



Guide to IUD & IUS

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This package was created by the Healthy U program at the University of Manitoba. Healthy U is a UM student group made up of a team of friendly volunteers who are trained student health educators.

We provide students with validated health information through our health packages and outreach events, online resources, and one-on-one support. Health topics that we provide resources on include mental health, sexual health, physical health, substance use, social and cultural wellness, and finding a balance.

Please reach out to us if you have any questions at:
healthyu@umanitoba.ca

Why use an IUD or IUS instead of another kind of birth control?

The IUD and IUS are now considered the go-to birth control methods for teens and young adults. This is because they work super well and don't rely on you remembering to use it.

You may forget to take your birth control pill, to change your patch or ring, or to use a condom. But once your IUD or IUS is in, you can forget about it for years.

The IUD is one of the few options that doesn't contain hormones, so if the idea of adding hormones to your body is unappealing, the IUD is a great alternative. It is more reliable than fertility awareness, condoms, or withdrawal when it comes to preventing pregnancy.

The IUD can be used AFTER unprotected sex and is the only non-hormonal emergency contraceptive.

The IUS is the only hormonal birth control that just acts where it needs to (instead of on the whole body). If you're on the fence about using hormonal birth control, this may be a good in-between for you.



IUS (Mirena)

Image source: mirena-us.com



Copper IUD

Image source: cmdrc.com

What are the reasons people don't want to use an IUD or IUS?

- Many people are nervous about the idea of having something sitting inside their uterus all the time. Think of tampons - you forget about them after a little while and **don't usually feel it.**
- People are worried that their partner will feel the ends of the strings, making sex uncomfortable. While it is true that some people may be able to feel the strings, these will soften and **become less noticeable over time.**
- They can be pricey. Even after insurance coverage, these devices typically cost more than a few months of birth control pills. However, **once you pay for it you won't have to pay again for years.**
- Side effects. Everyone reacts differently to birth control, and it's hard to tell which methods and brands will work best for you. Talk to your doctor about your concerns and see what they recommend. **Side effects often improve after 3 months, once your body has had time to adjust.**

What's different between the IUD and IUS

IUD (intrauterine device)

The IUD (aka the copper IUD or Paraguard) **does NOT contain hormones**. The copper wire in the IUD is what prevents pregnancy.

The IUD can be inserted **after unprotected sex** to prevent pregnancy, and can then be left in to prevent future pregnancies.

The IUD has been known to **cause heavier and more painful periods** in some users, but this eases up in 3-6 months.

You will likely **still get your period** while using the copper IUD.

The IUD is not recommended for people with **anemia** (low iron) or who already have **very painful or heavy periods**.

The IUD works **99%** of the time.

Can typically left in for **up to 10 years**.

If you use the UMSU Student Health and Dental Plan, the copper IUD is **NOT covered**.

IUS (intrauterine system)

The IUS (Jaydess, Kyleena, or Mirena) **DOES contain hormones**. However, they do not contain estrogen and only act locally (instead of through your whole body). This means that the side effects are often much less than with other forms of hormonal birth control.

The IUS can **only prevent future pregnancies**.

The IUS causes **spotting** (light, irregular, painless bleeding) in some users for 3-6 months. Your period may be irregular during this time.

Eventually, you may **stop getting your period** while your IUS is in place.

The IUS can help with pain from **fibroids or endometriosis**.

The IUS works **99.9%** of the time.

Can typically be left in for **up to 5 years**.

If you use the UMSU Student Health and Dental Plan, the Jaydess and Mirena are covered for **70-80%**. It may still cost around \$100 after coverage.

What's similar between the IUD & IUS?

Effectiveness

While the pregnancy rates are slightly different, both the IUD and the IUS are considered very effective. Once it has been put in place, you can forget about it for years (unlike the pill which you have to remember every day for it to be effective).

Price

While you may have to pay more money up front for an IUD or an IUS compared to other methods of birth control, they actually save you money in the long run since you only pay once.

Size

Both are very small, T-shaped products that sit in your uterus. There are thin strings on the end which will be used to remove the device.

Removable

Both the IUD and IUS can be removed at any time by a health care provider. Most people who wish to become pregnant are successful in the next 12-24 months, although you can start trying right away.

All versions of the IUD and IUS sit the same in your body.

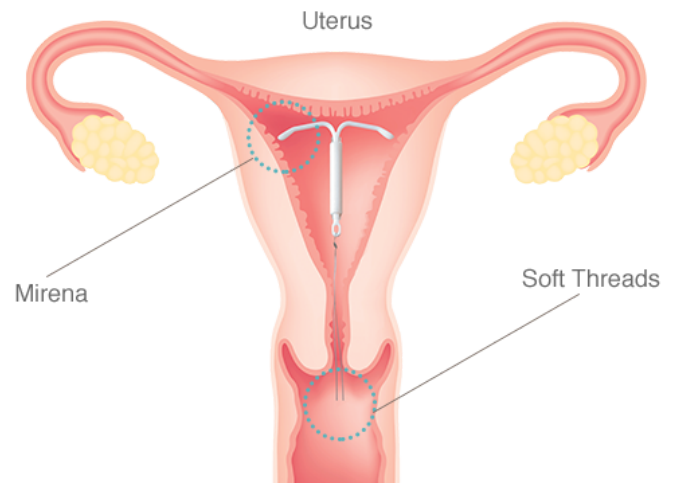


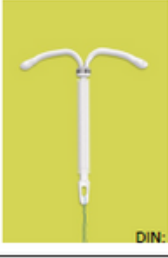



Image source: mirena-us.com

Comparing IUDs



Comparing IUDs: Copper, Mirena, Kyleena, and Jaydess at a glance

Type of IUD (images not to scale)	 Copper	 Mirena® DIN: 02243005	 Kyleena® DIN: 02459523	 Jaydess® DIN: 02408295
Cost	\$95+*	\$350+*	\$350+*	\$290+*
Lasts for	Up to 5 or 10 years (depending on model)	Up to 5 years	Up to 5 years	Up to 3 years
Hormones?	None	Yes, 20 µg LNG ¹ (average released daily)	Yes, 9 µg LNG ¹ (average released daily)	Yes, 6 µg LNG ¹ (average released daily)
Failure Rate with typical use, in 1st year of use (approx.)	8 pregnancies per 1000 users	2 pregnancies per 1000 users	2 pregnancies per 1000 users	4 pregnancies per 1000 users
Advantages	<ul style="list-style-type: none"> -Very cost effective over time. -After removal, return to baseline fertility is immediate. -A copper IUD may be used by those who cannot/do not want to use hormonal methods. -Ovulation is not effected in users. <p>The Copper IUD may also be used for emergency contraception w/i 7 days of intercourse.</p>	<ul style="list-style-type: none"> -After removal return to baseline fertility is rapid. -Decreases menstrual cramping and blood loss. -Some users experience a total loss of menstrual bleeding. This is safe. -Can reduce endometriosis pain and be used by postmenopausal users to reduce risk of endometrial cancer. -Can be used by those who cannot/do not wish to use estrogen containing methods including breastfeeding users. 	<ul style="list-style-type: none"> -After removal return to baseline fertility is rapid. -Can be used by those who cannot/do not wish to use estrogen containing methods including breastfeeding users. -In most users, there is a trend over time towards less frequent and shorter episodes of bleeding -Same physical frame size as the Jaydess and smaller than Mirena 	<ul style="list-style-type: none"> -After removal, return to baseline fertility is rapid. -Can be used by those who cannot/do not wish to use estrogen containing methods including breastfeeding users. -Users likely have a gradual reduction in amount/ number of bleeding days. -Smaller physical frame size than the Mirena. -Lowest amount of hormone of all IUDS
Possible Side Effects (Note: Not all users experience side effects. If a user does experience side effects, they often lessen over time)	<ul style="list-style-type: none"> -Number of bleeding days or flow is higher than typical. -Users may experience an increase in menstrual cramping -There may be an increase/change in vaginal discharge 	<ul style="list-style-type: none"> -Irregular/unpredictable bleeding in the first 3-6 months -1-10% chance of progestin related side effects including acne/oily skin, breast pain, nausea, headaches, hair loss, ovarian cyst , vaginal discharge, and/or mood changes. 	<ul style="list-style-type: none"> -Irregular/unpredictable menstrual like bleeding during the first 3-6 months -1-10% chance of progestin related side effects including acne/oily skin, nausea, headaches, breast, ovarian cyst , vaginal discharge and/or mood changes 	<ul style="list-style-type: none"> -Irregular/unpredictable menstrual like bleeding during the first 3-6 months -1-10% chance of progestin related side effects including acne/oily skin, nausea, headaches, breast, ovarian cyst , vaginal discharge and/or mood changes

© Island Sexual Health, 2017. ¹LNG = levonorgestrel, a type of progestin

Sources: Managing Contraception 2013 and Bayer CPS product monographs
* Cost of IUD will vary between pharmacies. We always recommend comparing prices before purchasing. LNG containing IUDs are covered by many extended drug plans but Copper are not. In the event of failed insertion, expulsion or other complications, the cost of the device is not refundable.

More info on other side →

Myths & Facts

"It's going to get lost inside my body"

A long time ago, there was a risk for the IUD or IUS to get lost inside your body, but this is no longer the case. Your IUD/IUS is staying put!

"I'm going to feel it in there all the time"

Most people can't feel their IUS/IUD at all. If your IUD or IUS is uncomfortable, ask your doctor to check if it's in properly.

"It's going to fall out"

It's pretty unlikely that your IUD or IUS will fall out. If you can't find the strings, call your health care provider and get them to check for it.

Things to Know

- Your IUD or IUS should have you covered for preventing pregnancy, but they do not prevent STI's. Make sure you're **still using condoms** and getting tested regularly!
- It's recommended that **once per month you check that your device is still in place**. You can do this by feeling inside your vagina for the strings - just don't tug on them!
- Lots of people who get an IUD or IUS inserted feel pretty crampy for the next day or so (although it really depends on the person). Ask your health care provider what kind of **pain medication** to take and how often you can take it.
- When you have your initial visit with your health care provider to make arrangements for an IUD or IUS, **ask if you will need a ride home** after the insertion. Depending on anatomy and other medical conditions, some people need stronger pain medications than others for the insertion. If you have to take something strong, you won't be allowed to drive after.
- If it makes you more comfortable, **you are allowed to have someone join you during the insertion**. Some people get really anxious and find it helpful to have a friend or partner with them.

UM Resources

IUD and IUS

University Health Services (UHS)

UHS has health care providers that can give birth control prescriptions.

ACW-Lot temporary trailer (behind the Isbister building)

204-474-8411

<https://umanitoba.ca/student-supports/health-wellness/university-health-service>

University Pharmacy

The University Pharmacy can fill your birth control prescription.

111 University Centre

204-474-9323

<https://umanitoba.ca/campus-services/university-centre-pharmacy>

Health and Wellness

The Health and Wellness Educator is a Registered Psychiatric Nurse and available to talk about health and wellness topics.

469 UMSU University Centre (within the SCC)

204-295-9032

healthandwellness@umanitoba.ca

<https://umanitoba.ca/student-supports/health-wellness>

Healthy U

Healthy U can provide student with information about birth control and has free condoms and dental dams.

<https://www.healthyuofm.com/>

Women's Centre

The Women's Centre offers condoms, pregnancy tests, and free menstrual products.

190 Helen Glass Centre

womensrep@umsu.ca

<https://umsu.ca/student-clubs-associations/student-clubs/womens-centre/>

Off Campus Resources

IUD and IUS

Winnipeg

Women's Health Clinic (WHC)

WHC offers resources for birth control, pregnancy options, STIs, safer sex, and relationships. WHC can prescribe birth control and they offer reduced cost birth control.

419 Graham Avenue, Unit A

204-947-1517

whc@womenshealthclinic.org

<https://womenshealthclinic.org/what-we-do/counselling/birth-control-and-pregnancy-counselling/>

Family Doctor Finder

Connecting with a family physician can allow you to engage in discussion and explore whether or not an IUD or IUS is right for you. If you don't have a family physician, you can contact Family Doctor Finder to become connected to one in your area.

204-786-7111

<https://www.gov.mb.ca/health/familydoctorfinder/>

Online

Bedsider.org

Bedsider lets you allows you to explore different methods, and to compare them side by side, looking at the features that matter to you.

<https://www.bedsider.org/>

Sex & U

Sex & U has information on sexual health topics including sexual activity, 2SLGBTQIA+ identities, STIs, contraception, pregnancy, and consent.

<https://www.sexandu.ca/>

Planned Parenthood

Planned Parenthood lets you explore information on IUDs including cost, effectiveness, usage, benefits and disadvantages.

<https://www.plannedparenthood.org/learn/birth-control/iud>

Sexuality Education Resource Centre (SERC)

SERC offers online resources for information on IUD and IUS methods including usage, what to expect, benefits and disadvantages.

204-982-7800

info@serc.mb.ca

<https://serc.mb.ca/sexual-health-info/pregnancy-birth-control/birth-control-supplies/iud/>