

What are the advantages?

- A copper IUD has no hormones.
- A copper IUD can be used as emergency contraception.
- A hormone IUD has a very small amount of hormone.
- A hormone IUD can be used as treatment for heavy or painful periods.
- A copper IUD can be used for up to 5 years.
- A hormone IUD can be used for 3 - 8 years (Jaydess 3 years / Mirena 5-8 years).

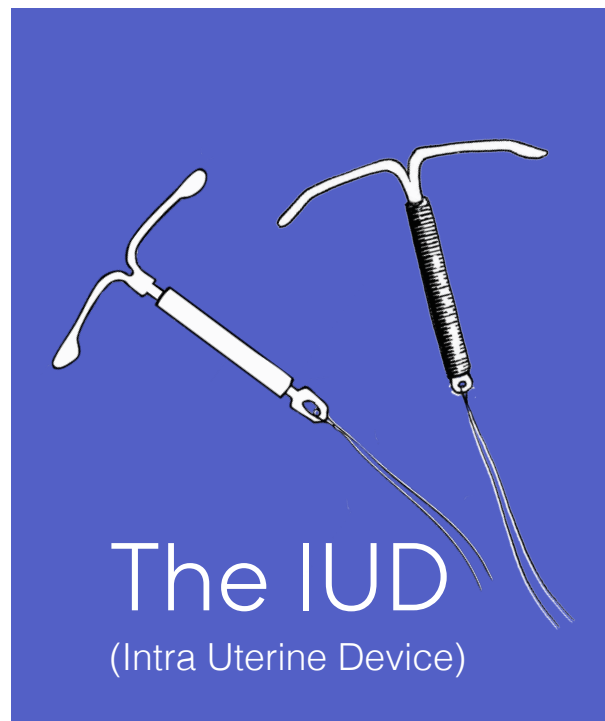
What are the disadvantages?

- An IUD needs to be inserted by a trained doctor or nurse.
- A copper IUD may make your periods longer, heavier or more painful.

The IUD does not protect you against sexually transmissible infections (STIs). Condoms and lube are your best protection against STIs.



Website
(Intra Uterine Device)



TE IUD

1. An IUD is one of the most effective forms of contraception.
2. There are two types of IUD - one with hormones and one without.
3. IUDs work well for many years.
4. IUDs can be used by most people, including teenagers and those who haven't had children.
5. Your bleeding may change - it may be more or less than you are used to.



**Sexual Wellbeing
Aotearoa**

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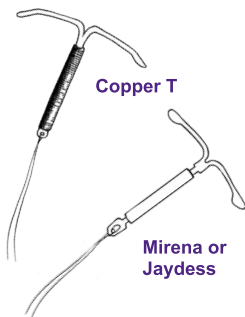
What is an IUD?

It is a small device that is fitted inside your uterus (womb).

There are 2 types of IUD.

One type contains copper (Copper IUD). The other has a progestogen hormone which is slowly released into your uterus (Mirena or Jaydess).

How does it work?



IUDs work by stopping an egg being fertilised. They stop the sperm moving towards the egg and prevent the egg implanting in the uterus.

How well does it work?

An IUD is one of the most effective types of contraception. It is at least 99% effective at preventing pregnancy.

Who can use it?

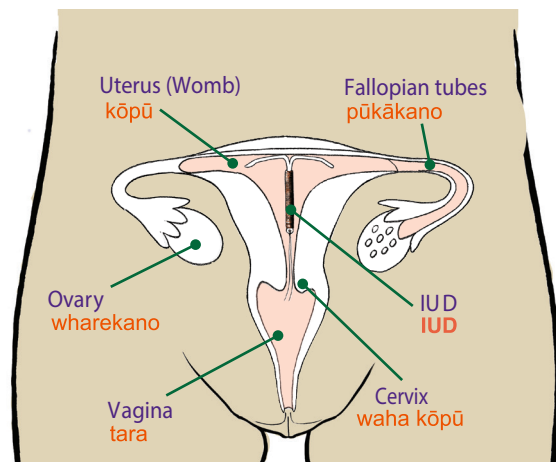
Most people can use an IUD - including teenagers and people who haven't had children.

The IUD (Intra Uterine Device)

When do I get it?

You can choose to have a Copper IUD inserted if you need emergency contraception. This can be done up to 5 days after an egg has been released.

Once your IUD is in place, you don't need to do anything until it is time for it to be replaced or you choose to have it removed.



What will I notice?

With a copper IUD, your periods may be longer, heavier and more painful, particularly in the first few months.

With a hormone IUD, you may have some spotting in first few months, then light or no periods.

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