**Staff Education - What is Immediate Postpartum LARC**

**What is LARC?**

LARC stands for Long-Acting Reversible Contraception. Immediate postpartum LARC refers to LARC initiation after delivery and before hospital discharge. ACOG (American College of Obstetrics and Gynecologists) supports immediate postpartum LARC insertion as best practice, recognizing its role in preventing rapid repeat pregnancy and unintended pregnancy.

### **What are some benefits of Immediate Postpartum LARC?**

1. Unintended pregnancy remains a significant issue in the U.S. and LARC methods can decrease unintended pregnancy and lengthen inter-pregnancy intervals
2. Patient is still in the midst of care and placement can be convenient for both woman and provider
3. Eliminates issues with the time limit on postpartum insurance coverage after hospital discharge
4. Women are known not to be pregnant and many are motivated to avoid short-interval pregnancy
5. Women using LARC methods have high satisfaction and continuation rates as compared to oral contraceptive pill users
6. Up to 40% of women do not attend the postpartum visit
7. Up to 75% of women who plan to use an IUD postpartum do not obtain it
8. Some women may attend the postpartum visit, but encounter barriers to receiving LARC, such as inability to pay, or need for a repeat visit for placement

**What is the effect on breastfeeding?**

Although there is a theoretical risk of decreased lactogenesis associated with administration of progesterone, several studies have shown that there is no difference in lactogenesis in women who underwent postpartum LARC placement. In addition, there was also no difference in the length of time women reported breastfeeding (Florida Perinatal Quality Collaboration).

**What if a woman wants to have the LARC removed?**

It can be removed at any time by a trained practitioner in the provider’s office. After removal of the implant, the woman’s fertility is reestablished. If the woman no longer has a provider, the Health Department’s family planning clinic can remove the implant.

Resources:

Florida Perinatal Quality Collaboration

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