IS AN IUD OR IMPLANT RIGHT FOR YOU?

Benefits:

- Available to most people with a uterus of reproductive age, with or without children, single or in a relationship.
- Highly effective (>99%)
- Requires very little effort. Get it and forget it.
- Long lasting effectiveness (3-12 years depending on device). All devices can be removed by a medical professional at any time to switch methods or restore fertility.
- Fertility is quickly restored after removal by a medical professional.

Cost:

- More cost-effective over time than other contraceptive options like the pill, patch, or ring.
- Many insurance companies will pay a significant portion of the cost for the IUD and insertion/removal fees.
- Use the IUD/Implant Insurance Worksheet found on our website to learn what your insurance plan covers. Long acting reversible contraception options are generally covered by UNC sponsored health insurance plans.

FOR MORE INFORMATION, CONTACT:

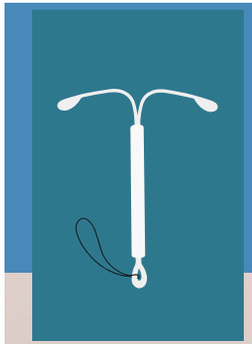
- Campus Health Gynecology 919.966.3650
- Campus Health Pharmacy 919.966.6554 or Student Stores Pharmacy 919.966.8166
- SHARE (Student Wellness) 919.962.WELL

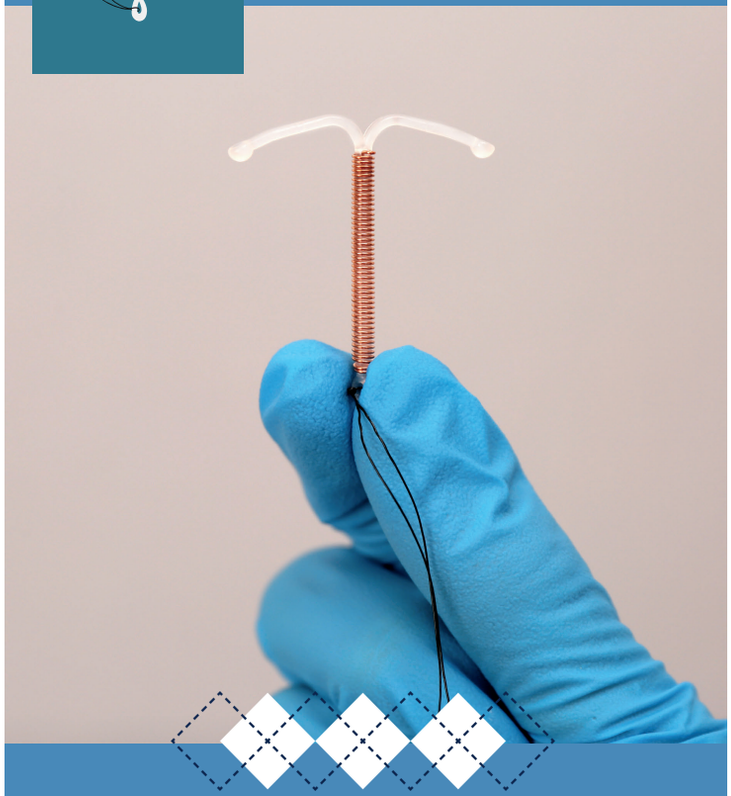
or visit **campushealth.unc.edu/iud**

campus HEALTH
campushealth.unc.edu | 919-966-2281
James A. Taylor Building
University of North Carolina at Chapel Hill
Student Affairs

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The University of North Carolina at Chapel Hill





IUD
(intrauterine device)
& IMPLANT

Options for Long Acting Reversible Contraception

Non-Hormonal Copper IUD

Brand: Paragard®

Effectiveness > 99%

Effective for up to: 10 (to 12) years

Pros:

- No hormones
- Highly effective
- Longest lasting contraceptive option
- Reduced risk of endometrial cancer
- Most effective emergency contraception available - can be inserted within up to 5 days after unprotected penile-vaginal sex



Approximately real size

Cons:

- Stronger cramps with your period
- Longer periods are possible
- Some risk of the uterus expelling the device, which could cause you to become fertile again
- Rarely, perforation of the uterus can occur during IUD placement

How it works:

The precise mechanism is unknown. Pregnancy appears to be prevented by the changes in the uterine environment due to introduction of the IUD and copper that impairs sperm and ova function and prevents fertilization.

Hormonal IUD

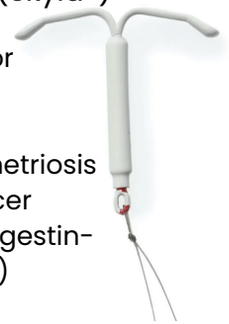
Brand: Liletta®, Mirena®, Kyleena®, Skyla®

Effectiveness > 99%

Effective for up to: 8 years (Liletta®, Mirena®)
5 years (Kyleena®)
3 years (Skyla®)

Pros:

- Highly effective
- Lighter & less painful periods or no periods
- Reduced anemia
- Reduced symptoms of endometriosis
- Lower risk of endometrial cancer
- Lower levels of hormones (progestin-only method of contraception)
- Most effective emergency contraception - Liletta® and Mirena® can be inserted within 5 days after unprotected penile-vaginal sex



Approximately real size

Cons:

- Cramping and irregular bleeding for first few months
- Lighter periods or no bleeding at all
- Less common side effects: hair & skin changes, bloating, headache, breast pain, mood changes, nausea, ovarian cysts
- Some risk of the uterus expelling the device, which could restore your fertility
- Rarely, perforation of the uterus can occur during IUD placement

How it works:

The main mechanism is the local effects of the hormone progestin, including thickening cervical mucus. Liletta® and Mirena® have the highest hormone amounts, followed by Kyleena®, then Skyla®.

Implant

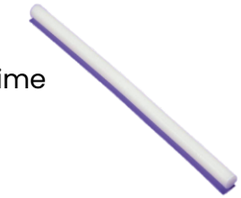
Brand: Nexplanon®

Effectiveness > 99%

Effective for up to: 5 years

Pros:

- Highly effective
- Reduced or no periods over time
- Reduced anemia
- Reduced symptoms of endometriosis
- Progestin only method of contraception



Approximately real size

Cons:

- Possible irregular bleeding and sometimes no bleeding after one year of use
- Possible decreased effectiveness with certain medications such as St. John's Wort, phenytoin, carbamazepine, topiramate, oxcarbazepine, primidone, barbituates, and rifampin
- Less common side effects: hair & skin changes, bloating, headache, breast pain, mood changes, nausea

How it works:

The implant is inserted under the skin in the upper arm, where it releases the hormone progestin. The progestin prevents ovulation, thickens cervical mucus, and prevents thickening of the endometrial lining.

Some IUDs have FDA approval for a certain number of years but research has shown effectiveness for longer (shown in parenthesis).
IUDs and Implants do not protect against sexually transmitted infections.