



IUD Information

<p>What is the IUD? (Intra Uterine Device)</p>	<ul style="list-style-type: none"> • A plastic rod with 2 arms and a string. • About the size of a quarter. • Inserted into the uterus to prevent pregnancy. <p>There are 2 types of IUD in the US: the copper IUD and the progestin (hormone) IUD. (To choose the right one for you, see the chart on the other side.)</p>
<p>How well does the IUD work?</p>	<p>The IUD prevents pregnancy in 99% of women who use it.</p>
<p>Is the IUD safe?</p>	<p>Yes. Serious problems with the IUD are rare, and most happen the first few days.</p>
<p>Can I get an IUD if I've never had a baby?</p>	<p>Yes.</p>
<p>How is the IUD inserted?</p>	<p>After putting a speculum in the vagina, a medical provider inserts the IUD into the uterus. Many providers give pain medicine before the procedure. Some women have cramps and spotting for a few hours.</p>
<p>Does the IUD have side effects?</p>	<p>Yes. Most side effects last only for a few months. See other side for details.</p>
<p>Does the IUD cause infections?</p>	<p>No.</p>
<p>Does the IUD protect against HIV and other sexually transmitted infections?</p>	<p>No, the IUD does NOT protect you from sexually transmitted infections. Unless you and your partner have sex only with each other, you should use a latex condom every time you have sex (even with the IUD in place) to prevent infections.</p>
<p>Do I need to check the IUD?</p>	<p>You should be able to feel the IUD's string in your vagina. Check the string once a month. If you don't feel the string, call your medical provider.</p>
<p>Does the IUD cause an abortion?</p>	<p>No. The IUD works by preventing sperm from fertilizing eggs.</p>
<p>What happens when I want to get pregnant?</p>	<p>You need to go to your medical provider to remove the IUD. Most women get pregnant quickly after removing the IUD.</p>
<p>Can I use the IUD for emergency contraception?</p>	<p>Yes, the Copper IUD can be inserted up to 5 days after unprotected sex as emergency contraception.</p>

Which IUD Is Right For Me?

	Copper IUD	Hormonal IUD
		
Brand name	Paragard®	Mirena®
How long can one IUD stay in the uterus?	10-12 years	5-7 years
Does it contain hormones?	No.	Yes: low dose of progestin (no estrogen)
Side effects	Heavy periods Cramps with your period	Spotting Less common: bloating, nausea, headaches, breast pain No period after a few months – this is not risky, and many women like it
Benefits	No need to think about birth control at any time Private Works better than the pill, the patch, the ring, or the shot Can be used while breastfeeding Can be used as emergency contraception	No need to think about birth control at any time Private Works better than the pill, the patch, the ring, or the shot Can be used while breastfeeding Can decrease heavy periods, cramps, PMS
Cost	Covered by most insurance plans If not covered, may cost a few hundred dollars	Covered by most insurance plans If not covered, may cost a few hundred dollars