PLACENTA OUT → IUD IN: 
IMMEDIATE POSTPARTUM 
CONTRACEPTION
Susan Bishop, RNC-OB, MN

OBJECTIVES
- Define Long Acting Reversible Contraception
- Discuss the use of LARCs during the immediate post-partum hospitalization

WHY IS THIS IMPORTANT?
- ~50% of pregnancies unintended
- Higher rates in young, minorities, & lower socio-economic status
- Unintended pregnancies = higher risk for mother and baby

REPEAT TEEN BIRTHS (= HAVING TWO OR MORE PREGNANCIES RESULTING IN A LIVE BIRTH BEFORE AGE 20 YEARS)
- 1 in 5 – nearly 1 in 5 births to teen mothers, ages 15 to 19 is a repeat birth
- About 183 repeat teen births occur each day in the US
- 1 in 5 – about 1 in 5 sexually active teen mothers use the most effective types of birth control after they have given birth

FURTHERMORE…
- Almost 50% of women report having unprotected sex prior to their 6 week postpartum visit¹
- 50% of non-breastfeeding women ovulate by their 6 week postpartum visit²
- 25% no-show in a study where teens offered free IUD and compensation post hospital discharge visit³

Source: Centers for Disease Control
FURTHERMORE…

- Insurance coverage/payment may be lost by 6 weeks
- Unintended pregnancy rate for poor women is >5 times the rate of women in the highest income bracket
- Low-income/minority women have higher rates of nonuse of contraceptives and are more likely to use less effective reversible methods such as condoms

“Many repeat births could be prevented through postpartum use of long-acting reversible contraception (LARC) such as IUDs and implants. Counseling women during prenatal visits about postpartum contraception and offering women LARC in the hospital after delivery makes it easier for women to avoid unintended pregnancy.”

http://www.cdc.gov/teenpregnancy/health-care-providers/repeat-births.htm

MOST EFFECTIVE

- Implant 0.05% (3 years)
- IUD 0.2-0.8% (3.5-10 years)
- Sterilization 0.15-0.5%

NEXPLANON

- Subdermally inserted
- 68 mg etonogestrel suppresses ovulation
- Effective for 3 years
- Major side effect: unscheduled bleeding
- Cost ~ $825
- Most effective at pregnancy prevention

TYPES OF INTRAUTERINE DEVICES

A. Levonorgesterol (progesterone)
   - Mirena IUD (52 mg LNG), FDA approved 5yr (7)
   - Skyla IUD (13.5 mg LNG), FDA approved 3 yr
   - Cost ~$865

B. Copper IUD (no hormone)
   - FDA approved 10 yr (12)
   - Also effective for emergency contraception
   - Cost ~$950 (Paraguard)

BREAKING NEWS!
APRIL 2015

Generic Mirena
Same size, amount of hormone, & duration of efficacy $50 (!!!!)
“Intrauterine devices and contraceptive implants are the most effective reversible contraceptives. The major advantage of LARCs compared with other reversible contraceptive methods is that they do not require ongoing effort on the part of the user for long-term and effective use…and return of fertility is rapid after the removal of the device.”

### Continuation Rates

<table>
<thead>
<tr>
<th>Method</th>
<th>Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Etonogestrel implant</td>
<td>82%</td>
</tr>
<tr>
<td>Levonorgestrel (IUD)</td>
<td>81%</td>
</tr>
<tr>
<td>Copper IUD</td>
<td>76%</td>
</tr>
<tr>
<td>Medroxyprogesterone acetate (Depo)</td>
<td>47%</td>
</tr>
<tr>
<td>Oral contraceptives</td>
<td>47%</td>
</tr>
<tr>
<td>Contraceptive patch</td>
<td>41%</td>
</tr>
<tr>
<td>Vaginal ring</td>
<td>31%</td>
</tr>
</tbody>
</table>

12-month continuation rates among 1099 urban adolescents provided contraception at no cost

### So…..What’s the problem?

### Barriers to LARC Placement

- 50% OB/GYNs offer implant – “lack of patient interest & lack of training”
- Medicaid and private insurers $$$$$
- Provider reimbursement
- Hospital reimbursement for device and services separate from the global fee for delivery

### Committee Opinion

**Increasing Access to Contraceptive Implants and Intrauterine Devices to Reduce Unintended Pregnancy**

- Increase access to contraceptive implants and intrauterine devices
- Advocate for coverage and appropriate payment and reimbursement for every contraceptive method by all payers in all clinically appropriate circumstances
- Adopt “best practice” for LARC insertion…including immediately postpartum and after second trimester abortion

**Box 1. Advantages of Long-Acting Reversible Contraception Methods**

- Highly cost-effective
- Reversible, with a rapid return to fertility after removal
- Few contraindications
WASHINGTON STATE: PROGRESS

- Increasing awareness
- New ICD 10 Code for provider placement of IUD
- Free course Inserting Long-Acting Reversible Contraception (LARC) Immediately After Childbirth (online training)

http://www.wsha.org/0513.cfm

IMPLICATIONS FOR PRACTICE

- Advocate!
- Educate!
- Prepare!

QUESTIONS?

REFERENCES