Reproductive Health

Intra-uterine Device (IUD) Instructions

The Flexi-T or Nova-T intra-uterine device (IUD) is 98% effective in preventing pregnancy. It remains effective for 5 years. After that time it must be changed by a doctor.

Taking care of your IUD

Between 2%-10% of IUDs fall out, most commonly within the first 1-2 weeks after your procedure as your uterus returns to its normal size.

Two threads or strings may be felt in the vagina, so a woman can check for herself to ensure the IUD is still in place.

Some women feel reassured if they can feel the strings on a regular basis, but this is not necessary. You may decide to check after every period by placing your fingers inside your vagina and feeling for the strings. They will feel like fine fishing wire and will soften with time.

If you do not feel them, do not worry. They may have wrapped around your cervix. It is rare, but you may pass the IUD during your period, or it may move in the uterus. If you are concerned, talk with your doctor. If your doctor cannot see the strings, they may order an ultrasound to confirm the location of the IUD.

Serious Symptoms

See a doctor immediately if you have:

- Fever with sharp abdominal pain
- Foul smelling vaginal discharge
- Late period, abnormal bleeding or spotting
- Pain during intercourse

Tell the doctor you have an IUD in place.

An IUD does not prevent sexually transmitted infections (STIs), including HIV/AIDS. The risk of infection increases if you have more than one sexual partner.

Use a condom every time you have sex to lower your risk of STIs.

With the IUD, you may experience more bleeding (slightly longer and heavier) and cramping with periods.

Try it for 3 months. If your periods are too heavy or the cramping is too much, talk with your doctor about other options.

An IUD is very effective at preventing pregnancy, but nothing is 100%. If you miss a period or feel you are pregnant, please see a doctor right away and inform them you have an IUD in place.

If you want to become pregnant, your doctor can quickly and easily remove the IUD in their office. No rest time is required before you try to get pregnant.

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(Date)

FACT SHEET