The Intrauterine Device (IUD) is made of soft plastic that once inserted into the uterus, takes the shape of a “T”. IUDs work primarily by preventing sperm from fertilizing the egg.

Three highly effective IUDs are available:

- The ParaGard® IUD utilizes copper to increase contraceptive effectiveness. The ParaGard® provides continuous contraceptive effect for 10 years—this is a benefit for many women.
- The Skyla® and Mirena® IUDs release a hormone (progestin) directly into the endometrial cavity. This hormone provides increased contraceptive effectiveness while minimizing side effects. Both have the ability to decrease heavy periods associated with IUD use as an advantage. Skyla® is effective for 3 years, Mirena® is effective for 5 years.

**BENEFITS:**

- 99% effective in preventing pregnancy;
- Long lasting (Skyla® - 3 years; Mirena® - 5 years; ParaGard® - 10 years);
- Low risk of side effects.

**RISKS:**

- Expulsion (The device comes out of the uterus through the cervical opening.) Between 2-10 percent of IUD users spontaneously expel their IUD within the first year;
- Perforation (The device going through the uterine wall.) Perforation of the uterus can occur at the time of the IUD insertion. This rare and minor complication is easily managed;
- Cramping and pain. At the time of IUD insertion, women may feel discomfort followed by cramping pain over the next 10-15 minutes.
- While pregnancy is rare on the IUD, if pregnancy occurs there is a 50 percent chance it will be ectopic.

**WARNING SIGNS:**

The safety of IUDs is excellent. However, please call Essential Health Clinic if you experience any of the following:

- Late menses (Paragard only);
- Exposure to any STI or if you develop vaginal discharge;
- Inability to feel the strings, the strings are shorter or longer than usual, or you can feel the plastic of the IUD;
- Lower abdominal pain or pain with intercourse;
- Unexplained fever.

**Possible Minor Side Effects:**

Menstrual changes. Irregular bleeding is common in the early months of IUD use.

**ParaGard®:**
Irregular bleeding can occur in the early months. Regular but heavier periods are common. The use of prostaglandin inhibitors (Ibuprofen) can be helpful.

**Mirena®:**
Irregular but light spotting during early months of use then regular light menses. Off and on cramping for the first 2-3 months.

**Skyla®:**
Irregular but light spotting during early months of use then regular light menses. Off and on cramping for the first 2-3 months.

Continued on reverse side . . .
GETTING STARTED:

Insertion: At Essential Health Clinic your IUD will be inserted by a specially trained Nurse Practitioner (NP). The timing of the insertion will be determined by you and your NP. You will receive instructions on what steps to take prior to the insertion procedure.

The IUD is immediately effective in preventing pregnancy when inserted during menses. If an IUD is inserted at a different time in the menstrual cycle, you will be advised by your provider if additional birth control is needed for a limited time.

Once the IUD is placed, the strings will be clipped. Once a month you will check for the strings to assure the IUD is still in place.

Removal:
- IUDs must be removed by a health care provider;
- IUDs can be removed at any time in the menstrual cycle;
- Once the IUD is removed, there is immediate return of fertility.

IUD AND FUTURE PREGNANCY

Once the IUD is removed, there is immediate return to fertility. The IUD does not change your ability to get pregnant in the future. Once removed, women return to regular menstrual cycles immediately. If you do not desire pregnancy you should use another method of birth control. If you are planning a pregnancy, begin taking 400 mcg of Folic Acid. Folic Acid is important in preventing certain birth defects in babies.

A Final Word

The IUD gives no protection from Sexually Transmitted Infections (STIs). Use condoms with every act of intercourse when risk of exposure to STI is a possibility.

Client signature: _______________________________________________ Date: _____________

I witness that the client received this information, said she read and understood it, and had an opportunity to ask questions.

Witness signature: _______________________________________________ Date: _____________

ESSENTIAL HEALTH CLINIC

1201 Caledonia St., La Crosse, WI 54603
(608) 775-8390 or (800) 657-5177 | essentialclinic.org
US DHHS, OPA, OFP: Title X Region V Family Planning Program
Affiliate of Gundersen Health System | Formerly Options Clinic

In case of a medical emergency, call 911 4/2/2015