

INTRAUTERINE DEVICE (“IUD”)

Effectiveness (chances of NOT getting pregnant)

- 98% - 99%

What is an IUD?

- Small plastic device which is placed in the uterus by a clinician.
- Prevents sperm from fertilizing egg.
- Some contain synthetic progesterone others have copper on them.
- It is a reversible method of birth control given only by prescription.

Advantages of the IUD

- Easy to use, low maintenance method.
- Easily inserted and removed in a clinic or doctor’s office.
- Has no systemic side effects.
- Depending on the type they can be left in place 1, 5, or 10 years.
- Reduces the risk of tubal pregnancy.
- Does not interfere with breast-feeding.

Disadvantages of the IUD

- Must be inserted and removed in a clinic or doctor’s office.
- Easily inserted and removed in a clinic or doctor’s office.
- May be some cramping or pain at the time of insertion.
- May experience increased bleeding or cramping during periods.
- May experience spotting between periods.
- Should not be used by women with multiple sex partners because this increases exposure to STD’s, which significantly increases the risk of pelvic inflammatory disease (PID).

How Do I decide?

- Does this method fit with your religious or moral beliefs?
- Do you have sex frequently? (The IUD functions 24 hours a day.)
- Decide if it fits your birth control needs.
- Is the IUD the best method for you?
- Do you want to discuss this method with your clinician, family planning clinic staff, husband, partner, friend, or family member? In the Philadelphia area, click here for a list of local family planning clinics. Outside of Philadelphia, please click here for a clinic near you www.plannedparenthood.org.

REMINDER: This method does not provide protection against sexually transmitted diseases (STD’s) including HIV and Hepatitis B. Using a condom consistently can help prevent STD’s.