>.

<sup>4</sup> FSRH Guidance Switching or Starting Methods of Contraception: Faculty of Sexual & Reproductive Healthcare Statement. Clinical Effectiveness Unit; 2023 [cited 2023 17 May]. Available from: <https://www.fsrh.org/home/>.

<sup>5</sup> Kyleena. Australian approved product information. Bayer Australia Ltd. Updated 11 March 2021.

<sup>6</sup> Implanon NXT (etonogestrel) Australia approved product information. Organon Pharma Inc Updated November 2021.

#### Disclaimer:

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