



BIRTH CONTROL MADE EASY: Preventing pregnancy for up to 10 years is as easy as One, Two IUD!

IUD stands for *Intrauterine Device* and it is the most effective and longest-acting reversible birth control method available. IUDs are also referred to as the "loop".

Provider of choice

Children by
Choice
not
Chance

SERVICES:

- Short and long term contraception
- Vasectomy
- Safe abortion services
- HIV testing and counselling
- Male circumcision
- Emergency contraception
- STI screening

NATIONAL CALL CENTRE (TOLL FREE):
0800 11 77 85
DIAL FOR INFO*:
***120*535#**

*STANDARD SMS RATES APPLY.

CONTRACEPTION • CIRCUMCISION • HIV TESTING

After having an IUD inserted by a nurse at a Marie Stopes Centre, you won't need to think about birth control on a daily basis, worry about remembering pills or book regular appointments for injections.

Once your IUD is in, it's in. There is no need to do anything right before, during or after sex, which leaves you worry free of unplanned pregnancy. However, it is important to remember that IUDs do not prevent against HIV or sexually transmitted infections (STIs).

Unfortunately, there are also many myths and misconceptions around long-term birth control methods like the IUD, which often make women hesitant to choose it as their preferred form of contraceptive.

Let's take a moment to sort the facts from the truth:

MYTH 1:

The IUD makes women infertile, so that they cannot have babies when they want to.

FACT:

If you decide you want to have a child the IUD can be easily removed and the ability to get pregnant will return soon after. An IUD does not affect future fertility.

MYTH 2:

Having an IUD inserted after pregnancy will be dangerous if I am breastfeeding a new baby.

FACT:

An IUD can also be used while breast-feeding, as it does not affect breast milk.

MYTH 3:

An IUD will be painful and lead to excess bleeding during and between periods.

FACT:

While some bleeding and cramping is likely to occur, this should subside once the IUD is

in place. With the hormonal IUD many women actually report less bleeding and lighter monthly periods.

Common questions answered

What is it?

A copper IUD is a tiny, soft device with a copper thread or copper cylinders that is inserted into the cavity of the womb by a trained doctor, midwife or nurse.

How does it work?

The IUD prevents pregnancy by the way that the sperm or the egg moves. It immobilises the sperm and makes it difficult for the egg to travel along the Fallopian tubes. If the egg becomes fertilised, the IUD affects the movement of the egg so that it travels too fast to be implanted.

How long does it last?

It can stay in place for between 5 and 10 years and can be removed at any time.

What are the disadvantages?

The IUD can cause increased cramping, dizziness, and heavier and prolonged periods. But this passes with time.

What are the advantages?

The IUD can also be used as a form of emergency contraception, if fitted up to five days after unprotected sex.

If the IUD is used as an emergency contraceptive, and if it proves to be effective and causes no problem to the user, it can be left in the womb as ongoing contraception.

Be happy. Be in charge. Be yourself. Call us for high quality sexual health care.

Reference:

To book an appointment or for further information call the National Toll Free Call Centre on 0800 11 77 85 or Free Dial SMS *120*535# or visit the website at www.mariestopes.org.za.