

# LARC Recertification Pathway

| Required Steps                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                      | Evidence Required | Costs to the individual, practice, or Primary Care Network (June 2026) |
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| <p>If you hold CoSRH Letters of Competence in Intrauterine Techniques (LoC IUT) and/or Subdermal Contraceptive Implant Techniques (LoC SDI), you are required to complete recertification every five years.</p> <p>If it is 10 years or more since your qualification was awarded or last recertified, you will need to retake the full training programme for your qualification. (See LARC Training pathway)</p> |                                                                                                                                                                                                                                                                                                                                                                                                      |                   |                                                                        |
| IUC Specific                                                                                                                                                                                                                                                                                                                                                                                                       | <p><b>There is no charge for recertification of the LoC IUT to CoSRH members.</b></p> <p>If you have not paid your membership fees continuously for the five years leading up to recertifying, you will be required to pay backdated membership fees (at current subscription rates) £121.00 P.A.</p> <p>Alternatively, one may pay a single recertification fee of £505 (2026) every five years</p> |                   |                                                                        |
|                                                                                                                                                                                                                                                                                                                                                                                                                    | <p><b>6 months before recertification date (no later than 6 weeks after) contact CoSRH using form at this link</b></p> <p><a href="https://www.cosrh.org/Public/Forms/Recertification_LoC-IUT.aspx">https://www.cosrh.org/Public/Forms/Recertification_LoC-IUT.aspx</a></p>                                                                                                                          |                   |                                                                        |
|                                                                                                                                                                                                                                                                                                                                                                                                                    | <p><b>Complete e-learning for health module 15 (must be completed in the 2 years prior to recertification)</b></p>                                                                                                                                                                                                                                                                                   |                   |                                                                        |
|                                                                                                                                                                                                                                                                                                                                                                                                                    | <p>At least two credits of relevant CPD over the past five years</p>                                                                                                                                                                                                                                                                                                                                 |                   |                                                                        |
|                                                                                                                                                                                                                                                                                                                                                                                                                    | <p>Evidence of basic life support and anaphylaxis training in the past year</p>                                                                                                                                                                                                                                                                                                                      |                   |                                                                        |
|                                                                                                                                                                                                                                                                                                                                                                                                                    | <p>Log of insertions, this log should show <b>12 insertions</b>, showing <b>at least two different types of IUT method</b> in conscious women.</p>                                                                                                                                                                                                                                                   |                   |                                                                        |
| SDI Specific                                                                                                                                                                                                                                                                                                                                                                                                       | <p><b>There is no charge for recertification of the LoC SDI to CoSRH members.</b></p> <p>If you have not paid your membership fees continuously for the five years leading up to recertifying, you will be required to pay backdated membership fees (at current subscription rates) £121.00 P.A.</p> <p>Alternatively, one may pay a single recertification fee of £505 (2026) every five years</p> |                   |                                                                        |
|                                                                                                                                                                                                                                                                                                                                                                                                                    | <p><b>6 months before recertification date (no later than 6 weeks after) contact CoSRH using form at this link</b></p> <p><a href="https://www.cosrh.org/Public/Forms/Recertification_LoC-SDI.aspx">https://www.cosrh.org/Public/Forms/Recertification_LoC-SDI.aspx</a></p>                                                                                                                          |                   |                                                                        |
|                                                                                                                                                                                                                                                                                                                                                                                                                    | <p><b>Complete e-learning for health module 14 (must be completed in the 2 years prior to recertification)</b></p>                                                                                                                                                                                                                                                                                   |                   |                                                                        |
|                                                                                                                                                                                                                                                                                                                                                                                                                    | <p>At least two credits of relevant CPD over the past five years</p>                                                                                                                                                                                                                                                                                                                                 |                   |                                                                        |
|                                                                                                                                                                                                                                                                                                                                                                                                                    | <p>Evidence of basic life support and anaphylaxis training in the past year</p>                                                                                                                                                                                                                                                                                                                      |                   |                                                                        |
|                                                                                                                                                                                                                                                                                                                                                                                                                    | <p>Log of insertions, this log should show <b>6 procedures including at least one insertion and one removal.</b></p>                                                                                                                                                                                                                                                                                 |                   |                                                                        |