

SANILAC COUNTY HEALTH DEPARTMENT - FAMILY PLANNING
INTRAUTERINE CONTRACEPTION (IUC) FACT SHEET

Intrauterine contraception provides long-term protection against pregnancy yet is easily reversed. Continuation rates are high compared to other reversible contraceptive methods.

The Sanilac County Health Department offers three (3), five (5) and ten (10) year non-hormonal and hormonal IUC choices. However, insertions of IUC's are referred out.

Effectiveness:

- The IUC is 97-99% effective. The IUC is as effective as bilateral tubal sterilization but is reversible.

Use:

- The IUC is a plastic T-shaped device approximately one and a quarter inch (1-1/4") long inserted through the cervix into the uterus.
- There are fine strings attached to the UIC device that should be felt for at the cervix after each monthly period to check that the IUC is in place.
- The ParaGard T 380A contains copper that acts as a spermicide which kills the sperm thus preventing fertilization. The ParaGard is effective for 10 years.
- The Mirena IUC contains a hormone called levonorgestrel that changes the environment of the uterus and prevents pregnancy for five (5) years.
- The Liletta IUS contains a hormone called levonorgestrel that changes the environment of the uterus and prevents pregnancy for three (3) years.
- The Skyla IUS contains a hormone called levonorgestrel that changes the environment of the uterus and prevents pregnancy for three (3) years.

Benefits:

- The IUC is very effective, convenient, long-lasting and safe yet easily reversed.
- IUCs containing hormones may decrease menstrual flow and painful menstrual periods.
- The copper IUC (ParaGard) contains no hormones for those women wishing a hormone free method.

Discontinuation:

- The IUC can be easily removed at any time and with immediate return to fertility.

Risks/Side Effects:

- Menstrual bleeding changes and/or spotting between periods – very common and will vary with the IUC used.
- Partial or complete expulsion of the device – you can become pregnant if this happens.
- Puncturing of the uterus called perforation during the insertion process – this is rare – but sometimes surgery is needed to remove the IUC.
- Ovarian Cysts
- Pelvic Inflammatory Disease
- Ectopic Pregnancy (<1%)

Warning Signs: (call the clinic if any of the following early warning signs develop)

- Abdominal or pelvic pain, or pain with intercourse.
- Infection exposure (such as gonorrhea), abnormal discharge.
- Not feeling well, fever, chills (especially after possible exposure to infection).
- String missing, short or longer.

REMEMBER, IUC's DO NOT PROTECT AGAINST ANY SEXUALLY TRANSMITTED DISEASES, SO IT IS IMPORTANT TO USE CONDOMS EACH TIME YOU HAVE SEX.

Visit our website: www.sanilachealth.com



This publication was supported in part by federal funding from the U.S. Department of Health & Human Services

June 2019