

Things to remember about copper IUDs

- Use condoms to protect from STIs
- Make sure you keep a record of when your replacement is due, arrange replacement no later than this date.
- Come back to the clinic straight away if you have any unusual symptoms such as:
 - ~Smelly or strange coloured discharge from your vagina
 - ~Pain low in your tummy
 - ~Pain during sex
 - ~Missed period

How is it taken out?

The copper IUD can stay in place for 5 or 10 years (depending on which type you choose) but can be taken out sooner if you want to get pregnant or if you have problems with it.

A doctor or nurse at Family Planning or some GPs can take it out by gently pulling on the strings. It only takes a couple of minutes. Some people find it a bit uncomfortable but it is usually less painful than having it put in.

If you want another copper IUD, a new one can be put in at the same time as the old one is removed.

For further information please call:
ph: (08) 89480144
or
visit www.fpwnt.com.au

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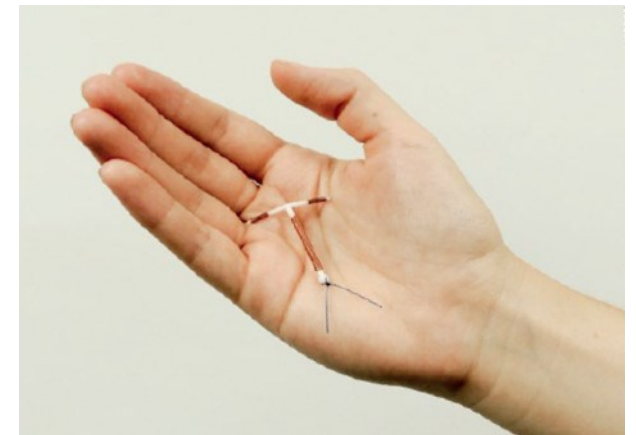
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Family Planning
Welfare Association of NT Inc.

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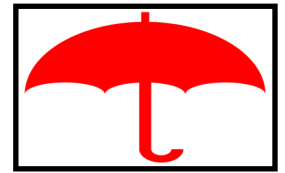
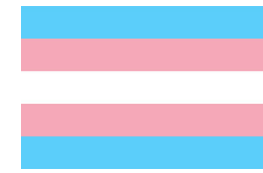
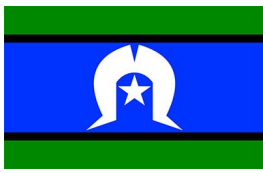
Copper IUD

(Intrauterine Contraceptive Device)



MISSION STATEMENT

Family Planning Welfare Association of NT Inc will advocate for and provide enhanced reproductive and sexual health and well being to all Territorians. This will be achieved through the provision of best practice clinical care and contemporary education and information services.



What is a copper IUD?

A copper IUD is a small T shaped device with a fine copper wire wrapped around a plastic frame. It's placed inside the uterus to prevent pregnancy. A fine nylon thread is attached to the IUD - the thread comes out through the cervix into the top end of the vagina. There are two types of copper IUDs available in Australia, one lasts for 5 years and the other for 10 years.



How do they work?

The copper IUD:

- is toxic to the egg and sperm which stops the sperm from fertilising the egg
- slows the transport of the egg to delay chance of sperm and egg meeting
- changes the lining of the uterus which means it is unable to support a fertilised egg

Where do I get a copper IUD?

Family Planning have doctors trained in IUD counselling and insertion. This is done while you are awake (without sedation). Some GPs are also able to undertake this procedure. Gynaecologists can insert copper IUDs under sedation if this is required. You need a referral to a gynaecologist from a GP for this.

Advantages of copper IUDs

- It's very effective
- It can stay in place for 5 years or 10 years, depending on which one you choose
- It can be removed at any time and your fertility goes back to normal very quickly after removal
- It does not contain hormones so there are no hormonal side effects
- Once inserted you do not need to remember to take contraception daily
- Inexpensive over the long duration of use
- Is effective immediately and can be used as emergency contraception if it is put in within 5 days of unprotected sex

Disadvantages of copper IUDs

- It doesn't protect against sexually transmitted infections (STIs)
- It requires a procedure to be put in and removed; putting it in can be uncomfortable
- You continue to get your period every cycle and your periods can be heavier and last longer
- You can get more pain with your periods
- When the IUD is put in there is a small chance of:
 - ~Difficulty inserting the IUD
 - ~Feeling faint or sick
 - ~Damage to the wall of the uterus
 - ~Infection
 - ~It can sometimes come out by itself

How well does it work?

The copper IUD is 99.5% effective.

Getting a copper IUD at Family Planning NT

You may need to make two appointments. At the first visit:

- You will be asked questions about your health to make sure it is the right option for you
- You will have a screening test for infection
- You will be told about the procedure and about the costs

At the second visit:

- You can buy the copper IUD from Family Planning NT on the day you have it put in
- The insert takes about 10 minutes but you might be at the clinic for about 40 minutes
- You may find having the IUD put in painful or uncomfortable.

After your copper IUD is put in

- You may have cramps, bleeding or spotting in the first few days. You can take paracetamol, ibuprofen or use a heat pack/hot water bottle.
- Avoid putting anything in your vagina for 2 days after the insert to reduce infections.
- Check the IUD strings after 2 days to make sure the IUD is still in the right place. You'll be taught how to do this by the doctor or nurse
- The copper IUD starts working immediately