

BIRTH CONTROL IS A SAFE WAY TO PREVENT PREGNANCY

The risks of any birth control are less than the risks of pregnancy.

Choose which method works best for you.

There are possible side effects with all birth control, just like any medication.

[Come back to the clinic](#) if you experience signs of pregnancy, change in vaginal discharge, abdominal or pelvic pain, possible exposure to an STI, painful sex, bleeding after sex, headaches, mood changes, or severe pain in your chest, abdomen, or legs.

SCAN ME!



MINNEAPOLIS SCHOOL BASED CLINICS

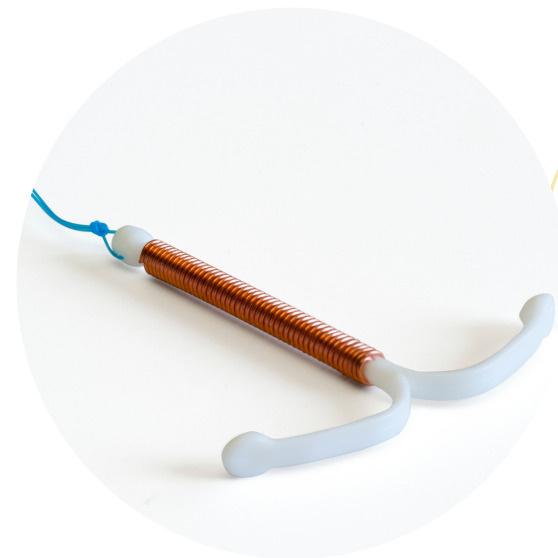
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For reasonable accommodations or alternative formats please contact Minneapolis Health Department at 612-673-2301 or health@minneapolismn.gov. People who are deaf or hard of hearing can use a relay service to call 311 at 612-673-3000. TTY users call 612-673-2157 or 612-673-2626.
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Version: 3/23

PARAGARD



COPPER T
INTRAUTERINE DEVICE (IUD)

MINNEAPOLIS
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HOW IT WORKS

The non-hormonal IUD (also known as the Copper T or Paragard IUD), is used by people with a uterus to prevent pregnancy. It's a small, plastic, T-shaped device inserted into the uterus by a medical provider. It's wrapped with copper wire, which naturally prevents sperm from reaching the egg. Unlike many birth control methods, it does not contain hormones. It helps to prevent pregnancy by:

- Making the uterus unwelcoming to sperm.
- Making it hard for sperm to move & fertilize an egg.

Paragard can also be used as Emergency Contraception and is most effective if placed by a medical provider within 5 days after unprotected vaginal sex.

BENEFITS

- Over 99% effective in preventing pregnancy
- Protects against pregnancy for up to 12 years
- Insertion is private and convenient
- Discreet
- Does not contain estrogen or any other hormones
- Can use it while breastfeeding
- The non-hormonal IUD is effective immediately after being inserted and can be used as Emergency Contraception in many cases

POSSIBLE SIDE EFFECTS

- Anemia (low iron)
- Backache
- Bleeding between periods
- Cramps
- Inflammation of the vagina
- Pain during sex
- Severe menstrual pain and heavy bleeding (usually in the first 6 months)
- Vaginal discharge

INSERTION

A medical provider will use a speculum to gently open the vagina. They will insert a small tube with the IUD through the cervix into the uterus and then remove the tube. The IUD will be in place and the medical provider will trim the strings. The insertion of an IUD can cause cramps and/or discomfort. To minimize this, people can take ibuprofen about an hour before insertion. You may feel dizzy, nauseous, or faint and should plan on resting after insertion if possible.

REMOVAL

The Paragard IUD should be removed by a medical provider after 12 years but can be taken out sooner if you decide to stop or change birth control methods. The medical provider will use a small tool to grasp the IUD strings and gently pull the IUD from the uterus.

GETTING STARTED

Schedule an appointment with your health educator or medical provider to discuss this method.

THINGS TO KNOW

If considering the use of a menstrual cup, please discuss with your medical provider.

Certain IUDs can also be used as a form of emergency contraception if placed by a medical provider within 5 days of unprotected vaginal sex.

There are 3 rare but serious risks with the IUD:

- Expulsion—when an IUD comes out of the uterus partially or fully. The person is at risk for pregnancy and the IUD needs to be removed.
- Infection—when bacteria get into the uterus during insertion. The infection needs to be treated with medication so future fertility is not affected.
- Perforation—when an IUD pushes through the wall of the uterus, usually during insertion. It can be fixed at insertion or may need surgery if it is not noticed.

If you are experiencing abnormal pain/discomfort or are concerned about your IUD, contact your medical provider.

Use condoms/barriers every time you have sex to help prevent sexually transmitted infections. IUDs do not prevent sexually transmitted infections.

