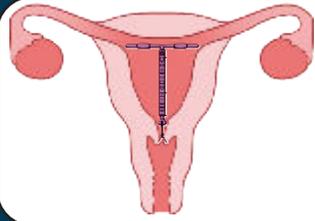


Copper IUD (Intrauterine Device)

Paragard, Non-Hormonal IUD, Copper T



How does the copper IUD work?



- The copper IUD prevents pregnancy because **copper is harmful to sperm**. The copper makes the sperm unable to move or “swim” properly. The sperm cannot move toward the egg to fertilize it.
- The copper IUD works for people of **all weights, all ages, and those using gender affirming hormone therapy**.

How do you use the copper IUD?

replace every
10 - 12 years

You need to **see a provider** to start and stop using the copper IUD.

Once you have the copper IUD inserted into your uterus, there is nothing more to do to prevent pregnancy until it is time to replace it.

- **Insertion:** The IUD is inserted into and **left inside your uterus** by a provider during a procedure. They will clean your cervix and vagina and then insert the IUD into your uterus. Most people feel cramping during the procedure. Your provider can numb your cervix to decrease discomfort. Finally, the IUD strings will be trimmed. Some people have cramping or spotting after the procedure; taking a dose of pain medication before insertion can help with cramps after. Once inserted, you cannot feel the IUD inside of you.
- **Removal:** While the copper IUD can last for 10-12 years, **you can have it removed at any time and for any reason**. To remove the IUD your provider will pull on the strings and the IUD will exit your uterus through your cervix and into your vagina to be removed. This may cause cramping, but it is usually less uncomfortable than insertion. You can have another IUD inserted at the same time if you want.



Privacy and control

- A provider is needed to start and stop using the copper IUD. It may be possible to remove the IUD yourself by pulling on the strings, as your provider would do, if you can reach them.
- Your partner may be able to feel the strings with their fingers or penis during sex. Your provider can trim the strings shorter if this happens and is bothersome.
- Someone you live with or who you share insurance with may see a bill from your insurance.
- Someone else cannot see that you are using this method.
- If anyone else is tracking your period, they may notice a change to your period.

When starting the copper IUD, will it work immediately?



Yes, it will work immediately.



The IUD may not be right for people who have or had

- Copper allergy
- Bleeding disorder
- Abnormalities of the uterus
- Uterine, endometrial, or cervical cancer
- Current STI or pelvic inflammatory disease

This is not a complete list, so talk to your provider about your medical history before starting this method.

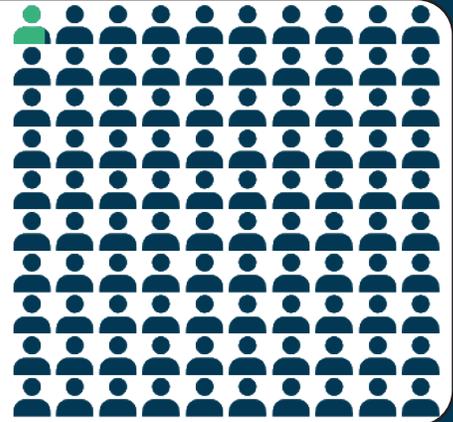


Use emergency contraception if

- **Your IUD expels, which is rare.** It is not harmful. You may not feel it or it may be uncomfortable. You can get a new IUD after expulsion.
- **The Copper IUD is emergency contraception** if inserted up to 5 days (120 hours) after sex. It is 99% effective no matter what your weight. You can leave it in for contraception or remove it at your next period.

How well does the copper IUD prevent pregnancy?

- **Fewer than 1 out of 100 (0.8) people using the copper IUD will get pregnant each year.** This means it is **99.2% effective.**
- Because there is nothing for you to do to prevent pregnancy once the IUD is inserted, there is no user error to lead to a difference between typical use and perfect use.
- The IUD can expel (come out on its own), which makes the IUD not effective. This is rare and out of your control. Using a menstrual cup may increase this risk.



Side effects

Sexually transmitted infections: Does not prevent.

- Use external or internal condoms to lower your risk of all sexually transmitted infections.

Period: Can affect.

- The copper IUD may cause spotting between periods.
- The copper IUD may make your periods longer or heavier.

Period cramps: Can worsen.

Weight: No effect.

Acne: No effect.

Fertility return: When you stop using the copper IUD, you can get pregnant right away.

Other possible side effects:

- Anemia
- Vaginal infections
- Backache

The copper IUD helps lower risk for: uterine cancer



Postpartum use

The IUD is **safe to use right after giving birth.** It can be inserted right after delivery (vaginal and cesarean) or prior to leaving the hospital. Insertion right after delivery may be less painful than at the office. The risk of expulsion is higher when placed in the hospital, but it can be replaced in the office. It has no effect on lactation, breastfeeding/chestfeeding, or infant development.



Contact your provider if you have

- Pain with sex
- Abdominal or pelvic pain
- Severe cramping
- Abnormal discharge
- Missed period
- Strings get longer
- The IUD comes out or you feel it
- If you try to feel the strings and cannot
- Heavy or abnormal bleeding



Questions to ask your provider

- Can I do anything to reduce cramps or heavier periods?
- Will my partner feel the strings during sex?
- What if I want to stop using the copper IUD before 10-12 years?
- How will I know if the IUD expels?
- Can I use menstrual cups?
- Can medication make the insertion less painful?
- How do I remove the IUD myself?

Scan for a contraception guide and information sheets on each method.

