

Title: Intrauterine devices can be used in select nulliparous women

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Abstract: Women, who have not had children, are at low risk for sexually transmitted infection, and desire long term contraception, can be prescribed IUDs.

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**What are the risks and side effects?** Some women have increased menstrual pain and bleeding. These side effects are common and normally go away in one month. There is a risk that the IUD falls out of the uterus. This is more likely in women who have not had children. The IUD can pierce the wall of the uterus during insertion. This is very uncommon (1 in 1000). It is possible to get an infection of the uterus and fallopian tubes.

**So, should I get an IUD?** Are you in a committed, monogamous relationship? Do you not want to have babies in the next 5 years? Are you at low risk for sexually transmitted infections?

If you answered yes to all of these questions, an IUD is an ideal choice for you!

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Ask your doctor about it today!



For more information see the following websites:

The American College of Obstetricians and Gynecologists:

[www.acog.org](http://www.acog.org)

Hormonal IUD:

[www.mirena-US.com](http://www.mirena-US.com)

Copper IUD

[www.paragard.com](http://www.paragard.com)

I have never had a baby... Can I get an Intrauterine Device?



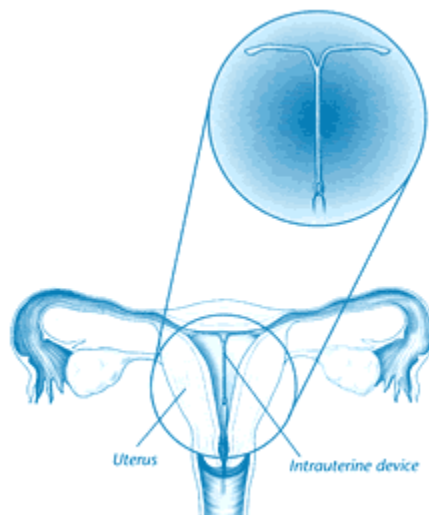
**You have decided that you want a form of birth control.** You may have heard about the intrauterine device or “IUD.” It is becoming more popular. An IUD is a small plastic device that is inserted in the uterus to prevent pregnancy. It can last from 5-10 years without being replaced!

There are two kinds of IUDs. The first, releases a small amount of hormone into the uterus to prevent pregnancy. It has to be replaced every 5 years. The other IUD is made of copper and must be replaced every 10 years!

**Why haven't I heard of this before?** Well, in the 1970s, there were problems with IUDs causing bad infections. Since then, the design of IUDs has been improved so that they are very safe. Your doctor will know if you are a good person to use this form of birth control.

Because of that risk of infection, doctors did not use this form of birth control on women who have not had babies. With the new design and doctors being more selective, studies have shown that the IUD is just as safe as other forms of birth control when used in the correct person. In Europe, the IUD has been a very

popular form of birth control for many years.



**Am I the right person?** There are a few reasons why a woman should not use an IUD for birth control. They include:

- ❖ If you are pregnant
- ❖ Have had pelvic inflammatory disease in the last 3 months
- ❖ Have had or suspect pelvic cancer
- ❖ Have abnormal vaginal bleeding
- ❖ Have an sexually transmitted infection right now
- ❖ Are allergic to any portion of the IUD

- ❖ Have uterine fibroids or any condition that may make inserting the device difficult

**Why is an IUD the right birth control for me?** An IUD is a very effective form of birth control. It is easy to use. It does not interfere with sex and you can use a tampon with it. The hormonal IUD can also help decrease menstrual bleeding in some women! Remember that it does not protect from sexually transmitted infections!

You should not get an IUD if you are at risk for getting sexually transmitted infections. It is a good choice if you are in a long term monogamous relationship and do not wish to have children now.

