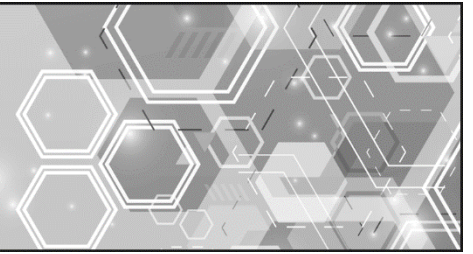




Durham Region Health Department **Facts about...**



Intrauterine Device (IUD)

What is it?

Intrauterine devices (IUD) are types of birth control that are inserted by a health care provider into the uterus through the vagina and cervix to prevent pregnancy. Most IUDs can be left in for up to 5 years and require no maintenance. There are two types of IUDs available. One type is covered with copper and does not release any hormones, the other type releases the hormone progestin.

IUDs are not recommended for women at high risk for sexually transmitted infections (STI), with a history of pelvic infections, unexplained abnormal vaginal bleeding or certain types of cancer.

Speak with your healthcare provider about the right choice for you.

How effective is it?

IUDs are highly effective in preventing pregnancy. In clinical trials there was less than 1 pregnancy per year for every 100 women who had an IUD inserted.

IUDs do not protect against STIs. Using condoms can prevent most STIs.

What are the side effects?

Possible side effects for the non-hormonal (copper) IUD can include heavier periods and cramping.

Possible side effects for the hormonal IUD can include irregular periods for the first few months, lower abdominal pain, weight gain, moodiness, acne, breast tenderness, vaginal discharge changes and headaches.

What are the benefits?

The copper IUD can be used for emergency contraception if inserted within 5 days of unprotected sexual intercourse. It is hormone free and may provide some protection against endometrial cancer. The hormonal IUD reduces menstrual bleeding. Some women will stop having their periods with a hormonal IUD. There is a quick return to fertility when an IUD is removed even after long term use.

September 26, 2022

905-668-2020 or 1-800-841-2729 | durham.ca/health

If you require this information in an accessible format, contact 1-800-841-2729.

