

## HORMONAL IUD

(Kyleena® or Mirena®)



## COPPER IUD



## CONTRACEPTIVE IMPLANT

(Nexplanon®)



**How it works:** It thickens the cervical mucus to prevent sperm from passing through the cervix. It also reduces the monthly thickening of the lining of the uterus.

**Effectiveness rate:** 99.8%

Specifically designed:

- to reduce blood flow during your period and, for Mirena®, it may completely stop menstruations;
- to reduce menstrual cramps.

It can also reduce the risk of endometrium and ovarian cancer.

Some people may notice:

- occasional or persistent abdominal cramps;
- spotting and/or irregular menstruation from 0 to 3 months after insertion, possibly up to 6 months;
- oily skin/acne, breast sensitivity, bloating;
- vaginal discharges;
- mood alterations, drop in sexual desire.

During IUD insertion, some people may have:

- abdominal cramps (expect 2-3 intense cramps);
- pain in their thighs and/or lower back;
- bleeding;
- nausea, dizziness, hot flash or weakness.

**How it works:** It reduces sperm motion and creates an inflammatory reaction in the uterus lining.

**Effectiveness rate:** 99.2%

Specifically designed:

- to maintain your menstrual cycle;
- for people who do not want a hormonal contraceptive;
- to be effective immediately after insertion;
- to be used as an emergency contraception.

It can also reduce the risk of endometrium cancer.

Some people may notice:

- occasional or persistent abdominal pain;
- heavier menstrual bleeding and cramping;
- spotting and/or irregular vaginal discharges during the first month;
- an exacerbation of a pre-existing anemia condition.

After the insertion of an IUD, some people may have:

- the feeling of needing to urinate or to defecate;
- abdominal pain or cramps, bloating sensation, bleeding comparable to a period or heavy legs, all of which can last from a few days to a week.

**How it works:** It prevents ovulation and thickens cervical mucus to prevent the passage of sperm into the uterus.

**Effectiveness rate:** 99.9%

Specifically designed:

- to be less invasive than IUDs;
- for people who wish to avoid a gynecological examination;
- for people who want a painless insertion.

Some people may notice:

- spotting and/or irregular vaginal discharges during the first months;
- decreased sexual desire and altered mood;
- breast sensitivity, slight weight gain, acne, increased headaches.

During the insertion of an implant, some people may have:

- tingling or numbness in the arm, hand or fingers.

After the insertion of an implant, some people may have:

- a bruise on the arm;
- sensitivity at the insertion site that may last several days;
- tingling or numbness in the arm, hand or fingers;
- impaired muscle strength and range of motion, vascular damage or the presence of blood clots in the arm.

## Post-insertion instructions

- DO NOT INSERT ANYTHING INTO THE VAGINA FOR 24 HOURS AFTER THE IUD IS INSERTED.
- If you were not using contraception before the insertion, use a condom after for a period of 7 days during sexual intercourse.
- If you were using a hormonal contraceptive before the insertion, keep on using it for the next 7 days.
- If you had a copper IUD in place and changed it to a hormonal IUD or an implant, you must use a condom after insertion for a period of 7 days during sexual intercourse.
- If you chose to install an implant, you must remove the pressure bandage 24 hours after the installation. You will not be able to take a shower. You must then remove the small bandage 3 to 5 days after the installation. You will be able to take a shower during this period.

## Follow-up appointment

A follow-up visit is recommended **4 to 6 weeks** after IUD insertion.

A follow-up visit is recommended **3 months** after the installation of an implant.

- At la Clinique des femmes de l'Outaouais
  - By the phone
  - In person      Date : \_\_\_\_\_
- With your family doctor,  
\_\_\_\_\_

## See a doctor earlier if you observe any of the following symptoms:

### For the IUD:

- colored and foul-smelling vaginal secretions and/or fever 48 to 72 hours after installation;
- pain or bleeding during sexual activities;
- impression of touching a pencil point deep inside the vagina;
- pain that prevents you from performing your daily activities;
- heavy bleeding (sanitary pad overflowing every 30 minutes for 3 consecutive hours).

### For the implant:

- impossibility to feel it by touch;
- discharge at the insertion site or fever 48 to 72 hours after installation.

\*This flyer is intended to provide information but does not replace the original monograph of its manufacturer.

\* Please note that the images in this document are not proportional to their actual size.

# Choosing long-term contraception



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