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## Myths and facts about contraception and long-acting reversible contraception

### Contraception

**Contraception**, also known as birth control, family planning or fertility control, is a method or device used to prevent pregnancy.

### Long-acting reversible contraception

Long-acting reversible contraception (LARC) methods of contraception provide effective contraception for an extended period of time without requiring user action. They are known as 'reversible' because they can be stopped or removed so that fertility returns and include:

- **intrauterine devices (IUDs)** – placed in the uterus (womb); last for five to 10 years
- **contraceptive implants** – placed in the upper arm under the skin; last for three years
- **contraception injections** – given in the upper arm or buttock muscle; last for 12 weeks.

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