

IUDs are small, T-shaped devices. They are gently placed through the cervix into the uterus. The Mirena, Liletta, Kyleena, and Skyla all contain the hormone progesterone, in differing amounts. The Paragard is wrapped in copper. IUDs are used for different reasons including for birth control, to control heavy bleeding, and sometimes in combination with estrogen for hormone therapy. The initial cost of an IUD is higher than most other methods, but it is usually covered by insurance in VT.

How do IUDs work?

IUDs interfere with sperm so it can't get to an egg. The hormonal IUDs thicken the cervical mucus so that sperm can't travel to the egg, thin the uterine lining, and sometimes stop ovulation (the release of an egg from an ovary). Copper is a natural spermicide so sperm can't get to an egg.

How well do IUDs work?

IUDs are greater than 99% effective for birth control. The ability to get pregnant returns quickly after removing an IUD. Liletta is FDA approved for birth control for 6 years, and Mirena and Kyleena are approved for 5 years. (Both Liletta and Mirena are sometimes used "off label" for up to 8 years, if recommended by your clinician. They are also commonly indicated for and quite effective for heavy menstrual bleeding and uterine cramps.) Skyla is approved for 3 years. Paragard is effective for 12 years. No IUD protects you from sexually transmitted infections.

How is an IUD inserted?

Before the IUD is inserted, you will be offered Ibuprofen/Advil to decrease cramping. Your provider will place a speculum into your vagina and will wash your vagina and cervix with an antiseptic solution. Please tell your clinician if you have a betadine or iodine allergy. Next, your provider will stabilize your cervix with an instrument and inject an anesthetic into the cervix to decrease discomfort. The depth of your uterus will be measured, and then the IUD is placed through your cervix and into your uterus. A short length of two IUD "strings" will remain at the top of your vagina. These strings will allow you to check that the IUD is in place and will make it easier to remove it in the future. They do not usually bother the person with the IUD or their partner(s).

Advantages of IUDs

Mirena, Liletta, Kyleena & Skyla

- lighter or absent periods
- less hormones than other contraceptive methods
- fewer menstrual cramps
- less anemia (low iron)

Paragard

- no hormones
- can be used for emergency contraception
- effective for 12 years

What are the potential side effects of the IUD?

- mild to moderate pain when the IUD is inserted
- cramping or backache for a few days or longer after insertion
- irregular periods or spotting between periods in the first 3-6 months after insertion
- heavier periods and increased menstrual cramps (typically only with Paragard)



Patient Name:

DOB:

Patient Information and Consent

INTRAUTERINE DEVICES (IUDs)

The IUD cannot be used by people who:

- have recently had a pelvic infection
- have a sexually transmitted infection
- are currently pregnant
- have untreated cervical cancer
- have uterine cancer
- have a uterine abnormality
- have abnormal vaginal bleeding that has not been evaluated
- have an allergy to copper or have Wilson’s Disease (Paragard only)
- have breast cancer (progesterone-containing IUDs only)

Risks of using the IUD are rare but can occur:

- **Perforation:** The IUD could puncture or perforate the wall of the uterus during insertion.
- **Expulsion:** The IUD could expel through the cervix. In this case, the IUD can not be relied on for contraception (and must be removed if only partially expelled).
- **Pregnancy:** The IUD is > 99% effective, which is excellent but not perfect. If you are concerned for pregnancy, please contact us. If pregnancy occurs with an IUD, there is a small risk for ectopic pregnancy (pregnancy in the fallopian tubes). That kind of pregnancy needs prompt attention.
- **Infection:** Your chance of getting a pelvic infection from an IUD is increased in the first three weeks after insertion. If you are concerned for pelvic infection, please contact us.

Contact us if you experience any of the following:

- a significant change in the length of the strings or can feel the IUD
- have ongoing pain or bleeding with intercourse
- are concerned for pregnancy
- have unprotected sex with someone who has a sexually transmitted infection
- have severe pelvic pain or cramping
- have burning or odorous vaginal discharge
- have unexplained fever, chills, or trouble breathing
- have significant heavy bleeding requiring you to change a menstrual product every hour

For questions or concerns, please contact Vermont Gynecology at 802-735-1252

AFTER HOURS EMERGENCY TELEPHONE NUMBER: 802-350-1260

Patient signature

Date

I attest that the client received this information, understood it, and had an opportunity to ask questions.

Witness signature

Date

Witness name (please print)

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