



IUDs and Implants for Postpartum Contraception

ACOG
THE AMERICAN CONGRESS
OF OBSTETRICIANS
AND GYNECOLOGISTS
District II

Getting an IUD or implant after you have an abortion



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 right after an abortion or 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:

- ✘ Issues with getting pregnant in the future
- ✘ Infections (like pelvic inflammatory disease)
- ✘ Abortion

They are safe in women who:

- ✔ Are HIV-positive
- ✔ Have never had a baby
- ✔ Are adolescents/teenagers
- ✔ Have had ectopic (tubal) pregnancies or infections in the past

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 (STIs). 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 College of Obstetricians & Gynecologists. Long-Acting Reversible Contraception (LARC): IUD and Implant, FAQ184. www.acog.org/Patients/FAQs/Long-Acting-Reversible-Contraception-LARC-IUD-and-Implant

Association of Reproductive Health Professionals.

Health Matters: www.arhp.org/healthmatters

Colorado Initiative to Reduce Unintended Pregnancy. www.beforeplay.org

National Institute for Reproductive Health. www.maybetheiud.org

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

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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.



Know the Risks

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

- Expulsion (when the IUD comes out of the uterus)
- Perforation (when the IUD pushes through the wall of the uterus during insertion. The chance is 1 in 1,000 insertions.)
- Bruising and soreness (with the implant)
- Unpredictable bleeding (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). You CAN get pregnant with an IUD, 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.



Scan this QR Code for more information!



Help US help YOU! Please take this short survey: Con't

7. Have you ever used an IUD or implant before?

- Yes, I currently use one
- Yes, I have used one in the past
- No
- I don't know

8. Do you know the risks and benefits of using an IUD or implant?

- Yes, I knew before reading this brochure
- I had an idea about what they were, but I wasn't sure
- I did not know before, but now I do
- No, I still don't know

9. You can get an IUD or implant if you:

- (check all that apply)
- Are an adolescent or teenager
- Are HIV-positive
- Have never had a baby or have been pregnant
- All of the above
- None of the above

10. I can get an IUD or implant in the hospital immediately after I deliver my baby.

- True
- False

11. I should also use a condom if I have an IUD or implant to prevent sexually transmitted infections.

- True
- False

12. Did the information in this brochure help you make a decision about your birth control choices?

- Yes
- No
- I'm not sure

Please tear off this survey and return it to your health care provider's office. THANK YOU!

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Help US help YOU! Please take this short survey:

1. How old are you?

- Under 15
- 15 – 20
- 21 – 30
- 31 – 40
- Over 40

2. What's your race/ethnicity? (select all that apply)

- Black
- White
- Hispanic
- Native American
- Asian
- Other (please specify)

3. What's your zip code?

4. Do you know what the IUD & birth control implant are?

- Yes, I knew before reading this brochure
- I had an idea about what it was, but I wasn't sure
- I didn't know before, but now I do
- No, I still don't know

5. Has your doctor ever talked to you about your birth control options?

- Yes
- No
- I don't remember

6. If yes, have you discussed the IUD and implant?

- Yes
- No
- I don't remember
- We never talked about it

Please tear off this survey and return it to your health care provider's office. THANK YOU!

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But, I've also heard talk about the implant. What's that?

The birth control implant ("the implant") is also very effective at preventing pregnancy. Your health care provider inserts a single flexible rod – about the size of a matchstick – under the skin in your upper arm. It prevents you from getting pregnant for up to 3 years because it releases a hormone called progestin.

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

If you get an IUD, you may feel mild to moderate cramping during insertion. Some women describe severe cramps (like when you have your period). Cramping can last for a few days. Taking over the counter pain medication may help.

If you get an implant, your health care provider will numb the area on your arm with a small injection of numbing medicine. You will be able to feel the implant just under your skin. You may have some bruising or mild soreness in your arm. This is common and goes away.

The IUD has strings that extend into your vagina. Your health care provider will trim these strings and they shouldn't bother you or your partner. Most of the time, neither the woman nor her partner can feel the IUD or the strings in any way.

Both the hormonal IUD and the implant may decrease menstrual pain during your period.



Getting an IUD or implant after you have a baby

Immediately after you have your baby while you're still in the hospital is a good time for your doctor to insert an IUD or implant if this is the contraceptive method you have chosen. You can choose one of these methods if you've had a C-section or a vaginal delivery. There is no difference in implant insertion immediately postpartum compared to any other time.

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 always a small chance that the IUD will come out of your uterus and this risk increases immediately after birth. But, you may decide it is still worth it to have reversible birth control you can rely on when you are busy with your new baby. 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.

What's new & exciting in birth control?

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

They're great at preventing pregnancy, can last up to 10 years, & are easy to use. Your health care provider can place them for you and remove them at any time.

Did you know?

The IUD and implant are 20 times more effective at preventing pregnancy than the pill, patch, or ring.

Deciding whether or not to use birth control, and which method, are personal decisions. Each teen and woman has the right to accurate information about all birth control 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 and can be removed 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 having a baby. You can also have one inserted immediately after an abortion or miscarriage.

There are two types of IUDs – hormonal & copper.

Hormonal

- Lowest dose of one hormone, progestin (contains no estrogen)
- Hormone works mostly within the uterus
- Several options to choose from
- Can last up to 3 or 5 years, depending on which option you choose
- Periods may become lighter or even absent

Copper

- No hormones
- Can last up to 10 years
- Periods may become heavier

*Both types work mainly by preventing fertilization of the egg by the sperm

Your health care provider can remove an IUD whenever you no longer want it.

Talk 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 make a birth control decision with your health care provider. Not all birth control options are the same, and this brochure will give you all the information you need about two long-acting 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: www.acog.org/Resources-And-Publications/Patient-Education-FAQs-List or www.arhp.org/methodmatch/

After you're done reading the brochure, please take the survey and give it to your health care provider's office before you leave.

