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The information in this pamphlet is to be updated every 3 years.
Best time for IUD insertion

• An IUD can be inserted at any time in the menstrual cycle as long as you are not pregnant.
• Some doctors prefer to insert it during your period while others prefer to wait until your period is over.
• Sometimes an IUD can also be inserted immediately after a therapeutic abortion.

Most doctors recommend a check-up 3 months after the IUD is inserted.

We recommend that you visit your doctor once a year for a pelvic exam and Pap smear.

The Mirena® IUD will be covered in another pamphlet.

Intrauterine Devices (IUD)

We have written this pamphlet to help you learn about one method used to prevent pregnancy.

What is an IUD?
An intrauterine device (IUD) is a small piece of plastic with copper that is placed inside the uterus by a doctor. It is used to prevent pregnancy.

How does an IUD work?
• It stops sperm from reaching the egg.
• It changes the lining of the uterus to prevent pregnancy.

How effective is an IUD?
An IUD is 98% effective in preventing pregnancy.
What are some advantages of an IUD?
• There are no side effects from hormonal forms of birth control.
• It may be left in for 5 or more years, depending on the type of IUD used. It is more cost-effective than some other methods of birth control.
• It is easily inserted or removed by a doctor in 1-2 minutes.
• Neither partner is aware of an IUD during intercourse.
• There are no pills or injections to remember.
• It is a good method for women who smoke and are 35 or older, or for those who cannot take the birth control pill.

What are some disadvantages of an IUD?
• There may be heavier and more painful periods especially in the first few months.
• Some mild cramping may occur.
• There is a slight risk of pelvic infection at time of insertion.
• It does not protect you from sexually transmitted infections.
• There is a slight chance of the IUD moving out of its proper place.

Checking for the proper position of your IUD
• Insert a finger in your vagina.
• You should be able to feel a thread against your cervix.
• You should not be able to feel the plastic of the IUD.
• If you feel the thread, the IUD is in the right place.
• The best time to do this is after your period every month.

Contact your doctor if:
• You have fever and chills after the IUD is inserted.
• You have an unusual or bad smelling vaginal discharge or think you may have a STI (sexually transmitted infection).
• You have abdominal pain not relieved by your usual pain relieving methods.
• You have any concerns about heavier periods.
• You are not able to feel the thread or if you feel the IUD.
• You miss a period and think you are pregnant.
• You want the IUD removed or reinserted.
• The IUD falls out.
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