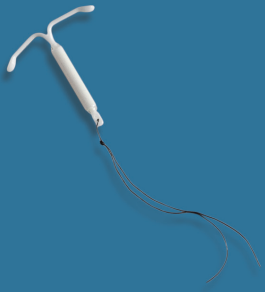


Remember, the hormonal IUD **does not protect you from Sexually Transmitted Infections or HIV.**

Always use condoms to protect yourself!



#### HOW DOES THE HORMONAL IUD WORK?

- The progestin IUD is a T-shaped plastic rod that stays in your uterus. It contains a hormone (levonorgestrel, a progestin) like the ones your body makes. The hormone blocks sperm from reaching the egg.
- No method of birth control is 100% effective. The hormonal IUD is over 99% effective.

#### AFTER THE HORMONAL IUD IS INSERTED, WHEN CAN I HAVE SEX?

- You must wait 24 hours after the IUD is placed before you can use tampons, take a bath, or have sex.

#### WHEN DOES THE HORMONAL IUD START WORKING?

- Skyla and Kyleena start to work 7 days after insertion. For 7 days after your IUD is inserted, **use condoms or continue your pills/patch/ring as back-up.**
- Mirena and Liletta start to work right away.

#### HOW LONG DOES THE HORMONAL IUD LAST?

- The hormonal IUD works for 3 to 8 years, depending on which IUD you choose.

#### IS THERE ANYTHING I NEED TO DO AFTER HAVING THE IUD INSERTED?

- Some people like to check their IUD's string after each period. To check, insert a finger into your vagina and feel for the cervix. (It feels like the tip of your nose.) You should feel the string near your cervix. **Do not** pull on the string.

#### WHAT DO I DO IF AND WHEN I DECIDE TO GET PREGNANT?

- When you are ready, your clinician can remove your IUD, or you can try to do it at home if you would prefer. Most people get pregnant soon after removal.

#### HOW DOES THE HORMONAL IUD HELP ME?

- You do not need to think about birth control before or during sex.
- You do not need refills (as you do for the pill).
- You can use the hormonal IUD while breastfeeding.
- You may have less cramping and bleeding with periods.
- The hormonal IUD costs less than most types of birth control.

#### HOW WILL I FEEL HAVING THE HORMONAL IUD IN ME?

##### HOW WILL MY BODY CHANGE?

- You will not feel the IUD in you.
- You may have cramps and spotty periods for the first few months. Ibuprofen or naproxen can help. You can take up to 4 pills (800 mg) of Ibuprofen every 8 hours with food. To prevent cramps, take Ibuprofen when your period starts and continue as long as you need it. You can also put a hot water bottle on your belly if you have bad cramps.
- You may stop having periods after 1-2 years with the hormonal IUD. This is normal.
- You may have spotting, bloating, nausea, headaches, or breast tenderness.

#### DOES THE HORMONAL IUD HAVE RISKS?

- The hormonal IUD is very safe. Serious problems are rare. If you have the following symptoms **within the first 3 weeks** after getting an IUD, see your clinician:
  - Fever (>101°F)
  - Chills
  - Strong or sharp pain in your stomach or belly
- If you have the following symptoms **at any time** while you have an IUD in you, see your clinician:
  - Feeling pregnant (breast tenderness, nausea, vomiting)
  - Positive home pregnancy test