

Extended use of long-acting reversible contraceptive methods

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

FPAA provides the following 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 8 years of use for contraception and up to 5 years for the indications of idiopathic menorrhagia (heavy menstrual bleeding) and protection from endometrial hyperplasia during estrogen replacement therapy. If heavy menstrual bleeding has not returned after 5 years of use, continued use of Mirena can be considered for up to 8 years.²

Current practice supports off-label extended use of the device until menopause when it is inserted at ≥ 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.³

19.5mg LNG-IUD (Kyleena)

The 19.5 LNG-IUD is licensed for 5 years of use.⁴ Extended use of the device is not recommended as contraceptive efficacy cannot be guaranteed if left in place beyond 5 years.

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.

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 ≥ 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.³

Contraceptive Implant (Implanon NXT)

Implanon NXT is licensed for 3 years of use⁵ extended use of the device is not recommended as contraceptive efficacy cannot be guaranteed if left in place beyond 3 years.

-
1. 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.
 2. Mirena. Australian approved product information. Bayer Australia Ltd. Updated 7 June 2024
 3. 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>.
 4. Kyleena. Australian approved product information. Bayer Australia Ltd. Updated 11 March 2021.
 5. Implanon NXT (etonogestrel) Australia approved product information. Organon Pharma Inc Updated November 2021.

Disclaimer:

Family Planning Alliance Australia has taken every care to ensure that the information contained in this publication is accurate and up-to-date at the time of being published. As information and knowledge is constantly changing, readers are strongly advised to confirm that the information complies with present research, legislation and policy guidelines. FPAA accepts no responsibility for difficulties that may arise as a result of an individual acting on this information and any recommendations it contains.