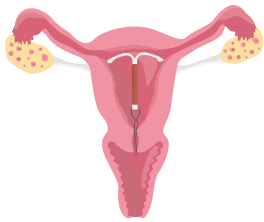


# Learning About Your Paragard IUD

You have chosen the **Paragard IUD** for birth control. The Paragard IUD is a form of birth control inserted into your uterus by your provider that is over 99% effective at preventing pregnancy. It works over a period of 12 years. You should have the IUD removed and/or replaced after that time. It contains no hormones and has been proven safe for women who smoke, are breastfeeding, have high blood pressure or a history of blood clots or stroke. It is the most effective form of non-hormonal birth control.



This device will be placed into your uterus right after your delivery. If you have a vaginal delivery, it will be placed in your labor room after the placenta is removed. If you have a Cesarean section, it will be placed during the surgery, after the placenta is removed.

***You should not use the Paragard (copper) IUD if you are allergic to copper or have Wilson's Disease.***



## Side Effects

The most common side effects from the hormonal IUD include:

- 1 Heavier periods
- 2 Cramping



## Call your healthcare provider

if you are having any of the following signs or symptoms:

- Foul smelling discharge
- Fever and/or chills
- Pain or cramping that is getting worse (could be a sign of the IUD coming out)
- If you once felt your strings but can no longer feel them
- If you think you might be pregnant



## Go immediately to the emergency room (ER)

if you are having any of the following signs or symptoms:

- Sudden, severe abdominal pain
- Shortness of breath

If you would like to have the device removed, contact your OB doctor, local Health Department or other Family Planning Clinic to speak with someone about removal. You can also go to [www.nodrama.org](http://www.nodrama.org) to find a facility that can help you with removal.

References: ACOG Practice Bulletin #121; AAP policy statement; CDC MMWR US Selected Practice Recommendations for Contraceptive use, July 2016; 2017-2018 Managing Contraception. 14th Edition. Paragard (2017). This material was developed by the UNC Center for Maternal and Infant Health with funding from the North Carolina Department of Public Health Women's Health Branch.

# Discharge Instructions for Your Paragard IUD

The **Paragard IUD** is a form of birth control inserted into your uterus by your provider that is over 99% effective at preventing pregnancy. It works over a period of 12 years. You should have the IUD removed and/or replaced after that time. It contains no hormones and has been proven safe for women who smoke, are breastfeeding, have high blood pressure or a history of blood clots or stroke. It is the most effective form of non-hormonal birth control.

You will want to make sure that the device has not come out during the first few weeks after it has been placed. You can do this by checking the IUD strings frequently. Make sure you do not see the device in the toilet or on your pad after wiping. Use condoms or another form of birth control if the device comes out. You will need to see your provider to have another device placed.

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