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| **Highlights:**   * A small “T”-shaped device inserted by a medical provider into the uterus to prevent pregnancy * Safe, very effective, and convenient * Lasts up to 10 years * Must be inserted and removed by a medical provider   **Remember:**   * The IUD does not prevent HIV or other sexually transmitted infections (STIs). Protect yourself and others by also using condoms. | **Fact Sheet:**  **Copper Intrauterine Device (IUD)**  **(ParaGard**®**)** | MRN:  Name:  D.O.B.: |
| **What is the Copper IUD (ParaGard®)?** | |
| The copper IUD (ParaGard®) is a small “T”-shaped piece of plastic wrapped with copper inserted by a medical provider into the uterus. It prevents pregnancy by stopping sperm from joining with the egg.  It can work for up to 10 years, but you can have it removed anytime by a medical provider. Once the IUD is removed, you may be able to become pregnant immediately. The IUD won’t affect your ability to get pregnant in the future. | |
| **How do you use the Copper IUD (ParaGard®)?** | |
| A medical provider will insert the IUD into the uterus through the cervix. It is common for women to feel cramping or discomfort during and after the IUD insertion. This will go away after a few days.  When the IUD is in place, strings attached to the IUD will stay in the vagina. These soften and become less noticeable over time. You can check for the strings if you want to, but don’t pull them and don’t let your partner pull them. Pulling can dislodge the IUD.  You can choose to have the IUD taken out at any time. If you would like it taken out, return to the clinic. Do not try to remove the IUD yourself. | |
| **What are the benefits of using the Copper IUD (ParaGard®)?** | |
| The IUD is effective immediately for preventing pregnancy. No method of birth control is 100% effective, but the IUD is more than 99% effective.  It doesn’t contain hormones.  It is convenient. There is no medicine to remember to take.  It is private. No one will be able to see it.  It is proven to work for up to 10 years, but you can have it removed at any time by a medical provider.  It can be used as emergency contraception (EC) if inserted within 5 days after having unprotected sex. | |
| **What are the possible disadvantages of using the Copper IUD (ParaGard®)?** | |
| You may have cramps or pain when the IUD is inserted. After insertion, you may have cramps for a few days. Taking ibuprofen (Advil®) will help. For the first 1-2 months, you may also have cramping or pain when you get your period.  During the first 3-6 months, you may have spotting (bleeding between periods). During this time, your periods may also get heavier and/or longer. These changes in bleeding are not harmful. Your periods may return to normal after your body gets used to the IUD. | |
| **Important! Learn these warning signs:** | |
| Although serious problems with the IUD are very rare, there are warning signs of more serious problems that need to be checked right away. Call or come to the clinic immediately if you experience any of these signs. If the school clinic is not open, go to the nearest emergency room.   * Any change in the length of the IUD strings or you can feel the hard plastic IUD. This means it could be coming out. * Severe abdominal pain, fever (101.5°F or higher), or chills. * Pain or bleeding during sex. * Very heavy bleeding (soaking 1 or more pads or tampons per hour) or many days of bleeding. * Foul-smelling vaginal discharge and/or itching. * You think you might be pregnant. | |
| **Patient Acknowledgment:** I have read this fact sheet and understand the information given to me about the IUD (ParaGard®). I understand that I will need a pregnancy test today before receiving the IUD. I understand it is my responsibility to follow the instructions on this fact sheet. No guarantee has been made to me as to the results of using the IUD. I understand that neither the provider nor the school clinic are in any way responsible should I become pregnant. If I do not get my period within 1 month of starting the IUD, I will come back for a pregnancy test. I have been given the chance to ask questions about birth control and the IUD in particular. My questions have been answered to my satisfaction.  Patient Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_/ \_\_\_\_\_/ \_\_\_\_\_ *Updated 3/2017* | | |