



## Who can and cannot use the IUD?

IUDs are safe and suitable for nearly all women. Most women can use IUDs effectively, including women who:

- Have not had children
- Are not yet married
- Are of any age including adolescents and women over 40 years old
- Have just had an abortion or miscarriage (if no evidence of infection)
- Are breastfeeding
- Do hard physical work
- Have had an ectopic pregnancy
- Have had Pelvic inflammatory disease
- Have vaginal infections

## Women can begin using IUDs:

- Without STI testing
- Without an HIV test
- Without any blood tests or other routine laboratory tests
- Without cervical cancer screening
- Without breast examination

## Correcting Misunderstandings around IUDs

### IUDs do not:

- Increase the risk of contracting STIs, including HIV.
- Increase the risk of miscarriage when a woman becomes pregnant after the IUD is removed.
- Make women infertile.
- Cause birth defects for women who have used them.
- Cause cancer.
- Move to the heart or brain.
- Cause discomfort or pain for the woman during sex.
- Substantially reduce the risk of ectopic pregnancy.

Call 0800-211-046 or text 8080 Toll free or visit a health center near you for more information.



THE REPUBLIC OF UGANDA  
MINISTRY OF HEALTH



## COPPER BEARING INTRAUTERINE DEVICE:

## WHAT WOMEN SHOULD KNOW



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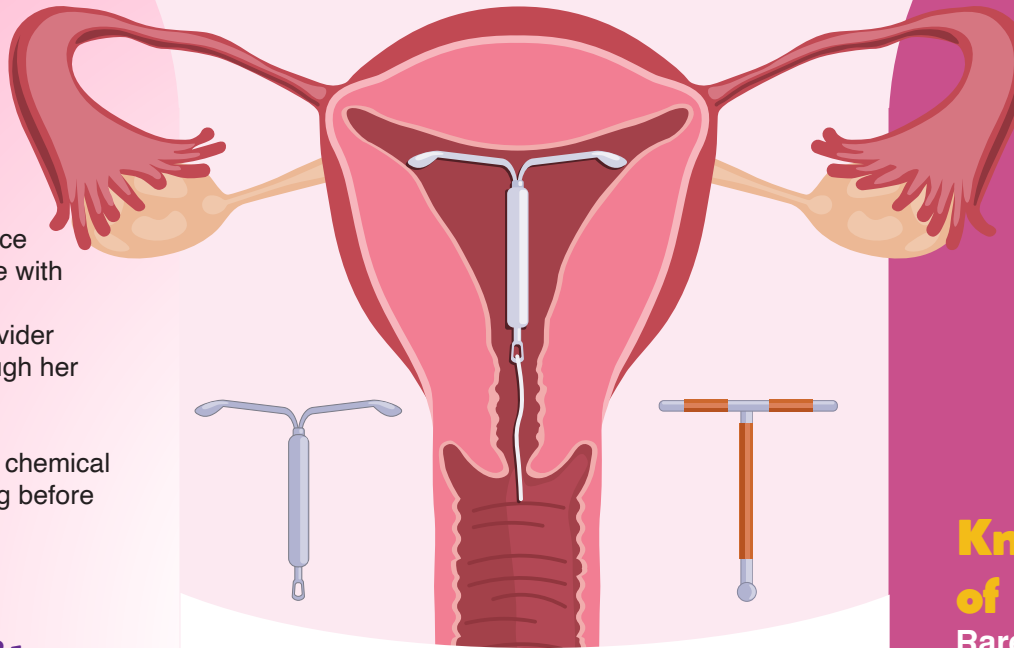
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# What is the Intrauterine Device?

- The copper-bearing intrauterine device (IUD) is a small, flexible plastic frame with copper sleeves or wire around it. A specifically trained health care provider inserts it into a woman's uterus through her vagina and cervix.
- An IUD works primarily by causing a chemical change that damages sperm and egg before they can meet.

## Known health benefits of IUDs

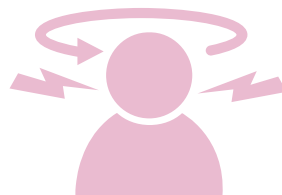
- IUDs help protect women against pregnancy for up to 12 years.
- After inserting an IUD, very little is required of the client once and the client does not incur any further costs.
- Rarely, IUDs may help protect women against cancer of the lining of the uterus (endometrial cancer).
- Return to fertility after IUD removal is assured.
- IUDs do not protect against Sexually Transmitted Infections (STIs).



## Known side effects of IUDs

A few known side effects include:

- Changes in menstrual bleeding patterns (especially in the first 3 to 6 months) including:
  - Prolonged and heavy monthly bleeding
  - Irregular bleeding
  - More cramps and pain during monthly bleeding



## Known Health Risks of IUDs

- Using an IUD may contribute to anemia if a woman already has low iron blood stores before insertion and the IUD causes heavier monthly bleeding.
- Rarely, Pelvic Inflammatory Disease (PID) may occur if the woman has chlamydia or gonorrhea at the time of IUD insertion.

## Known Complications of IUDs

Rare:

- Puncturing (perforation) of the wall of the uterus by the IUD or an instrument used for insertion. Usually heals without treatment.
- Miscarriage, preterm birth, or infection in the rare case that the woman becomes pregnant with the IUD in place.

