

YOU MADE A GREAT CHOICE!

Most Filipinas just like you use the IUD successfully. Here are some tips to help you become successful too.

FP METHOD

IUD

EFFECTIVENESS

99%

TYPES:

There are **2 types of IUD** which are both **long-term**:

- ⬆ IUD with copper (10-12 years)
- ⬆ IUD with the levonorgestrel hormone (5 years)

WHEN TO GET IT:

You don't need to be on your period to get an IUD. If you're certain that you're not pregnant, an IUD can be placed anytime during the month.

HOW TO USE IT:

You've already done all you need to do!
The IUD is already inside your uterus. There's nothing else you need to do.

BENEFITS OF USING THE IUD:

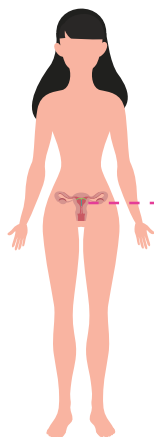
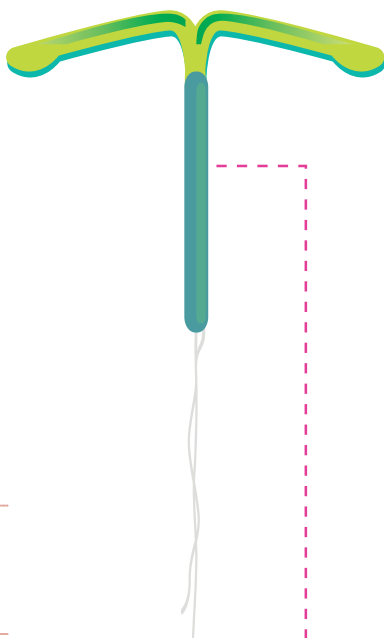
- ⬆ You're protected from pregnancy. Love without worry!
- ⬆ The IUD doesn't interfere with sex.
- ⬆ It's effective, and reversible
- ⬆ It's private. No one can tell you're using an IUD.

MOST PINAYS USE THE IUD WITHOUT A PROBLEM

But some may experience the following:

Don't worry, these experiences are normal. They will go away in a few weeks or months.

- ⬆ Discomfort and cramping when the IUD is placed and during your period.
- ⬆ Changes in menstrual cycle (usually longer, heavier bleeds, maybe irregular, or no period at all).



MY IUD TYPE IS: _____ (name).

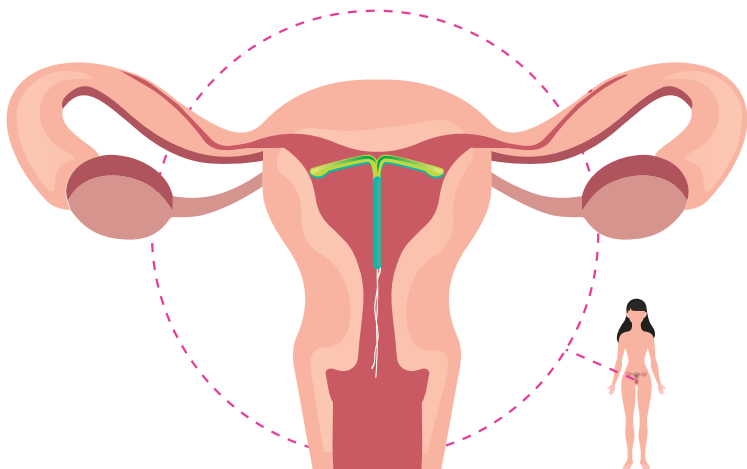
I should have the IUD removed or replaced by: _____ (month/year).

That will be after my _____ th birthday and before my _____ th birthday.

MY PROVIDER'S NAME IS: _____.

Their address is: _____.

Their phone number is: _____.



JUST SO YOU KNOW...

- ↑ IUD is short for “intra-uterine device.”
- ↑ The IUD is a **small piece of flexible plastic shaped like a T**. It has a short piece of string at the end.
- ↑ The IUD was **fitted in your uterus**.
- ↑ The IUD **stays in your uterus**, like a seed within a shell. It does not move around the body.
- ↑ The IUD works by **preventing the meeting of the sperm and the egg**. If sperm can't join with an egg, pregnancy can't happen.
- ↑ Sometimes when a woman uses an IUD with hormones in it, her **period gets shorter and lighter or even stops**. This is because her uterus is not growing a new lining every month. No lining—no period!

Irregular bleeding, or no bleeding at all, is not harmful. It is similar to not having monthly bleeding during pregnancy because of the effects of the hormones. You are not pregnant and blood is not building up inside your body. You can get pregnant when you stop using the IUD.

WHAT DO I DO IF I WANT TO GET PREGNANT?

The IUD will prevent pregnancy for **5 to 12 years**, depending on the type. If you want to get pregnant before then, **you just need to have the IUD removed**. Any provider who is trained in removing IUDs can remove it. Your period will return soon after. It's easy!

HOW SOON CAN I GET AN IUD AFTER GIVING BIRTH?

You can get an IUD anytime **within 48 hours of giving birth**, including by c-section. If it has been more than 48 hours after delivery, wait until your baby is at least four weeks old to get the IUD placed.

WHEN DO I CALL OR GO BACK TO MY PROVIDER?

Complications with the IUD are **very rare**. Call or go back to your provider if:

- ↑ You can't feel the string or it feels longer, or if it feels like the IUD is coming out of your uterus.
- ↑ If you have increasing or severe pain in your lower abdomen, pain during sex, unusual vaginal discharge, fever, chills, nausea, and/or vomiting, especially in the first 20 days after you get your IUD.

For more information, go to WWW.USAPTAYOSAFP.COM.PH or contact the Usap Tayo sa FP Helpline at **09175970770** and **09988652810**.

USAP TAYO SA FP (POPCOM)

HEALTHY PILIPINAS (DOH)



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