I think I might be a good candidate for an IUD or implant. What now?

Congratulations! Taking the first step to educate yourself about your birth control options is a big decision and you gave it some serious thought.

Your birth control decisions are confidential and the only conversation you need to have about your choice is with your health care provider.

Your decision about the method to use is personal and yours to make without pressure from your partners or anyone else. Make the best decision for YOU and your future.

Your choices about your birth control choices?

Congratulations! Taking the first step to educate yourself about your birth control options is a big decision and you gave it some serious thought.

Your birth control decisions are confidential and the only conversation you need to have about your choice is with your health care provider.

Your decision about the method to use is personal and yours to make without pressure from your partners or anyone else. Make the best decision for YOU and your future.

Know the Risks

No birth control method is without risk. Complications from use of the IUD and implant are rare but include the following:

• Infection (when the IUD comes out of the uterus)
• Pregnancy when the IUD moves through the wall of the uterus during insertion. This chance is 1 in 1,000 insertions.
• Bending and skipping of the rings
• Unbearable bloating (with the implant)

With the IUD, there is a very rare risk of a complication during insertion or removal – less than 1% (1 in 100 women). This chance is lower than with the implant, but that chance is also less than 1%. If it happens, you should see your health care provider immediately.

With the implant, possible risks include problems with insertion or removal. These problems occur in less than 2% of women. Although rare, if you become pregnant with the implant in place, you should see your health care provider immediately.

IUDs and implants sound expensive. My friend pays for Postpartum Contraception

An IUD or implant can be safely inserted immediately after an abortion. The IUD may be more likely to come out of the uterus if inserted too soon after an abortion of miscarriage. Talk to your health care provider if you have any questions.

Are the IUD and implant safe? How well do they work?

Today’s IUD and implant methods are not the same ones used years ago. These newer methods are much safer and work better at preventing pregnancy than all other forms of reversible birth control, including the pill. For many women, the advantages to these methods are that there is nothing to remember to do every day and that they can be removed easily anytime you’d like (such as when you want to get pregnant).

They do NOT cause:

• Cancer of the reproductive organs
• Fertility problems
• Birth defects
• Infertility

They are safe in women who:

• Are in good physical health
• Can understand and follow directions
• Have had previous IUD insertions or removal

IUDs and implants are safe even if you don’t get a regular period. If you are still concerned, have a conversation with your health care provider.

If I use an IUD or implant, do I have to use a condom when I have sex?

IUDs and implants do NOT protect you from HIV and other sexually transmitted infections (STI). If you’re sexually active, condoms are the best way for you to reduce infection risk so you should always use one to prevent sexually transmitted infections, including HIV. When used together with an IUD or implant, you will reduce infection and your chance of getting pregnant.

IUDs and implants sound expensive. My friend pays nothing to use the pill.

Due to the new health care law, most health insurance plans must cover birth control at no additional cost to you. For more information, visit bedsider.org/where_to_get_it.

Resources:

• The American Congress of Obstetricians & Gynecologists, District II
• 100 Great Oaks Blvd., Suite 109, Albany, NY 12203
• Follow us on at: www.facebook.com/acogny

The American College of Obstetricians & Gynecologists, District II

100 Great Oaks Blvd., Suite 109, Albany, NY 12203

Follow us on at: www.facebook.com/acogny

This education is made possible through educational grant funding from Bayer Healthcare and has been created independently by ACOG District II.

Accessing Services

• To get more information about IUDs and implants, please contact your health care provider or a clinic that provides reproductive health care.
• You can use the online tool Bedsider to find a provider near you: bedsider.org/where_to_get_it
• The American Congress of Obstetricians & Gynecologists offers free online courses on contraceptive care. Visit our education center at acog.org/education_center


Health Matters: www.arhp.org/healthmatters

Association of Reproductive Health Professionals.
What’s new & exciting in birth control?

IUDs and implants (LARC, or long-acting reversible contraception)

Your health care provider’s office before you leave.

After you’re done reading the brochure, please take the survey and give it to www.arhp.org/methodmatch/ www.acog.org/Resources-And-Publications/Patient-Education-FAQs-List or if you’ve just had a baby. To find out about all your options, go to:

reversible contraception (LARC) options - the IUD and the implant - especially if you’ve just had a baby. To find out about all your options, go to bedsider.org/methods.

Talking to your health care provider about your available long-term birth control options, especially after you’ve had a baby.

The information in this brochure will help you talk with your health care provider about your available long-term birth control options. Not all birth control options are the same, and choosing the right one depends on your personal preferences and needs. Your health care provider can give you accurate information about all your options so she can make an informed decision about the best method. To find out about all birth control options, go to bedsider.org/methods.

My friends are talking about the IUD. What is it?

The intrauterine device, or the IUD, is a small, T-shaped plastic device that is inserted into your uterus to prevent pregnancy. It can be removed at any time by a health care provider. It’s more than 99% effective. You can have your health care provider insert an IUD immediately after an abortion or miscarriage. If you choose another prescription birth control method, you can also start it before leaving the hospital. If you are breastfeeding, check with your health care provider about it if you’re interested.

There are two types of IUDs – hormonal & copper.

• Can last up to 3 or 5 years,
• Several options to choose from depending on which option you choose,
• Hormone works mostly within the uterus
• Lowest dose of one hormone,
• Periods may become heavier
• Can last up to 10 years
• No hormones
• Copper (contains no estrogen)
• May help.

IUDs and implants (LARC, or long-acting reversible contraception). The birth control implant (“the implant”) is also very effective at preventing pregnancy. It’s more than 99% effective. You can have it inserted immediately after an abortion or miscarriage. Then you can have your health care provider insert an IUD immediately after the implant.

• IUD: pregnancy prevention
• Implant: pregnancy prevention

The IUD has strings that extend into your vagina. Your health care provider will trim these strings and they shouldn’t bother you in any way. Your health care provider may advise you to use a diaphragm, cervical cap, or the pill while you have your IUD. The pill is about 99% effective when used with the IUD. If you choose another prescription birth control method, you can also start it before leaving the hospital.

Your chances of getting pregnant are the same as for other women the same age as you who have not used the IUD or implant. There is a small chance that the IUD will fall out of your uterus and this risk increases immediately after childbirth. But, you may decide it is still worth it to have temporary birth control if you can choose another prescription birth control method, you can also start it before leaving the hospital. Talk to your health care provider about it if you’re interested.

If you choose another prescription birth control method, you can also start it before leaving the hospital. If you are breastfeeding, check with your health care provider about the best options.

Can I feel the IUD or the implant in my body?

Your chances of getting pregnant are the same as for other women the same age as you who have not used the IUD or implant. There is a small chance that the IUD will fall out of your uterus and this risk increases immediately after childbirth. But, you may decide it is still worth it to have temporary birth control if you can choose another prescription birth control method, you can also start it before leaving the hospital. Talk to your health care provider about it if you’re interested.

If you choose another prescription birth control method, you can also start it before leaving the hospital. If you are breastfeeding, check with your health care provider about the best options.