

IUD: Intrauterine Device:



- ***How Does The IUD Work?***
 - The intrauterine device is a small piece of plastic. It is put inside your uterus to prevent pregnancy. You can safely keep it in place for years.

- ***Are They Safe?***
 - A woman with an IUD does not have to think about using birth control every time she has intercourse. The IUD can provide effective birth control for up to ten years.

- ***What Are The Side Effects?***
 - For the first few months, you may have heavier and longer periods; some women have spotting between periods. After a few months, these side effects usually lessen, as the uterus adjusts to the IUD.

- ***What Are The Health Benefits Of The IUD?***
 - Using the IUD is highly convenient and a reversible contraceptive that is hormone free. There is no effect on breastfeeding.

- ***What About Sexually Transmitted Diseases/Infections and HIV/AIDS While The IUD Is In Place?***
 - The IUD will not protect you from HIV/AIDS or any other sexually transmitted diseases. The IUD is recommended for women who have at least one child and are in a stable, mutually monogamous relationship and have no history of pelvic inflammatory disease or ectopic pregnancy.
 - A sexually transmitted infection can be harmful when a woman has an IUD. Use condoms to protect your self from infection, especially with a new partner. Avoid having sexual intercourse with anyone you think might have a sexually transmitted disease/infection.

- **What Do I Need To Know About Using An IUD?**
 - Learn the IUD danger signs. The warning signs for possible **infection** or possible pregnancy are: pelvic pain, **painful** intercourse, unusual bleeding, exposure to **STD's**, missed periods or other signs of **pregnancy**, fever or chills or missing strings. If you ever have any one of these problems, call your clinic. Infection in your **uterus** and tubes can be a real **threat** to your health. **Infection** can even be more serious if you have an IUD.

- **When Do I Start?**
 - An IUD is put in during or soon **after** your menstrual period or when there is no **risk** of your being pregnant.
 - You can get an IUD put in at the Okanogan Family Planning Clinic.