

## IUDs

There are two types of IUDs (intrauterine devices) available in Canada.

Copper	Hormonal
They are made of plastic and copper.	They are made of plastic and release a hormone called levonorgestrel.
They prevent fertilization of the eggs by the sperm and a fertilized egg from attaching to the uterus by interfering with the uterus lining.	They prevent a fertilization of the eggs by the sperm and a fertilized egg from attaching to the uterus by interfering with the uterus lining and cervical mucus.
They are very effective with about 1/100 women getting pregnant each year.	They are extremely effective, only about 1/1000 get pregnant each year.
Periods become heavier, longer, and more painful by 20-50% for each woman. After 3 months, they get easier. There may be spotting in the first month.	There will likely be irregular bleeding in the first 3-6 months, then periods usually get lighter than normal. Some periods disappear completely, mostly with Mirena (about one third of women).
There are no side effects outside the uterus.	The hormone used is about one fifth the dose in birth control pills, so it seldom causes hormonal side effects. About 5% stop using it because of depression, sexual changes, acne or weight gain.
Different brands last 3, 5, or 10 years.	Mirena lasts 5 years, and Kyleena lasts 5 year. Kyleena is lower dose, so regular periods expected with Kyleena.
99% effective as emergency contraception up to 7 days after unprotected sex.	<i>NOT effective for emergency contraception.</i> Effective 7 days after insertion. Continue birth control pill or condom use until then.
Cost: MONA LISA \$75-\$100	Cost: MIRENA \$425, KYLEENA \$425

The doctor puts the IUD inside your uterus. The doctor may put some freezing into your cervix, then will measure the size of the uterus and insert the IUD. You will have a pinching feeling and then a sharp cramping pain, which lasts a few minutes. Some women may experience some dizziness, sweating and/or nausea after the insertion. Rest in the clinic until this passes. Taking Advil and Tylenol prior to the appointment can reduce the discomfort.

There is about a 5% chance of the IUD coming out (expulsion), a 1% chance of pregnancy and a 1/1000 chance of perforation (hole in your uterus) from the IUD, which will heal after 2 weeks.

**PLEASE READ NEXT PAGE**

# IUD INFORMATION

## WHAT TO WATCH FOR

Infection is slightly more likely in the first two weeks after the IUD is inserted. If you have fever or chills, a smelly discharge from your vagina, or unusual lower abdominal (belly) pain that does not feel like cramps, you should see a doctor as these may be signs of infection.

If you get pregnant, see a doctor. The doctor will take out the IUD right away, whether you decide to keep the pregnancy or not. IUDs do not cause tubal or ectopic pregnancies but they do not prevent them as well as they prevent the usual ones; you will be checked for an ectopic with an ultrasound.

## WHAT TO EXPECT AFTER YOUR IUD INSERTION

### Copper IUD –

- Your period will get about 20-50% heavier, longer and will be more painful. This usually gets easier after 3 months. You can expect to have some cramps and bleeding/spotting (on and off bleeding or brown discharge) in the first few months but may be worse in the first 1-2 weeks. Treat the cramps with Advil (Ibuprofen) or Tylenol (Acetaminophen).
- If a woman decides that she wants the IUD removed it is usually because the cramping and bleeding does not get better after 3 months.
- You can expect your regular period to come at its usual time.

### Mirena & Kyleena –

- You can expect to have some cramps and intermittent to constant bleeding/spotting in the first **3-6 months** but may be worse in the first 1 – 2 weeks.
- After the first three months, your period will usually get lighter than normal and may disappear completely.

## FOLLOW UP

After four weeks you should get the IUD checked by a doctor to make sure the IUD is in the correct position, and there are no signs of infection – an ultrasound to confirm IUD placement can be ordered by our doctor if needed.

After your period, (or every month) you can check to see if you can feel the string by putting your finger inside, to the top of your vagina. If you can't feel the string or if you feel any hard plastic, check with a doctor. Not everyone can feel the string, but if the string check is normal then you can be confident the IUD is in place. If it comes out, you will notice cramping; this is more common with very heavy bleeding, or if you've had more than one baby.

Make sure to keep the card with the IUD number and replacement date for your records.

## LONG TERM

If you experience pregnancy symptoms: nausea/breast tenderness, do urine pregnancy test and call to see your doctor right away if it is **POSITIVE**.

IUD Removal is done by your doctor, and is usually very easy and quick. However, if the string has gotten tucked up into your uterus it can cause cramps similar to those you may have experienced at insertion. Rarely, (there is a 1% chance) the IUD cannot be comfortably removed in the office, so we need to do it in the OR under anesthesia so you are comfortable.

If you want to get pregnant, start prenatal vitamins with folic acid 3 months before you get it removed.

IUDs are safe and effective during breastfeeding.

Use condoms to prevent **STI's** as the IUD only protects you from pregnancy!