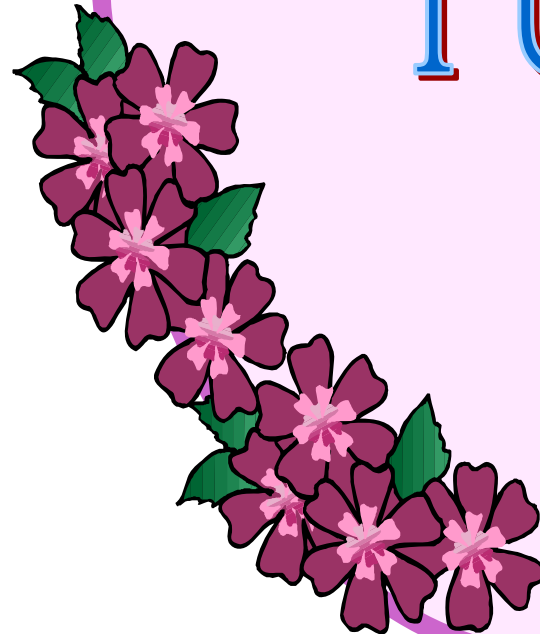


Intrauterine Device

I U D



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What is an IUD

- A small plastic device that is placed inside your uterus to prevent pregnancy. The IUD must be inserted by a trained health care provider.
- There are two types of IUD: Hormonal – contains small amounts of female hormone. Non-hormonal – contains a small amount of copper.

How does the IUD work?

- Hormonal IUD – releases a small amount of female hormone that thickens your cervical mucus stopping the sperm from reaching the egg.
- Non-Hormonal IUD – releases a small amount of copper in your uterus that stops the sperm from reaching the egg.

How effective is the IUD?

- It works 98% of the time to prevent pregnancy.

How long does the IUD work before it must be replaced?

- Hormonal – must be replaced 1 – 5 years.
- Non-hormonal – may be left in place up to 10 years.

Who can use the IUD?

- Women who do not have a recent history of pelvic disease.
- Women who currently have normal pap smear reports.
- Women at low risk for getting sexually transmitted infections.
- Women who have one steady sexual partner/relationship.
- Women who cannot take the pill, patch, or Depo shot because of the hormones.
- Women who are breast-feeding.
- Women who are willing to learn how to check for the IUD string.
- Women who are interested in long term birth control.

Advantages of the IUD

- It works to prevent pregnancy.
- It is easy to use and ends guess work; no pills, patches, shots, creams or foam to remember or to put in.
- Once in place it can stay there for 5-10 years depending on the type of IUD.
- Easily reversible, once the IUD is taken out, you should be able to get pregnant very soon.

Possible Risks and Side Effects of the IUD

- Sometimes the woman's muscles will force the IUD from the uterus immediately following insertion. This is very rare, but it can happen.
- There is a very small chance of the IUD damaging the wall of the uterus when it is put in.
- Some women have more cramping and heavier periods for the first few months after placement of the IUD. This goes away over time.
- Infection in the uterus or tubes can happen after placement of the IUD making it harder to become pregnant at a later time.
- The IUD does not protect against sexually transmitted infections or HIV.

➤ **If you want more information about the IUD ask your Family Planning Nurse or provider at your local Health Department Family Planning clinic.**

Additional Contacts:

State Family Planning (804) 864-7755 or www.vdh.virginia.gov