

POST-INSERTION CARE

- If possible, arrange for someone to drive you home after the procedure. Though some women don't experience much pain or discomfort after the procedure, it is very possible that you may experience cramping, irregular bleeding or spotting and expulsion. You can help mitigate pain and cramping with ibuprofen or by using heat pads on your abdomen.
- In the first 24 hours - Abstain from taking baths, swimming, using tampons or menstrual cups, and vaginal intercourse.
- After the first 24 hours - vaginal intercourse is safe.
- It can be helpful to check the IUD thread every few days for the first few weeks after insertion to get used to how they normally feel. You'll want to feel for the thread ends between periods to make sure that the IUD is still in the right place.
- While you're using the IUD, contact your Doctor immediately if you experience any of the following adverse effect:
 - Signs or symptoms of pregnancy
 - Unusually heavy vaginal bleeding
 - Foul vaginal discharge
 - Worsening pelvic pain
 - Severe abdominal pain or tenderness
 - Unexplained fever
 - Possible exposure to an STI

REMOVAL OF COPPER T IUD

- Can be removed at the expiration day or earlier if due to adverse effect, in the presence of the Doctor.
- The IUD is removed by securely grasping the device's threads with sponge forceps.
- The device's arms will fold upward as it is withdrawn from the uterus.
- Traction should be applied away from the cervix.

**For more information,
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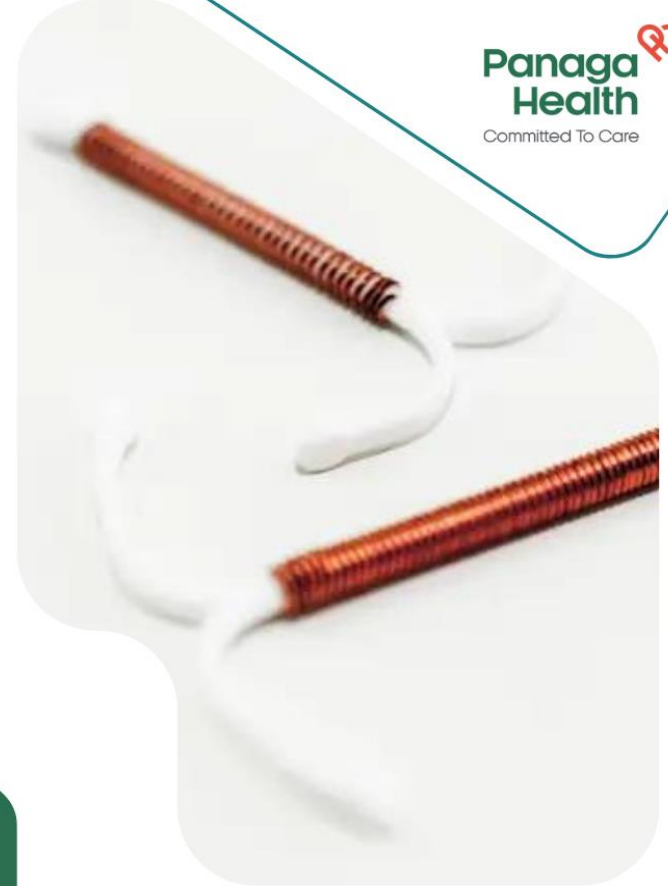
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FAMILY PLANNING PROCEDURES: **COPPER T INTRAUTERINE DEVICE (IUD)**

WHAT IS A COPPER T INTRAUTERINE DEVICE (IUD)?

An IUD is a small T-shaped copper device that's put into your womb (uterus) by a doctor that can provide long-term non-hormonal contraceptive. This copper releasing IUD -T shaped polyethylene device has a 380 mm square of exposed surface area of copper on its arm and stem.

The IUD is more than 99% effective at preventing pregnancy and once inserted, it can remain in place for up to 10 years. The released copper ions interfere with sperm mobility and incite a foreign-body reaction that results in a spermicidal environment (stops sperm meeting an egg).

Advantages:	<ul style="list-style-type: none">• Can be taken out anytime• You don't have to think of contraception as long as it is in place• On removal your normal level of fertility will return
Disadvantages:	<ul style="list-style-type: none">• May not be suitable for women at risk of getting a sexually transmitted infection• Periods may be heavier, longer and more painful in the first 3-6 months of IUD insertion• Very small chance of getting an infection during the first three weeks after insertion• A small increased risk of ectopic pregnancy if the IUD fails

CONTRAINDICATIONS

- Confirmed or suspected pregnancy
- Copper allergy
- Have history of ectopic pregnancy, pelvic inflammatory disease or undiagnosed vaginal bleeding
- Known or suspected pelvic malignancy
- Uterine abnormality

INSERTION PROCEDURE

- On the scheduled procedure day, patient will be requested to take nonsteroidal anti-inflammatory drugs (NSAID) an hour before procedure to alleviate discomfort. [Note: Your doctor may ask you to use a different form of contraception depending on where you are in your menstrual cycle.]
- Urine pregnancy test will be done if not having periods.
- Your legs will be in a stirrup, under sterile and cleaned procedure area.
- Bimanual examination will be conducted to find out the position of the uterus.
- A metal piece called Uterine Sound will be inserted in the uterus to measure the depth.

- This will be measured against the copper T IUD and adjusted to the depth of the uterus.
- The copper T IUD is then inserted into the uterus.
- The length of the thread (attached to the copper T IUD) will cut to at least 3 cm.
- You will be taught on how to check for the thread.
- You will be given an appointment card once the procedure is done.
- You will come in for a review just after your first period where you address any concerns or adverse effect. The doctor will also verify that the thread is visible, and a pelvic scan will be performed to check placement of the copper T is in the fundal area.

