



IUD Information

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| What is the IUD? | The IUD (Intrauterine Device) is a plastic rod with 2 arms and a string. It is inserted into the uterus to prevent pregnancy. It is about the size of a quarter. There are 5 types of IUD in the US: the copper IUD and 4 progestin (hormone) IUDs. To choose the right one for you, see the "Which IUD Is Right for Me?" chart on the other side. |
| How well does the IUD work? | The IUD works better than the pill, the patch, the ring, and the shot. The IUD prevents pregnancy more than 99% of the time. |
| Is the IUD safe? | Yes. Serious problems with the IUD are rare, and most happen the first few days. |
| Can I get an IUD if I've never had a baby? | Yes. IUDs are a great choice even if you have not had a baby. |
| How is the IUD inserted? | After putting a speculum in your vagina, a health care provider inserts the IUD into your uterus. Many providers give pain medicine first. You may have cramps and spotting for a short time afterwards. |
| Does the IUD have side effects? | Yes. Most side effects improve after a few months. See other side for details. |
| Does the IUD cause infections? | No. |
| Does the IUD protect against HIV and other sexually transmitted infections? | 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 condom every time you have sex, even with the IUD in place. |
| Do I need to check the IUD? | No. Schedule a visit with your provider if you have any questions, want to change your method, or would like to have your IUD removed. |
| Does the IUD cause an abortion? | No. The IUD works by preventing sperm from fertilizing eggs. |
| What happens when I want to get pregnant? | Your health care provider can remove your IUD at any time. You can get pregnant right after the IUD is removed. |

Which IUD is right for me?

| | Copper IUD | Progestin IUDs |
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| |  <p>ParaGard®</p> |  <p>Mirena®, Skyla®, Liletta® and others</p> |
| Brand names | ParaGard® | Mirena®, Skyla®, Liletta®, and others |
| When does the IUD start working? | The copper IUD starts working right away. | The progestin IUDs start working 7 days after they are inserted. Use condoms or another back-up method of birth control for the first 7 days after the IUD is inserted to prevent pregnancy. |
| How long can you use it? | ParaGard® works for 12 years. Your health care provider can remove your IUD at any time. | May be left in place from 3 to 7 years, depending on which IUD you choose. Your health care provider can remove your IUD at any time. |
| Does it contain hormones? | No. | Yes. There is a low dose of progestin but no estrogen. |
| Side effects | Heavier periods Cramping for a few months after it is inserted Stronger cramps with your period Longer periods | Spotting Cramping for a few months after it is inserted Lighter periods or no periods after a few months – this is safe. Less common: bloating, nausea, headaches, breast pain |
| Benefits | No need to think about birth control before or during sex Private No need to buy refills every month Works better than the pill, the patch, the ring, or the shot Can be used while breastfeeding Can be used as emergency contraception: Prevents pregnancy when inserted up to 5 days after unprotected sex | No need to think about birth control before or during sex Private No need to buy refills every month Works better than the pill, the patch, the ring, or the shot Can be used while breastfeeding May decrease heavy periods, cramps, PMS |
| Cost | The cost varies based on insurance coverage. Most insurance providers completely cover the cost the IUD. If the IUD is not covered by your insurance, it may cost up to several hundred dollars. | The cost varies based on insurance coverage. Most insurance providers completely cover the cost of the IUD. If the IUD is not covered by your insurance, it may cost up to several hundred dollars. |