

When should the IUD be removed?

- It is best to have your IUD removed during a period
- Take two Paracetamol 1 hour before removal appointment to lessen any painful cramping
- If you have symptoms of pelvic pain or infection, consult your doctor as your IUD may need to be removed.

Please do not hesitate to contact your doctor or local SHine SA clinic if you have any questions as a result of reading this pamphlet. For more information contact SHine SA (Details on Back Page)

Important Information

The IUD will not protect you against STIs (sexually transmitted infections). Practise safer sex. Condoms help protect you and others from STIs.

Reference

Contraceptive Technology 16th Revised Edition Hatcher, Robert et al. Irvington, New York, 1994.

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|--|--|
| Type of Device: | |
| Date Inserted: | |
| Batch Number: | |
| Please Return for Review On: | |
| Removal Due By: | |
| Inserting Doctor: | |
| Contact Number for Your SHine SA Clinic: | |

SHine SA Contact Details

Southern Primary Health Care Team

Woodcroft Community Centre
175 Bains Road, Morphett Vale SA 5162
Telephone: (08) 8325 8164
Facsimile: (08) 8325 8173

Northern Primary Health Care Team

43 Peachey Road Davoren Park SA 5112
Telephone: (08) 8252 7955
Facsimile: (08) 8252 7966

East/West Primary Health Care Team

17 Phillips Street Kensington SA 5068
Telephone: (08) 8431 5177
Facsimile: (08) 8364 2389
Clinic Appointments: (08) 8364 5033

Professional Education

Telephone: (08) 8431 5177
Facsimile: (08) 8364 2389
Email: SHineSACourses@dhs.sa.gov.au

Library & Resource Centre

Telephone: (08) 8364 5537
Facsimile: (08) 8364 2389
Email (Library): SHineSALibrary@dhs.sa.gov.au
Email (Resource Centre): SHineSAResources@dhs.sa.gov.au

Sexual Healthline

9am - 1pm, Mon- Fri
Telephone: (08) 8364 0444
Facsimile: (08) 8364 2389
Country Callers (Toll Free): 1800 188 171
TTY: (08) 8431 5177
Email: sexualhealthhotline@dhs.sa.gov.au

Internet

www.shinesa.org.au

The Intrauterine Device (IUD)



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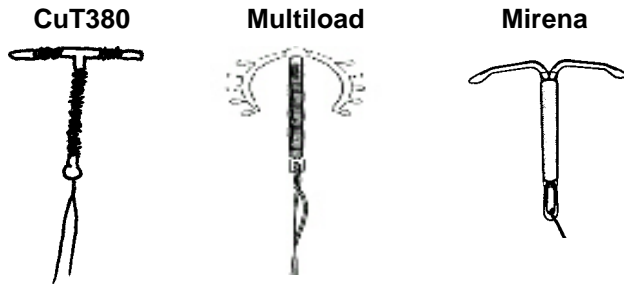
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What are Intrauterine Devices (IUDs)?

IUDs are devices placed inside the uterus (womb) to prevent pregnancy.

At SHine SA two types of IUD are used which are made of plastic with copper. These are the Multi-Load and CuT380. A third type of IUD available is called Mirena. It is made of a special plastic which releases small amounts of the hormone progesterone into the womb.

How do IUDs work?



Copper released from the IUD is thought to affect sperm movement, and prevent fertilisation of the ovum (egg) occurring. Both copper and progesterone make slight changes in the lining of the womb that makes it difficult for a fertilised egg to implant. Progesterone also thickens the mucus at the neck of the womb blocking the sperm.

What are the good things about IUDs?

- IUDs are 98 –99% effective
 - No preparation is needed before sex
 - It is a reliable, easily reversible method of contraception
 - They are effective for a long time:
 - CuT380 – 8 years
 - Multiload – 5 years
 - Mirena – 5 years
- They are cheap if used for the full-time ie 5 – 8 years.

What are the not so good things about IUDs?

With the Copper IUDs:

- Your periods may be more painful
- You may have heavier, longer periods, or spotting between periods

With all IUDs:

- Very occasionally the IUD may come out during a period
- The amount of vaginal discharge may be increased
- There is a small risk of perforation of the womb during insertion
- There is a small risk of developing pelvic inflammatory disease. The risk is in the 3 weeks immediately after the IUD has been put inside you and should be treated immediately by a doctor.

With Mirena:

- Periods are usually lighter or may not happen at all
- Periods are often less painful

Who should not use IUDs?

- Women who have had a recent sexually transmitted infection
- Women who have a history of pelvic inflammatory disease
- Women with abnormal vaginal bleeding or abnormal Pap smears
- Women who have had an ectopic pregnancy

An IUD may not be your first choice of contraception if you have:

- painful or long periods
- anaemia (low blood iron)
- an allergy to copper (which is uncommon)
- a medical condition which makes an infection risky
- fibroids
- not had a child.

How can I get an IUD?

You will need to see a doctor to discuss whether this is the best method of contraception for you.

If you decide to use an IUD you will need to have a pelvic examination, a smear test and a test for infections. If these tests are normal make an appointment to have an IUD inserted towards the end of your period.

Before IUD insertion please tell the doctor if you have a history of fainting or fits. Also one hour before insertion take 2 aspirin/paracetamol to decrease cramping.

After Your IUD Has Been Put In

The IUD is effective immediately if it is put in between days 1 – 10 of the menstrual cycle.

To reduce the risk of infection:

- do not use tampons for the first period after the IUD is inserted
- do not have sexual intercourse for 48 hours
- if cramps occur take pain relief tablets eg aspirin/paracetamol to reduce pain and reduce the risk of expulsion of your IUD.

To check that your IUD is still in place, check for the string. Check weekly for the first month, and then after each period. If you cannot feel the string, or it appears to have lengthened, or you can feel the hard stem of the IUD, contact your doctor or SHine SA clinic. Use another form of contraception eg condoms until you have had a checkup by a doctor.

You will need to have a check up after 6 weeks, and then every year.

Contact your doctor or SHine SA clinic if you have any of the following symptoms:

- fever
- pelvic pain or tenderness
- cramps or back pain
- irregular bleeding after the first few months
- vaginal discharge or odour
- pain during sexual intercourse
- feeling unwell, weak or tired.

If your period is more than a week overdue, see your doctor or SHine SA clinic for a pregnancy test.

Women who have Multiload or CuT380 IUDs inserted should not have microwave/shortwave treatment to the abdomen or lower back.