

Do I need to use other forms of birth control with my IUD/IUS?

The IUD/IUS does not protect you from HIV/AIDS and other sexually transmitted infections (STI's). , so it is important to use condoms during intercourse to protect against STIs.

Cost:

You can obtain an IUD with a prescription at PPR or your local Pharmacy.

PPR charges a \$10 tray fee with each IUD insert to cover the cost of processing the equipment.

PPR sells the following IUDs:

Copper:

Mona Lisa (Mini/Standard) - \$90

Mona Lisa 10 yr- \$110

Liberte 5 yr- \$90

Liberte 10 yr- \$110

Hormonal:

Kyleena - \$390

Mirena 5 yr - \$390

This is a brief informational handout only. When starting a contraceptive or any new medication, we encourage you to ask questions and get answers.

Contact Planned Parenthood Regina , your family doctor or a Nurse Practitioner to learn more.

Hours of Operation

Monday, Wednesday & Friday
9 a.m.- 5 p.m.
(closed from 12:00-12:45 for lunch)

Tuesday & Thursday
9:00 a.m. 8 p.m.
(closed from 12:00-12:45 for lunch)

Saturday
1:00 p.m.—5 p.m.

Sundays & Stat Holiday weekends:
Closed



Intrauterine Devices (IUDs)

IUDs



**An
Effective
Method of Birth
Control**

**Planned Parenthood
Regina
1920 B Francis St.
Regina, SK**

Phone: 306-522-0902

Hormone & Copper IUDs

What are they?

There are two types.

Generally, here are the differences.

1. Hormonal (intrauterine system or IUS)

• Mirena or Kyleena

A plastic, t-shaped device that contains the hormone levonorgestral.

It is inserted inside the uterus to prevent pregnancy by thickening the cervical mucus and thinning the lining of the uterus. It can be left in place for up to 5-7 years (depending on brand), but can be removed by a health care professional at any point.

Some advantages are:

- 99.9% effective against pregnancy.
- Doesn't interfere with sex.
- Decreases menstrual bleeding and cramping.
- May help reduce endometriosis pain.
- 20-30% of women will stop having periods.

Some disadvantages are:

- Some pain may be experienced during the insertion.
- Provides no protection against sexually transmitted infections or HIV.
- Irregular bleeding during first 3-6 months

2. Copper (intrauterine device or IUD)

A t-shaped device that contains copper and sits inside the uterus. It can be left in place for 5-10 years (depending on brand). Works by releasing small amounts of copper into the uterus, which makes it difficult for sperm to fertilize an egg.

Some advantages are:

- 99.2% effective against pregnancy.

Some disadvantages are:

- Some pain may be experienced during insertion.
- Periods can become longer and heavier with increased cramping.
- Provides no protection against sexually transmitted infections or HIV.

How can I get one:

Only a doctor or nurse practitioner can prescribe an IUD/IUS for you. You will need to see the clinician, or watch the online video "Get it and forget it birth control" on our PPR homepage, for a consult to make sure the IUD/IUS is right for you. Following this, you will see the clinician for the insertion.

How is it inserted?

The clinician will place you in a position like when you have a pap smear. Then the clinician places a speculum inside your vagina to see your cervix. The IUD/IUS is then inserted through the narrow opening in the cervix and placed in your uterus. You may feel cramping or some discomfort during insertion. The procedure lasts 5-10 minutes. It is normal to have some spotting or cramping over the next several days following insertion.

How to learn more about IUDs?

PPR provides online education sessions about IUDs for contraception or to reduce abnormal uterine bleeding sometimes occurring during the perimenopause (time before menopause).

This can be found on the PPR homepage by clicking the "Get it and forget it birth control" link.

Following the video, you can have an IUD inserted by a PPR physician or Nurse Practitioner or with your family physician.