

Patient Information for Informed Consent**INTRAUTERINE CONTRACEPTIVES (IUCs)**

IUCs are small, T-shaped pieces of plastic. They are put in the uterus. There are two types. The Paragard® has copper. The Mirena® has a hormone like the progesterone made by a woman's body.

How does the IUC work?

Both affect the way sperm move so they can't join with an egg. For some women, Mirena may prevent the egg from leaving the ovary. This keeps sperm from getting to the eggs.

How well does the IUC work?

For every 100 women who use the IUC, fewer than 1 will get pregnant each year.

Depending on when in your cycle the IUC is inserted, you may need to use a backup method until the IUC begins to work. There's nothing you have to do before sex to make it work. Being able to get pregnant comes back quickly after removing the IUC. The Paragard is good for 12 years. The Mirena is good for 5 years.

How is the IUC put in?

We will examine you and put a speculum into your vagina. Your doctor or nurse will hold your cervix with an instrument. The IUC will be put into the opening in your cervix and into the uterus. You may feel cramping. A short length of plastic "string" will hang down into your vagina. You can check the string to make sure that the IUC is still in place.

Before the IUC is put in, you may be offered medicine to help open your cervix. You may also be given medicine to numb the cervix.

Advantages of IUCs

- Mirena
 - fewer menstrual cramps
 - lighter periods/less blood loss — often periods stop after a few months
 - less anemia (iron poor blood)
- Paragard
 - no hormones
 - can be used for emergency contraception

What are the side effects of the IUC? You may have

- mild to moderate pain when the IUC is put in
- cramping or backache for a few days
- irregular periods or spotting between periods in the first 3 –6 months — with Mirena
- heavier periods and worse menstrual cramps — with Paragard

The initial cost of an IUC is higher than most other methods. But over the long run, the IUC may actually cost less than many other types of birth control.

The IUC does not protect you from sexually transmitted infections (STIs).**Risks of using the IUC**

- **Perforation** — Very rarely, the IUC could make a hole in your uterus when it is being put in. It could be pushed through the wall of the uterus. This is called perforation. It could damage your internal organs. Surgery is often needed to remove the IUC.
- **Expulsion** — Occasionally, the IUC will slip out of the uterus. This is called expulsion. You can become pregnant if it happens. The IUC must be removed if it comes out part way.

- **Pregnancy** — There is a small chance that you could get pregnant. You should see your health care provider right away if this happens. Your IUC needs to be removed. And we need to make sure you do not have a pregnancy in your tubes. This could lead to serious health problems.
- **Infection** — Your chance of getting a pelvic infection (PID) from an IUC is only increased in the first three weeks after the IUC is put in. If you get PID —whether or not you have an IUC — you need to get treated right away. If PID is not treated, it may be harder to get pregnant in the future.

The IUC cannot be used by women who

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| <ul style="list-style-type: none"> ▪ have PID (pelvic infection) or had PID after giving birth or having an abortion in the past three months ▪ have or may have an STI or certain other infections ▪ are pregnant ▪ have cervical cancer that hasn't been treated | <ul style="list-style-type: none"> ▪ have cancer of the uterus ▪ have a uterus that is not normal ▪ have abnormal vaginal bleeding that has not been checked out ▪ have, or may have, an allergy to copper or have Wilson's Disease (Paragard only) ▪ have breast cancer (Mirena only) |
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Talk to your health care provider about your risks and health problems. Your doctor or nurse will examine you and help you decide if the IUC is right for you. You may need special tests or follow-up.

Warning Signs — Call Vermont Gynecology right away if you

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| <ul style="list-style-type: none"> ▪ notice any change in the length of the string or can feel part of the IUC ▪ have ongoing pain or bleeding with intercourse ▪ think you are pregnant ▪ have no period after having a period every month ▪ have unprotected sex with someone who has an STI | <ul style="list-style-type: none"> ▪ have unusual pain, cramping, or soreness in your lower belly or stomach ▪ have unusual vaginal discharge ▪ have unexplained fever or chills ▪ have bleeding from the vagina that is heavier than usual ▪ have trouble breathing |
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If you decide to get an IUC — Read the package insert that comes with it. The information may be different than ours. Let us know if you have questions.

What about other methods of birth control? There are many other methods of birth control. We will offer you information about them and answer your questions.

Take care of your health — Don't forget to get regular checkups and screening for STIs and cancer.

Vermont Gynecology
Daytime phone number 802-735-1252
AFTER HOURS EMERGENCY TELEPHONE NUMBER 802-350-1260

Client signature

Date

I witness that the client received this information, said she read and understood it, and had an opportunity to ask questions.

Witness signature

Date