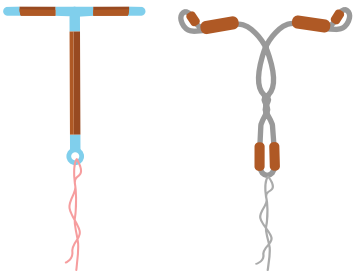
COPPER IUD (INTRAUTERINE DEVICE) *Paragard, Miudella, Non-Hormonal IUD, Copper T*



HOW DOES THE COPPER IUD WORK?

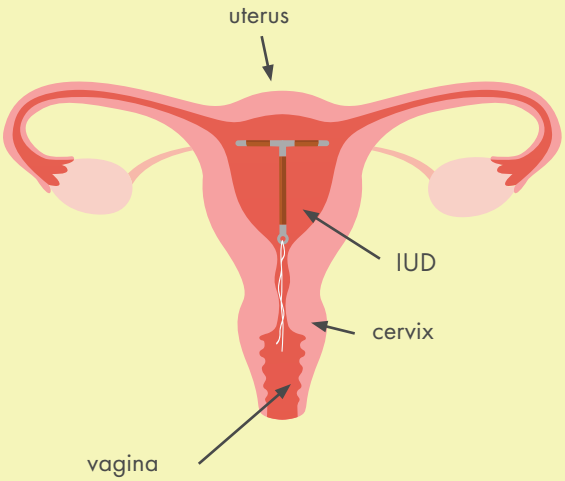
- The **copper IUD** prevents pregnancy because copper is harmful to sperm. The **copper makes the sperm unable to move** or swim properly. The sperm cannot move toward the egg to fertilize it.
- The **copper IUD** works for people of **all weights, all ages, and those using gender affirming hormone therapy**.
- There are 2 different **copper IUDs** available in the US. They differ in size, how much copper they have and how long they last. **Paragard** lasts 10-12 years and **Miudella** lasts 3 years. **Miudella** is slightly smaller than the **Paragard**.

HOW DO YOU USE THE COPPER IUD?

You must replace the copper IUD every **3 -12 years,** depending on which IUD you choose.

You need to **see a provider** to start and stop using the copper IUD.

Once you have the copper IUD inserted into your uterus, there is nothing more to do to prevent pregnancy until it is time to replace it.



INSERTION: The **IUD is inserted through the vagina and cervix**, using a thin applicator tube, and placed into the uterus. The IUD strings will extend through the cervix and into the vagina - they do not hang outside the vagina like a tampon string. Once inserted, you should not feel the IUD inside of you. Many people have cramping or spotting during or after the procedure. Talk to your provider about options that might help with pain and anxiety.

REMOVAL: While the copper IUD can last for 3-12 years, **you can have it removed at any time and for any reason**. To remove the IUD, your provider will pull on the strings and the flexible "T" arms of the IUD will fold making the IUD thin enough to exit your uterus through your cervix and out of your vagina. This may cause cramping, but it is usually less uncomfortable than insertion. You can have another IUD inserted at the same time if you want.

PRIVACY AND CONTROL

- A provider is usually needed to start and stop using the copper IUD. It may also be possible to remove the IUD yourself; ask your provider about how.
- Someone else cannot visibly see that you are using this method. Your partner may be able to feel the strings with their fingers or penis during sex. Your provider can trim the strings shorter if this happens and is bothersome.
- Someone you live with or who you share insurance with may see a bill from your insurance. Talk to the clinic if you are concerned about someone else seeing your insurance bill - there are ways to keep this information private.
- If anyone else is tracking your period, they may notice a change to your period.

DOES THE COPPER IUD WORK IMMEDIATELY?

Yes, it will work immediately.

THE COPPER IUD MAY NOT BE RIGHT FOR:

People who have or had:

- Copper allergy
- Bleeding disorder
- Abnormalities of the uterus
- Endometrial or cervical cancer
- Current sexually transmitted infection
- Current pelvic inflammatory disease

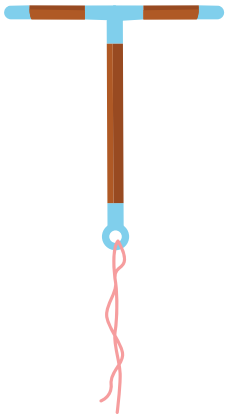
This is not a complete list, talk to your provider about your medical history before starting this method.

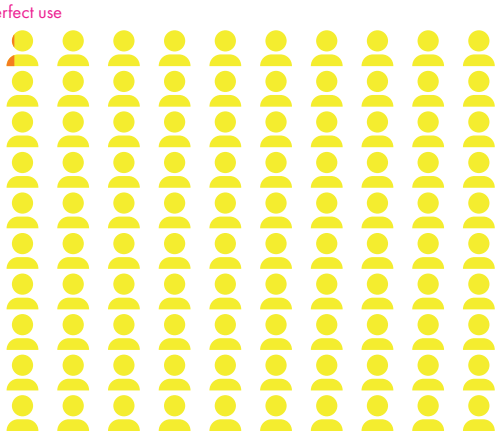
USE EMERGENCY CONTRACEPTION IF:

- Your IUD comes out (which is rare).

As emergency contraception, the Paragard copper IUD is 99% effective if inserted up to 5 days (120 hours) after sex. You can leave it in for contraception or remove it at your next period.

HOW WELL DO COPPER IUDS PREVENT PREGNANCY?





Fewer than 1 out of 100 (specifically around 2 out of 1000) people using the copper IUD will get pregnant each year. This means it is **99.8% effective.**

There is no difference between typical and perfect use with the copper IUD.

The IUD can expel (come out on its own), which is not harmful but does mean that it is no longer working to prevent pregnancy. It is rare for the IUD to come out on its own but using a menstrual cup may increase the risk.

SEXUALLY TRANSMITTED INFECTIONS

The copper IUD does not prevent sexually transmitted infections.

- Use external or internal condoms to lower your risk of all sexually transmitted infections.

SIDE EFFECTS

PERIOD: Can affect.

- The copper IUD may cause spotting between periods.
- The copper IUD may make your periods longer or heavier.

PERIOD CRAMPS: Can worsen.

WEIGHT: No effect.

ACNE: No effect.

FERTILITY RETURN: When you stop using the copper IUD, you can get pregnant right away.





OTHER POSSIBLE SIDE EFFECTS:

- Anemia
- Vaginal infections

THE COPPER IUD HELPS LOWER RISK FOR: Uterine cancer

POSTPARTUM USE

The IUD is **safe to use right after giving birth**. It can be inserted right after both vaginal and cesarean deliveries, prior to leaving the hospital. Insertion right after delivery may be less painful than later at the clinic. The risk of expulsion is higher when placed right after delivery, but it can be replaced in a clinic visit. It has no effect on lactation, breastfeeding/chestfeeding, or infant development.

QUESTIONS TO ASK YOUR PROVIDER

- Can I do anything to reduce cramps or heavier periods?
- Will my partner feel the strings during sex?
- What if I want to stop using the copper IUD before 3-12 years?
- How will I know if the IUD expels (comes out on its own)?
- Can I use menstrual cups?
- Can medication make the insertion less painful?
- How do I remove the IUD myself?

CONTACT YOUR PROVIDER IF YOU HAVE:

- Pain with sex
- Abdominal or pelvic pain
- Severe cramping
- Abnormal discharge
- Missed period
- Abnormal or irregular bleeding

OR IF:

- The strings get longer
- The IUD comes out or you feel it
- You try to feel the strings and cannot

Clinic staff can help you find coverage for services and supplies. You may qualify for low- or no-cost birth control, and funding programs may be available.
Call 211 or visit www.211info.org

Oregon Reproductive Health Program
www.healthoregon.org/rh

adapted from PICCK.org