

## WHAT IS THE IUCD?

- Intra-Uterine Contraceptive Device (IUCD)
- A small device that fits inside the uterus (womb) of a woman to prevent pregnancy.
- It contains copper over a plastic device known as the copper IUD or the loop.

## IUCD BENEFITS

- IUCD is Non-hormonal.
- IUCD is very effective and safe.
- IUCD does not need regular supply.
- IUCD lasts up to 10 Years, depending on type.
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**“It is more than 99% effective at preventing pregnancy and can last for up to 5-10 years. If you are using copper IUD for emergency contraception, you need to use it within five days or 120 hours after unprotected sex.”**

## WHEN CAN ONE START?

- At any time within the first 12 days after the start of the menstrual bleeding.
- 4-6 weeks after childbirth.
- 1 week after miscarriage or abortion.
- If you are switching from another method of birth control and have not had sexual intercourse since your last menstruation.
- If you suffer from an infection, you can have the IUCD inserted after the infection has been fully treated & cured.

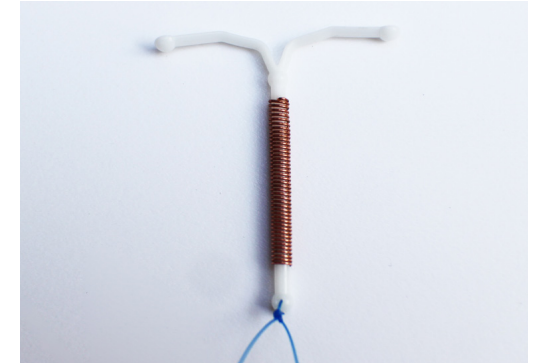
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For more information about contraceptives or Family Planning, please contact the Republic of Palau Ministry of Health - **Family Health Unit at (tel): 488-2172** or follow us on Facebook: <https://facebook.com/FHUPalau>.

Funded by the Title X Grant ( Family Planning Program )



Family Health Unit  
Republic of Palau Ministry of Health



## Intra-Uterine Contraceptive Device (IUCD)

Learn more about Family Planning and the different types of contraceptives that can prevent unwanted pregnancies and prevent the spread of sexually transmitted diseases.

For more information, call the **MOH Family Health Unit** at **488-2172**.

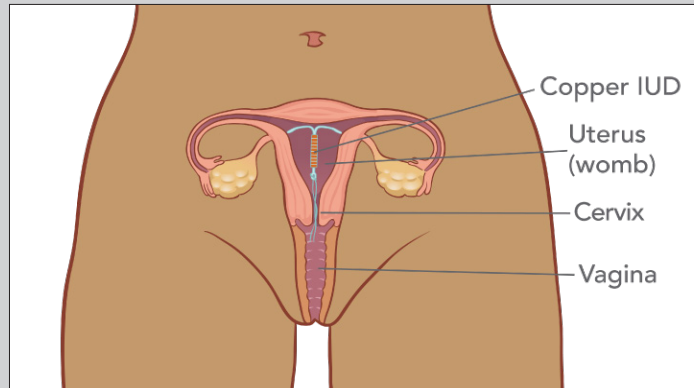
# BASICS OF THE INTRA-UTERINE CONTRACEPTIVE DEVICE (IUCD)

## HOW DOES IT WORK?

- The IUCD stops the sperm and the egg from meeting & fertilizing.

## POSSIBLE SIDE EFFECTS:

- Cramps
- Spotting
- Longer & Heavier Menstrual Periods
- Bleeding
- Pain



An Intra-Uterine Contraceptive Device (IUCD) is a device which is inserted into the uterus (womb) to prevent pregnancy. There are many types of IUCDs and they come in different shapes and sizes. Commonly used types are IUCDs containing copper. The IUCD works by changing the uterine lining and preventing the fertilised egg from getting attached to the wall of the womb, therefore preventing

*\*IUCD is also commonly known as "IUD"*

## WHO CAN USE IT?

- Women who may forget to take a pill daily, live far away from a health center, or cannot take hormonal methods.

## WHO SHOULD NOT USE IT?

- Women who may be pregnant.
- Women who recently gave birth (less than 4-6 weeks ago).
- Women who have an infection or an anatomical problem in the female organs.
- Women who have a higher risk of getting Sexually Transmitted Infections (STIs) or who have multiple partners.
- Women who experience unusual vaginal bleeding.
- women who experience vaginal discharge.

Your doctor will perform a vaginal examination to determine the size of your uterus and the correct size of IUCD to use. The IUCD will then be inserted using an introducer and the procedure usually takes about 5 minutes. The IUCD is best inserted towards the end of menstrual flow because it is at this time that you are unlikely to be pregnant, and the neck of the womb, being softer and slightly open, makes insertion easier. An IUCD can also be inserted during the termination of pregnancy procedure.

## SEE A NURSE OR DOCTOR IF:

- Missed 2 menstrual periods or may be pregnant.
- For older women, IUCD should be removed 1 Year after last menstrual period for full protection from pregnancy.
- If you might have an STI or HIV/AIDS.
- IUCD strings seem to have changed in length or is missing.
- Bad pain in the lower abdomen.

## IUCD LIMITATIONS

- IUCD requires a trained provider to insert it.
- IUCD can be painful when inserted.
- IUCD should not be used by those with Pelvic Infection, Vaginal Discharge, or those at high risk for Sexually Transmitted Infections (STIs).
- IUCD should not be used by those who experience side effects such as cramps, spotting, heavier menstrual periods, bleeding, or pain.
- IUCD does not provide protection against STIs and HIV/AIDS.