

# Intrauterine Device (IUD)

*(Information is for the TCu 380A IUD.)*

## What Is It?

An IUD is a small plastic and copper device that is inserted into the uterus to prevent pregnancy.

## How Effective Is It?

If 125 young women used the IUD for one year, typically one of them would become pregnant.

## How Does the IUD work?

The IUD works by preventing sperm from joining with the egg.

## Advantages

- \* Is safe, effective, and long-acting (10 years).
- \* Easy to remove, if the adolescent wants to become pregnant.
- \* Does not interfere with sex.
- \* Does not interfere with breastfeeding.

## Disadvantages

- \* **Not suitable for adolescent women with multiple sexual partners, or whose partner has other sexual partners, due to an increased risk of Pelvic Inflammatory Disease.**
- \* Should be initiated with caution, only after thorough risk assessment and, if possible, lab screening, especially in high risk areas.
- \* Menstrual pattern may change.
- \* Greater risk of expulsion and painful menses for women under the age of 20 who have not given birth.
- \* Slight pain during the first few days after IUD insertion.
- \* Does not protect against STIs/HIV.

## Possible Side Effects

Most adolescents experience no side effects. Occasionally, an adolescent may experience:

- \* Cramping
- \* Pain during and immediately after insertion
- \* An increase in vaginal discharge
- \* An infection
- \* Heavier and/or longer periods, which normally decrease during the first and second years.

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## CLIENT INSTRUCTIONS

Show the client the IUD and explain the following:

### How to Use the IUD

- \* The IUD is inserted once and can stay in the uterus for up to 10 years.
- \* Follow-up is not required after the first three to six week checkup (unless there is a problem or national guidelines specify other protocols).
- \* After every menstrual period, check if strings are missing, shorter, or longer.

### Possible Side Effects

- \* Most adolescent women experience no side effects.
- \* Occasionally, adolescents may experience side effects (explain possible side effects, see front of card).

### The IUD Does Not Protect Against STIs/HIV

To protect against STIs/HIV and provide further protection against pregnancy, use a condom during every act of intercourse.

### Reasons to Return to Provider

- \* Abnormal bleeding or discharge
- \* Pain (abdominal or pain with intercourse)
- \* Fever
- \* Strings are missing, shorter, or longer.
- \* Anytime there is a problem.
- \* A resupply of condoms is needed (never run out completely before returning).
- \* Either partner thinks s/he may have been exposed to a STI.

Have the Client Repeat this Information Back to You.