

# INTRAUTERINE DEVICE (IUD)

(IUD - Copper T or Levonorgestrel - also known as “Mirena”, “Liletta”, “Kyleena” or “Skyla”)  
(Based on Managing Contraception Pocket Guide, 2019-2020”)

Effectiveness: 99.4-99.8% with perfect use; 99.2-99.8% with typical use

Mechanism: IUD acts by preventing pregnancy. Copper T provides 10 years or more of protection, Mirena and Kyleena provide at least 5 years of protection and Skyla and Liletta provide at least 3 years of protection.

## Advantages/Benefits:

- Rapid return to fertility
- Good option for women unable to use a hormonal method
- Risk for an ectopic ("tubal") pregnancy is greatly decreased
- Highest rate of user satisfaction and continuation
- Convenient – single placement provides up to 10 years protection
- May be inserted immediately after delivery of a baby
- Probable protection against uterine cancer; possible protection against cervical cancer
- Intercourse may be more pleasurable with risk of pregnancy reduced

## Disadvantages/Risks

- Average monthly blood loss increased by up to 50%; this may be diminished by NSAIDs and may return to normal flow over time
- May experience cramping, pain or spotting after insertion
- No protection against sexually transmitted diseases (STDs) or HIV. Use a condom if at risk.
- Must be inserted by a health care provider
- Do not use Copper T in women with copper allergies (rare)
- Some increased risk of infection for the first 20 days after insertion (1/1,000)
- Some women uncomfortable with concept of having “something” placed inside them
- May fall out, thus putting the woman at risk for an unintended pregnancy
- Uterine perforation (1/1,000), pregnancy (from poor placement)
- Strings palpable: if strings cut too short, may cause partner discomfort

## Instructions:

- Review this sheet carefully and report any questions or concerns, such as symptoms of pregnancy, infection or IUD loss develop, to your health care provider
- Check for strings at least every month

### **PAINS: “Early IUD Warning Signs”**

- P** Period late (pregnancy); abnormal bleeding or spotting
- A** Abdominal pain, pain with intercourse
- I** Infection exposure (STD); abnormal vaginal discharge
- N** Not feeling well, fever, chills
- S** String missing, shorter or longer