

Remember, the copper IUD **does not protect you from Sexually Transmitted Infections or HIV.** Always use condoms to protect yourself!



### HOW DOES THE COPPER IUD WORK?

- The copper IUD is a T-shaped plastic rod that stays in your uterus. It releases small amounts of copper. Copper kills sperm. Without live sperm, you cannot get pregnant.
- No method of birth control is 100% effective. The copper IUD is over 99% effective.

### AFTER THE COPPER 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 COPPER IUD START WORKING?

- The copper IUD works right after it is placed in you. It may be inserted up to 5 days after unprotected sex to prevent pregnancy.

### HOW LONG DOES THE COPPER IUD LAST?

- The copper IUD works for 12 years.

### WHAT DO I NEED TO DO AFTER I HAVE 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. Most people get pregnant soon after removal.
- Some people prefer to remove the IUD themselves.

### HOW DOES THE COPPER 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 copper IUD while breastfeeding.
- The copper IUD costs less over time than most types of birth control.
- The copper IUD is a great option for people who prefer a method without hormones.

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

#### HOW WILL MY BODY CHANGE?

- You will not feel the IUD in you.
- You may have cramps and heavy periods. 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 or naproxen when your period starts and keep taking it every 8 hours for as long as you need it. You can also put a hot water bottle on your belly if you have bad cramps.

### DOES THE COPPER IUD HAVE RISKS?

- The copper IUD is very safe. Serious problems are rare. If you have the following symptoms **within the first 3 weeks** after the IUD is inserted, see your clinician:
  - Fever (>101°F)
  - Chills
  - Strong pain in your 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

