

# INTRAUTERINE DEVICE (HORMONAL & COPPER)

## IUDs

There are two main kinds of intrauterine devices (IUDs) - hormonal and copper. They are both used for birth control, though the hormonal IUD can also be prescribed to reduce heavy bleeding and menstruation cramps. The IUD is inserted best within the 3-8 days following the first day of menstruation, preferably whilst still bleeding slightly. The choice of IUD depends on the individual need. Therefore, you must discuss your needs, the advantages and disadvantages of IUDs, concerns and expectations with us before you choose.

## THE COPPER IUD

The copper IUD is a safe and reliable form of contraception. It often increases the amount of bleeding and possibly also menstruation cramps. The copper IUD can be prescribed as emergency contraception following unprotected intercourse. It costs around 400 dkk depending on the model. If you have never been pregnant, then we suggest the mini copper IUD. More traditional copper IUDs will be recommended to women who have given birth. We have all types at the clinic at the same price as in pharmacies, and there is no fee for getting it inserted.

## THE HORMONAL IUD

The hormonal IUD, contrary to the copper one, reduces bleeding. The length of menstruation is reduced to a few days, and 20-40% stop menstruating within the first year. The downsides of a hormonal IUD can be spotting for the first 3-6 months. Some also experience slight acne, mood swings, and sensitive or painful breasts in the beginning but disappear after a few months. Hormonal IUDs can slightly improve so-called menstruation migraines. In some cases, it can

stimulate the formation of ovarian cysts, but they generally disappear by themselves.

Some studies show that hormone IUDs with higher hormone percentage can possibly slightly increase chances of breast cancer. We therefore offer hormone IUDs with lower hormone amount at the clinic when more appropriate.

## INSERTION OF THE IUD

Prior to the insertion of the IUD, you can take 1g (2 pcs) Panodil and 400mg Ipren/Ibuprofen about 1h beforehand. We also advise that you have something to eat and drink beforehand. A gynaecological examination and an ultrasound scan will be undertaken before the insertion. Your cervix will get locally anaesthetised and the IUD will hereafter be placed in your uterine cavity, and the strings cut to be 2-3cm long. This process will last approximately 10 minutes.

The placement of your IUD will then be double-checked with an ultrasound. In the following weeks you might experience menstruation-like pains, for which you can take 400mg Ipren as well as 1g (2pcs) Panodil 3-4 times a day if needed. For some, these pains can last several months. But the important thing is that they become less painful rather than worse.

## RISKS OF IUD

In some very rare cases, there is a risk of infection which can urge the removal of the IUD. It is extremely seldom that an IUD pierces the uterus and gets into the abdomen. This complication can happen if, for example, one's abdomen has previously been operated on.

## CONTACT YOUR GYNAECOLOGIST IN CASE OF

- ❖ Suspicion the IUD might have been ejected or isn't sitting properly
- ❖ Suspicion of pregnancy
- ❖ Fever, pains, and foul-smelling discharge
- ❖ Sudden changes in your bleeding patterns
- ❖ Side-effects that don't go away

## HORMONAL IUDS ARE PRESCRIBED TO:

- ❖ Women with heavy bleedings, where the IUD can reduce the amount bled.
- ❖ Women who have high blood pressure, and women who have previously had blood clots. (contrary to the pill)
- ❖ Younger women and women who have not yet given birth. (has no influence on breast-feeding)
- ❖ Women with cycle-based headaches or migraines.
- ❖ Women with very intense menstruation cramps.
- ❖ Women with endometrioses in order to reduce cramps.

## HOW DOES A HORMONAL IUD FUNCTION?

The hormonal IUD releases daily a small amount of levonorgestrel - a progestogen kind of hormone. The hormone shrinks the mucous membrane in the uterus. Numerous studies show that the hormonal IUD does not cause weight gain above 500 grams. It does not either affect cholesterol levels.

## 3 TYPES OF HORMONAL IUDS

Jaydess, Kyleena, and Mirena. They release different amounts of hormone.

- ❖ Jaydess releases in average 6-7 micrograms hormone per day and lasts 3 years.
- ❖ Kyleena releases average 9-10 micrograms hormone per day and lasts 5 years.
- ❖ Mirena releases average 13-15 micrograms hormone per day and lasts 8 years.
- ❖ Levosert releases average 13-15 micrograms hormone per day and lasts 8 years

## BUYING HORMONAL IUD

All hormonal IUDs can be bought in the clinic and cost ab 900-1200 dkk, depending on the producer's daily price.

It is best not to buy the IUD before the appointment as you will receive important information during the consultation, which might impact the right choice of IUD for you.

## IMPORTANT INFORMATION REGARDING IUDS

If the doctor cannot insert the IUD or if it is faulty, you cannot get a refund from the producer as it is a formal decree from the Ministry of Health. If the IUD is faulty, it can be refunded by the pharmacy where you bought it (though it is naturally your own responsibility to take it up with the pharmacy). If the IUD was bought here at the clinic, we will of course refund it.

You can use a menstrual cup together with a spiral, just say so and we will adjust the string on the spiral. If you have fresh bleeding or the first 3 days after getting the IUD, we recommend using condoms, pads rather than tampons and no tub/swimming pool/swimming in the sea.

## WHO CAN I CALL WITH QUESTIONS?

You are welcome to call Kvindeklínikken during telephone hours on 36 46 71 40.

Revised October 2024. To be revised on an ongoing basis and certainly no later than September 2027, before in case of any significant changes.