

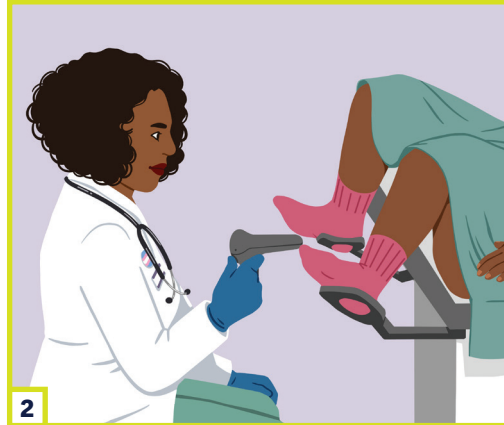
THE IUD

Hormonal and non-hormonal

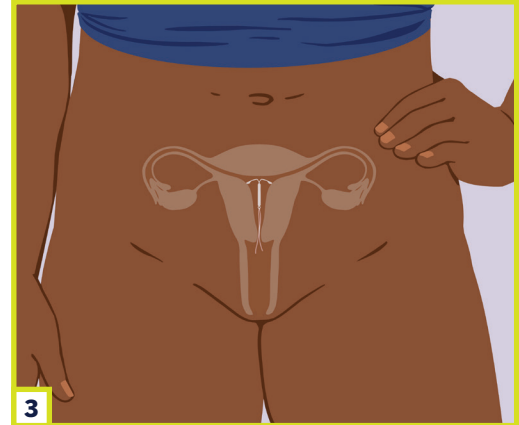
HOW TO GET THE IUD



The intrauterine device (IUD) must be inserted by a healthcare provider. Sometimes the IUD requires two visits, one for counseling and one for IUD insertion.



During your visit, a provider will insert a speculum into your vagina to place the IUD in your uterus.



Once inserted, IUDs can be used for 3–12 years, depending on the type. You can always choose to have it removed earlier. When it's time for removal, make an appointment with your healthcare provider.

HOW IT WORKS

Non-hormonal IUD:

Ions from the copper decrease sperm's ability to move and prevent sperm from reaching the egg.

Hormonal IUD:

Releases the hormone progestin which thickens cervical mucus and affects the lining of the uterus, preventing sperm from reaching the egg.

EFFECTIVENESS

Typically, **99%** of people don't become pregnant.

STI PROTECTION

The IUD does not protect against STIs. Be sure to use a barrier method.



HOW LONG IT LASTS

Depending on which IUD you choose, it can last between 3–12 years. You should check your IUD strings monthly to make sure the IUD remains in place.

HOW TO GET IT

A healthcare provider inserts (and removes) the IUD.

COST

The IUD costs between \$0–850. If you have insurance, the IUD is typically low- or no-cost.

VISIBILITY

No one will be able to see your IUD. It's unlikely that your partner(s) will feel the strings.

ADDITIONAL INFORMATION

- Low maintenance
- Only have to remember to check your strings (learn how by visiting hellogreenlight.org/iud)
- Irregular bleeding or spotting for the first few months
- Procedure-related risks
- Cramping and pain after insertion

If you notice any concerning changes, reach out to your healthcare provider immediately.

This information is here to support you as you explore what birth control method may work for you. It may take a few tries to figure out what method works best for you.

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Learn more at hellogreenlight.org/iud