

Information About INTRAUTERINE CONTRACEPTION IUC= INTRAUTERINE DEVICE/SYSTEM (IUD/IUS)

How does the IUC work?

There are two types of IUCs.

The copper-containing IUD prevents pregnancy by:

- Killing a man's sperm so the egg cannot be fertilized.

The progestin-containing IUS prevents pregnancy by:

- Stopping or delaying the release of an egg that could be fertilized by a man's sperm.
- Causing changes in the cervical mucus making it more difficult for a man's sperm to enter the uterus (womb)

The IUD or IUS do not cause an abortion because no pregnancy begins.

How well does it work?

The IUC works almost as well as sterilization. Of every 100 women using this type of birth control, less than 1 will get pregnant each year. Neither type is permanent. You can usually get pregnant again after it is removed.

The copper-containing (Cu T 380A ParaGard) IUD works for 10 years.

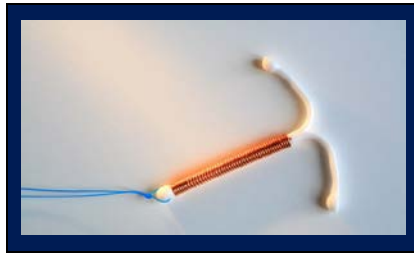
The progestin-containing (Mirena IUS/ LNG-IUS) works for 5 years.

Why is an IUC a good choice for me?

- Reliable and easy to use
- Long-lasting and reversible
- Protects against certain cancers
- Possible decreased bleeding during periods with progestin-only IUS
- Low risk of side effects

You should not use an IUC as a birth control method if:

- You are pregnant or think you are pregnant
- You now have or have had a serious pelvic infection or pelvic inflammatory disease (PID) in the past 3 months or following a pregnancy
- You have cancer of the cervix or lining of the uterus
- You have a condition or infection of the uterus that changes its shape or have uterine fibroids



- You had a sexually transmitted disease (STD), within the past 3 months
- You have unexplained vaginal bleeding
- You have breast cancer (if using progestin-only IUS)
- You have an allergy to copper (if using copper-containing IUD)

What are the possible side effects of an IUC?

Copper IUD users may have heavier periods during the first months of use.

Progestin-only IUS users may have light bleeding or spotting during these months.

At the time of insertion, there may be cramping that lasts from 10 to 15 minutes. A small number or between 2% and 10% of all IUCs come out within the first year.

How do I know I am having a problem using the IUC?

You should call your doctor, nurse, or clinic if:

- Your period is late (pregnancy) or having abnormal spotting or bleeding
- You are having abdominal pain or pain with intercourse
- You have an infection that may be a STD or abnormal discharge
- Your string is missing or is shorter or longer

Can I breastfeed my baby if I use an IUC for birth control?

Yes! The copper IUD does not have any hormones and the IUS has progestin which is preferred if a hormonal method of birth control is used while breastfeeding.

Where can I get an IUC?

You can get an IUD or IUS, either by appointment or referral at your local health department, a family planning clinic or a doctor's office.

If you are thinking about having your IUD or IUS removed, call your doctor or nurse to talk about birth control!

REMEMBER:

The IUD or IUS does not protect you against HIV or any other sexually transmitted infections. Use condoms to protect yourself each time you have sex.

If you have any questions, call us at: _____.