

Copper Intrauterine Device (IUD)



The copper IUD (Intrauterine Device)

is a small piece of plastic covered by a copper wire that is placed inside a woman's uterus by a specialist. It has two thin threads on the end that hangs through your cervix (entrance to the uterus) into the top of your vagina. It is used as a method of birth control (contraception) and its effectiveness to prevent pregnancy lasts for up to 10 years and by %99 if properly installed.

Advantages of the copper IUD

Long-acting method of contraception.

- It can be removed easily at any time.
- Its effectiveness begins as soon as it is installed.
- Safe to use while breastfeeding.
- It is not affected by drugs.



Disadvantages of the copper IUD

- Your period may become heavier, longer, or more painful than your usual period. These symptoms usually lessen after a few months of having the IUD inserted.
- It does not provide protection against sexually transmitted diseases.

Contraindications to its use

Most women can use the copper IUD, but in some cases its use is prohibited, and they are:

- The presence of abnormalities in the womb or cervix.
- The presence of infections in the pelvic area.
- The presence or suspicion of pregnancy
- The presence of abnormal uterine bleeding and the cause is unknown.
- If you have Wilson's disease (genetic, autosomal recessive disorder in which excess copper builds up in the body)



When can it be installed?

- The coil can be fitted at any time, if you are not pregnant.

Follow-up after installing the IUD:

- You will need to follow up 3 to 6 weeks after having the IUD fitted, as your doctor will need to make sure everything is OK.
- You do not need constant follow-ups unless you have specific concerns or if symptoms appear.



How to self-check if the IUD is in place?

1. Wash your hands well
2. Get in a comfortable squatting or sitting position
3. Insert your index or middle finger into your vagina until you can feel the thread coming out of your cervix.

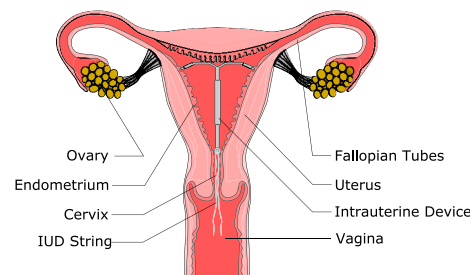
When can an IUD be removed?

What are the possible symptoms after removing it?

The IUD can be removed at any time upon your request, but it must be removed at the expiration date of the IUD. Some symptoms may appear for a few days after it is removed, such as:

- Lower abdominal cramps
- Light vaginal bleeding

After IUD removal, you no longer have birth control, contact your health care provider for another birth control method if you do not want to get pregnant



When can you seek medical advice?

- If you feel persistent pain and severe cramps in the abdominal area after inserting the IUD.
- Delayed menstruation or bleeding between periods.
- The occurrence of pain in the lower abdomen accompanied by bleeding
- The presence of vaginal secretions, with or without pain
- If you think that the IUD has moved out of place (displaced) or you feel a part of the IUD in the cervix or vagina (expelled)

Common and misconceptions about the IUD:

- Can the IUD travel from the womb to other parts of the body?
No (once the IUD has been inserted in the womb it stays in place until it is removed)
- Is it true that after the IUD is removed, you may not have children?
False (the normal reproductive cycle and likelihood of pregnancy return immediately after its removal)
- Do you need a rest period before having a new IUD inserted?
No (a new IUD can be fitted directly after removing the old IUD)