

INTRAUTERINE DEVICE (IUD)



How do I use an IUD ?

- The IUD is placed in your uterus by a provider.
- The IUD can be taken out anytime you want, or when it is due to be removed or replaced.
- Contact the clinic when you need to remove or replace the IUD or if you can not feel the strings.

Hormonal IUD

- The progestin-only IUD can stay in place for 3-8 years.
- If placed within the first 7 days of your period bleeding, no backup method is needed.
- If placed after the first 7 days of your period bleeding, use a backup method for 7 days.

Non-Hormonal (Copper) IUD

- The non-hormonal IUD can stay in place for up to 10 years.
- The non-hormonal IUD is effective as soon as it is placed. No back up method is needed.

What if my strings are missing or my IUD expires?

Your chance of getting pregnant goes up if you can not feel the strings or your IUD expires.

If you can not feel the strings or your IUD expires:

- Make an appointment with the clinic as soon as you can.
- Use a backup method if you have unprotected sex.

Common benefits & side effects

Most people do not experience side effects, while others may. All possible side effects are not listed.

Progestin-Only IUD

- Lighter or irregular bleeding
- Breast tenderness
- Mood changes
- Decreased sex drive

Non-Hormonal IUD

- Heavier bleeding
- Cramping

Warning Signs: PAINS

If you have any of these symptoms, call your clinic as soon as possible.



**Period
Changes**



**Abdominal
Pain**



Infection



**Not
Feeling
Well**



**String
location
changes**

INTRAUTERINE DEVICE (IUD)

- ☐ Progestin-Only
- ☐ Non-Hormonal

Hormonal IUD prevents pregnancy by:

-  Stopping the egg from being released
-  Changing the uterine lining
-  Thickening the cervical mucous to stop sperm

Non-Hormonal IUD prevents pregnancy by:

-  Changing the uterine lining
-  Preventing sperm from reaching the egg

 The progestin-only IUD is made up of a hormone that is similar to one made by your body. The copper IUD does not have hormones.

 The chance of getting pregnant is low when using an IUD. 1 out of 100 people will get pregnant each year with typical use.

 When the IUD is removed, your chance of getting pregnant will be the same as it was before using an IUD.

 Some medications can decrease how well your birth control works. Talk to your provider about medications you take.

 IUDs do not protect against STIs or HIV. Always use a condom for protection.

RETURN TO CLINIC:

- For yearly check-ups
- If you want to change your method
- If you are concerned about side effects

NOTES: