

Birth Control Method

Hormonal IUD & Copper IUD

What Is It?

The intrauterine device (IUD) is a small, T-shaped plastic device that is inserted into and left inside the uterus.

Hormonal IUDs release a small amount of a hormone called progestin into the uterus. Different brands are approved for up to 3 to 8 years of use.

The copper IUD releases a small amount of copper into the uterus. It is approved for up to 10 years of use.

How Does It Work?

IUD's work mainly by preventing fertilization of the egg by the sperm. The progestin in the hormonal IUD thickens cervical mucus, which makes it harder for the sperm to enter the uterus and reach an egg, and keeps the lining of the uterus thin. The copper released by the copper IUD stops sperm from moving and reaching an egg.

How Do I Use It?

The IUD is inserted by a health care professional. The IUD is placed in a slender plastic tube. The tube is inserted into your vagina and through your cervix into your uterus. The tube then is withdrawn, leaving the IUD in place.

Benefits

- It does not interfere with sex.
- It can be inserted right after a miscarriage or childbirth and is safe to use while breastfeeding.
- If you wish to get pregnant or want to stop using the IUD for any reason, simply have it removed by a health care professional.
- Few medical conditions prevent its use. You do not need to have had children to use it.
- The hormonal IUD helps decrease menstrual pain and heavy menstrual bleeding. It may also stop menstrual bleeding completely.
- The IUD is a very highly effective method compared to other methods.
- The copper IUD is the most effective form of emergency contraception if it is inserted within 5 days of having unprotected sex.
- The copper IUD has no effect on your natural hormones.

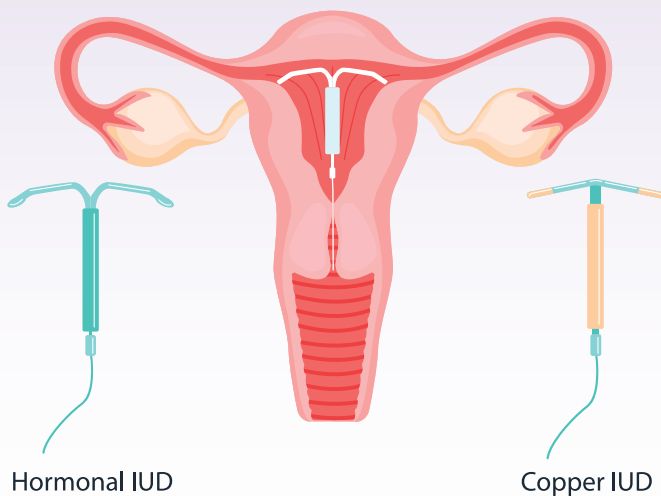
Risks

- The entire IUD or part of the IUD may come out of the uterus (rare).
- It may pierce the wall of the uterus during insertion (rare).
- In the rare case that pregnancy occurs, there is an increased risk of ectopic pregnancy.

Possible Side Effects

- **Copper IUD** - increased menstrual pain & bleeding, bleeding between periods, especially in the first few months of use. Pain & heavy bleeding usually decrease within 1 year of use.
- **Hormonal IUD** - spotting & irregular bleeding, especially in the first 3 to 6 months of use; headaches; nausea; depression; and breast tenderness.

Intrauterine Device



Hormonal IUD's are effective right away if it is inserted within 7 days of the start of your menstrual period. If it is inserted at any other time, avoid vaginal sex or use a backup birth control method (condom) for the next 7 days.

Copper IUD's are effective right away.

Hormonal or Copper IUD's do not protect you against STI's, including HIV.