

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 IUC 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 Merina 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.

Benefits:

- The IUC is very effective, convenient, long-lasting and safe yet easily reversed.
- IUCs containing the hormone (Liletta) 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.

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

- Period is late (pregnancy), abnormal spotting or bleeding.
- Abdominal 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.**

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