Effective long-lasting strategy to prevent unintended pregnancy.

The intrauterine system for contraception after abortion.
When should I continue with birth control after having an abortion?

Women need to start using contraception immediately following an abortion since approximately 83% of women ovulate during the first cycle following abortion. This means, you can become pregnant again during your first menstrual cycle after having an abortion.

Is it harmful to my body to have more than one abortion?

Possibly. Having repeat abortions may decrease your fertility. Studies have shown that women who select long-acting reversible contraception after abortion have less repeat abortions.

After the abortion I started re-thinking my birth control method. I am looking for a contraceptive choice, that I don’t have to remember and worry about every day. What long-acting birth control options are there for me?

You can find several long-acting reversible contraceptives on the market:

A Copper intrauterine device (IUD):
A plastic device placed inside the uterus that contains copper.

B Progestin-only intrauterine system (IUS):
A plastic device placed inside the uterus that releases a low dose of progestin hormone over a period of 5 years.

C Progestin-only injectable contraceptives:
A progestin hormone injection administered in the arm or buttock every 11 to 13 weeks.

D Progestin-only subdermal implants:
A small rod inserted under the skin in the upper arm that releases a progestin hormone over a period of 3 years.
Confidence that lasts

IUDs and IUSs are inserted by a health care provider through the vagina and cervix (lower, narrow portion of the uterus) into the uterus:

- IUDs with copper prevent pregnancy by preventing sperm from reaching the fallopian tubes. They remain effective for up to 5–10 years. Copper IUDs do not contain any hormones, instead, they create congestion and inflammation of the inner uterus wall and inhibit sperm movement and function inside the uterus. Some women have a heavier menstrual period while using a copper IUD.

- IUSs prevent pregnancy by releasing a small amount of progestin hormone called levonorgestrel. The IUS also decreases the amount you bleed during your period and reduces pain associated with periods. It is effective for up to 5 years.

**How does the IUS work?**

The IUS slowly releases very small amounts of the hormone levonorgestrel directly into the uterus.

There is no single explanation for how the IUS works.

What the IUS does:

1. creates a barrier preventing sperm from entering the uterus
2. inhibits movement and function of the sperm
3. thins the lining of the uterus

Occasionally, the release of eggs may be inhibited during the early stages of IUS use. The IUS prevents fertilization (the fusion of sperm with an egg). It is not an abortifacient.

The IUS is convenient and hassle-free—once inserted, it works without the need of your attention.

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**What exactly is the difference between an intrauterine device (IUD) and an intrauterine system (IUS)?**

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**When can I start with the IUS after an abortion?**

You don’t need to schedule another office visit as the IUS may be inserted immediately after first trimester abortion. If you have received medication for induced abortion, the IUS can be inserted during a check-up after the abortion.

**What are the benefits to immediate insertion after abortion?**

Placing the IUS right after abortion is painless because you are still under anesthesia. However, the main benefit is that you have long-term, highly efficacious contraception right away and do not need to worry about unintended pregnancy in the future.

**Does the insertion of the IUS at a later point of time hurt more?**

Some women may experience discomfort while the IUS is being placed. Most women however do not find the insertion procedure too uncomfortable.

Some women experience abdominal cramping an hour or two after the device has been placed. This is common. Let your healthcare provider know if you feel severe cramps. Your healthcare provider knows how to handle discomfort related to insertion.

The IUS is an easy form of birth control that can take one less thing off of your mind since you no longer have to worry about how to prevent pregnancy.

**How soon does the IUS begin to work?**

The IUS is one of the most effective forms of birth control. Once the IUS is placed by your healthcare provider it is over 99% effective and works immediately to prevent pregnancy. So you don’t have to think about birth control every day, every week or even every year.

**How effective is the IUS?**

The diagram below shows the chance of getting pregnant for women who use different methods of birth control. The most effective methods, including IUS, are found at the top of the chart.

<table>
<thead>
<tr>
<th>Method</th>
<th>Pregnancy per 100 women in 1 year</th>
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<tbody>
<tr>
<td>IUS</td>
<td>Less than 1</td>
</tr>
<tr>
<td>IUD</td>
<td>2–8</td>
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<tr>
<td>Implant</td>
<td>15–25</td>
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<tr>
<td>Sterilization</td>
<td>30+</td>
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<tr>
<td>Injection</td>
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<td>Pill</td>
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<td>Ring</td>
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<td>Patch</td>
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<tr>
<td>Spermicide</td>
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<tr>
<td>Withdrawal</td>
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How satisfied are other women with the IUS?
In one IUS satisfaction study the following satisfaction rates were observed:

- 91% of current IUS users would recommend the IUS to a friend.
- 91% of current IUS users say they are likely to get another IUS in the future.
- 93% of current users are satisfied or very satisfied.

Can I still use tampons with the IUS?
Yes. However, if you use tampons you should change them with care so that you don’t pull the threads of the IUS when removing the tampon.

Will my periods change with the IUS?
For the first 3 to 6 months, your monthly period may become irregular. You may also experience spotting or light bleeding. Once your body adjusts to the IUS, the number of bleeding days is likely to decrease, and you may even find that your periods stop altogether for as long as the IUS is in place.

Around the end of the third month of use, you may see up to a 75% reduction in the amount of menstrual bleeding.

By the end of year one, about 1 out of 5 users may have no bleeding at all. This is not unhealthy for your body. Your periods will return after the IUS is removed.

Will I experience any adverse effects on my body?
Possible side effects of the IUS that you might experience in the first three months may include menstrual problems and pelvic or abdominal pain. During the first few months some women might feel transient hormonal side effects such as headache, breast tenderness, or changes in skin complexion (acne).

Talk to your healthcare provider if you happen to experience any of these symptoms.

Will I put on weight?
Studies have shown that women do not gain more weight while using the IUS more than those using a non-hormonal method of contraception (Copper IUD).
Some women say that they feel free to be more spontaneous during intercourse because they do not have to worry about becoming pregnant.

The IUS may reduce menstrual cramps and make your period lighter. On average, menstrual flow is reduced by 90%. For some women, periods stop altogether.

The IUS may improve your iron blood level because of less monthly bleeding. You might feel less tired or exhausted.

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Can the IUS protect me from HIV or STDs (sexually transmitted diseases)?

No. The IUS does not protect against HIV or sexually transmitted diseases (STDs).

What does the IUS cost?

Preventing an unplanned pregnancy is priceless, yet many women feel receiving affordable birth control is important. Compared with the cost of using some other birth control method, like the pill, the IUS may be less costly already after just 1 year.

How soon can I get pregnant after deciding to have the intrauterine system removed?

With the IUS, you get effective contraceptive protection and flexibility. This is especially true since you can have it removed as soon as you want to try to have a baby. After removal you will immediately return to your previous fertility. A woman’s chances of getting pregnant within 12 months of having the IUS removed are approximately 80% which is the same as the normal fertility rate.

The IUS – The right choice for me?

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<tr>
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<tr>
<td>Immediately effective</td>
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<tr>
<td>No intake mistakes</td>
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<tr>
<td>Requires no daily attention</td>
<td>✓</td>
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<tr>
<td>A cost-effective contraception option</td>
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<tr>
<td>Highly reliable, easy-to-use long-term (up to 5 years) contraception</td>
<td>✓</td>
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<tr>
<td>Rapidly reversible contraception option</td>
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To learn more about the IUS and other long-acting birth control methods, talk to your healthcare provider. Your healthcare provider can supply further information on IUSs for you.