

Choice in contraception



When do you
want to get pregnant,
if ever?



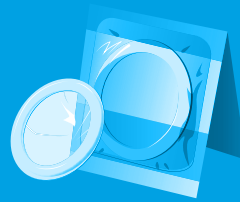
How important
is it to **NOT** get
pregnant now?

***Typical use pregnancy rates per 1000 women
during first year of use**



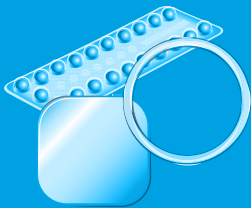
Pull-Out:

220
/1000 women*



Condoms:

180
/1000 women*



Appearance (Show DEMO)

Pills/Patch/Ring:

90 /1000
women*

Hormones:

Estrogen: _____ µg per day;

Progestin: _____ µg per day;

Frequency: Daily, Weekly, Monthly



Appearance (Show DEMO)

Injection:

60 /1000
women*

Hormones:

Estrogen: None

Progestin: 150 mg/ml injection

Frequency: Every 12 weeks

Additional Information:

Example: With an oral contraceptive pill containing 20 µg of estrogen and 100 µg of LNG, the serum level (Area Under Curve (AUC)) of LNG is ≈70,000 pg/mL

Black A *et al.* Canadian Contraception Consensus (Part 1 of 4). J Obstet Gynaecol Can. 2015; 37(10):936-42; Black A *et al.* Canadian Contraception Consensus (Part 3 of 4): Chapter 7 - Intrauterine Contraception, J Obstet Gynaecol Can 2016; 38(2):182-222. Apter D *et al.* Pharmacokinetics of two low-dose LNG-IUS and effects on ovulation rate and cervical function: pooled analyses of phase II and III studies. Gemzell-Danielsson K *et al.* A randomized, phase II study describing the efficacy, bleeding profile, and safety of two low-dose levonorgestrel-releasing intrauterine contraceptive systems and Mirena. Fertil Steril 2012;97:616-622; Fertil Steril. 2014; 101:1656-62. Please refer to the respective Product Monographs or Instructions for Use for detailed product information on each product.

Choice in contraception

Intrauterine Contraceptives†:

- Recommendation: First-line method of contraception
- Long acting, immediately reversible, highly effective, highest continuation rates

	Cu-IUD	LNG-IUS (52mg)	LNG-IUS (19.5mg)	LNG-IUS (13.5mg)
Appearance (Show DEMO)				

***Typical use pregnancy rates per 1000 women during first year of use**

 **8** /1000 women*

 **2** /1000 women*◇

Type & Release rate	Copper	14 µg of LNG / day over 5 years	9 µg of LNG/ day over 5 years	6 µg of LNG/ day over 3 years
Hormones	No estrogen No progestin	No estrogen Progestin	No estrogen Progestin	No estrogen Progestin
# Of Years of Contraception (Frequency)	3,5 or 10	5	5	3
Cost	\$55-200	≈\$400	≈\$400	≈\$300
Effects on Menstruation	Heavier, crampier especially first few cycles	No menses: 16% @ 1 year; 23.6% @ 3 years; N/A @ 5 years Others: Lighter, shorter, less pain, spotting	No menses: 12% @ 1 year; 18.9% @ 3 years; 23% @ 5 years Others: Lighter, shorter, less pain, spotting	No menses: 6% @ 1 year; 12.7% @ 3 years Others: Lighter, shorter, less pain, spotting

◇Based on women using LNG-IUS 52mg

†Intrauterine contraceptives (IUCs) are the only available Long Acting Reversible contraceptives (LARCs) in Canada

Additional Information:

Example: With an LNG-IUS, the serum level (Area Under Curve (AUC)) of LNG is ≈ 200 pg/mL

Black A *et al.* Canadian Contraception Consensus (Part 1 of 4). J Obstet Gynaecol Can. 2015; 37(10):936-42; Black A *et al.* Canadian Contraception Consensus (Part 3 of 4): Chapter 7 - Intrauterine Contraception, J Obstet Gynaecol Can 2016; 38(2):182-222. Apter D *et al.* Pharmacokinetics of two low-dose LNG-IUS and effects on ovulation rate and cervical function: pooled analyses of phase II and III studies. Gemzell-Danielsson K *et al.* A randomized, phase II study describing the efficacy, bleeding profile, and safety of two low-dose levonorgestrel-releasing intrauterine contraceptive systems and Mirena. Fertil Steril 2012;97:616-622; Fertil Steril. 2014; 101:1656-62. Please refer to the respective Product Monographs or Instructions for Use for detailed product information on each product.