

IUD

An IUD (Intrauterine Device) is a small plastic object inserted inside the uterus by a physician to prevent pregnancy. Two types are available: the Copper IUD and the Mirena IUD. The Copper IUD prevents sperm from fertilizing the egg. The Mirena IUD contains a low dose progestin hormone that changes the mucus in your cervix to obstruct the passage of sperm.

Effectiveness

IUDs are 96% to 99% effective at preventing pregnancy, but they do not offer protection from STIs.

Getting It

An IUD must be inserted by a physician.

Using It

Once inserted by a physician, an IUD provides contraception for up to five years. The copper IUD causes no hormonal changes in your body, while the Mirena IUD contains a hormone that may result in lighter periods and less abdominal cramping. Both are suitable for those who are breastfeeding, and neither interferes with intercourse as your partner will not be able to feel it.

Side Effects

The Copper IUD may cause heavy periods with more cramping, and the Mirena IUD may cause irregular bleeding, headaches, breast tenderness, acne or mood changes. Contact your doctor if:

- You have abnormal bleeding, spotting or excessive cramping.
- You have pain while having sex.
- You experience foul smelling vaginal discharge with or without a fever.
- Your partner can feel the IUD.
- You cannot find your IUD strings.
- You think you have an STI.
- You think you are pregnant.
- You are unsure if your IUD is in place.

Common Questions

How do I know if my IUD is in place?

Every month, especially after your period, you need to check for the strings of the IUD to make sure it's still in place. You can do this by standing with one foot on the toilet and inserting your finger into the vagina to feel the strings. If you feel the strings with no pain, then the IUD is correctly positioned.

Is an IUD expensive?

The Mirena IUD costs from \$350 to \$450 and is covered by many health benefit plans. The Copper IUD costs \$60 to \$200, but this fee is not covered by many health benefit plans. Check with your drug benefits plan if you have any questions about coverage.

This is an informational handout only, if you have any questions or concerns contact PPR or your family doctor

Planned Parenthood Regina

THE SEXUAL HEALTH EDUCATION PLACE

1431 Victoria Avenue, Regina, SK T: 306 522 0902
www.plannedparenthoodregina.com

HOURS

Monday, Tuesday	9–12	1–5
Wednesday, Thursday	9–12	1–7:30
Friday	9–12	1–5
Saturday	1–5	