

How will the IUD affect my period?

- You may have changes in your periods or no periods with the hormonal IUD.
- With the non-hormonal IUD, your periods may be longer or heavier. This bleeding is normal.
- Most women do not stop using the IUD because of changes in their bleeding.

Other possible side effects

These side effects are **rare**:

- Stomach or pelvic pain
- Ovarian cysts
- Hole is made into the uterus (womb) or cervix
- IUD can get stuck in the wall of the uterus (womb)
- Pelvic infection
- Ectopic pregnancy (getting pregnant in your tubes)

What other birth control methods can I choose from?

- Sterilization
- Implant
- Birth control shot
- Birth control ring
- Birth control patch
- Birth control pills
- Condoms
- Natural family planning

Need more information?

Contact your local public health department.
www.scdhec.gov/familyplanning

References

Mirena (2013). Retrieved from <http://mirena-us.com>

Paragard T380A. (2013). Retrieved from <http://hcp.paragard.com>

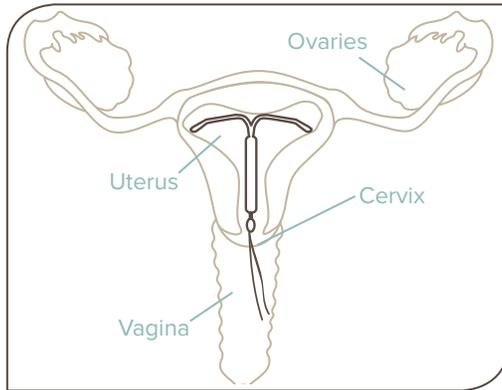
Skyla (2013). Retrieved from <http://www.skyla-us.com>

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What is an IUD?

- T-shaped plastic piece that is placed in the uterus (womb).
- It lasts from 3 to 10 years.



There are two types of IUDs

Hormonal IUD:

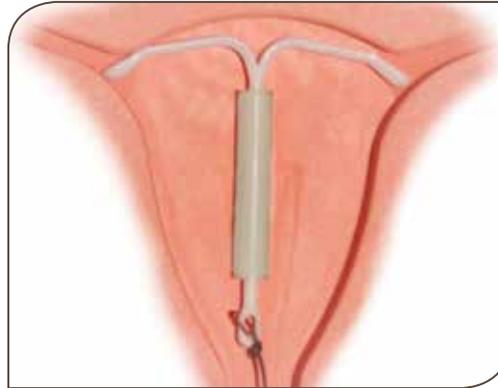
- It contains a hormone that prevents pregnancy.
- It lasts 3 to 5 years.
- It is over **99% effective**.

Non-Hormonal IUD:

- It contains copper.
- It lasts up to 10 years.
- It is over **99% effective**.

How do hormonal IUDs work?

- Thickens cervical mucus
- Decreases sperm movement
- Makes lining of uterus (womb) thinner



How do non-hormonal IUDs work?

- Keeps the sperm from reaching and fertilizing the egg



Why should I choose an IUD?

- It lasts from 3 to 10 years.
- Nothing to remember to take every day, week, or month.
- You only need to check the IUD once a month.
- Very effective.
- It can be removed by your health care provider.



How is the IUD put in?

- It is inserted through the vagina into the uterus (womb).
- This can be done in the health department or your provider's office.
- It only takes a few minutes .
- You may have some cramps and spotting for a few days.