

Remember, the hormonal IUD **does not protect you from Sexually Transmitted Infections or HIV.**

If you are looking for protection from STIs and HIV, both the internal and external condom are great options.



#### HOW DOES THE HORMONAL IUD WORK?

- The hormonal IUD is a T-shaped plastic rod that is placed in your uterus, with thin strings coming out of your cervix. It contains a hormone (levonorgestrel, a progestin) like one your body makes. The hormone blocks sperm from reaching the egg. If sperm do not reach the egg, you cannot get pregnant.
- No method of birth control is 100% effective. Less than one in 100 people using the hormonal IUD for a year get pregnant.

#### WHAT ARE THE TYPES OF HORMONAL IUDS?

- There are four brands of hormonal IUDs available in the US: Mirena<sup>®</sup>, Liletta<sup>®</sup>, Skyla<sup>®</sup>, and Kyleena<sup>®</sup>.
- They all contain low amounts of the same kind of hormone, levonorgestrel.
- Mirena and Liletta have higher amounts of the hormone. Kyleena and Skyla have lower amounts of the hormone.

#### HOW DO I USE THE HORMONAL IUD?

- A clinician places the IUD in your uterus.
- It can be removed at any time. It's usually removed by a clinician, but some people prefer to remove the IUD themselves.

#### WHEN DOES THE HORMONAL IUD START WORKING?

- Skyla and Kyleena start to work 7 days after it is placed in your uterus. **Use a back-up birth control method for 7 days.**
- Mirena and Liletta start to work right away.

#### HOW LONG DOES THE HORMONAL IUD WORK TO PREVENT PREGNANCY?

- Mirena and Liletta work for up to 8 years.
- Kyleena works for up to 5 years.
- Skyla works for up to 3 years.

#### WHAT DO I NEED TO DO AFTER I HAVE THE HORMONAL IUD INSERTED?

- You don't have to do anything.
- Some people like to check their IUD's string after each period. To check, insert a finger into your vagina and feel for the cervix (it feels like the tip of your nose). You should feel the string near your cervix. Do not pull on the string.

#### WHAT DO PEOPLE LIKE ABOUT THE HORMONAL IUD?

- The hormonal IUD is highly safe and effective.
- It's a great option for people who prefer a method without estrogen.
- It's a great option for people who want to prevent pregnancy for a long time. You can still remove the IUD whenever you want.
- You do not need to think about birth control before or during sex.
- The hormonal IUD is safe to use while breast/chest feeding.
- You may have less cramping and bleeding with periods.

#### HOW WILL THE HORMONAL IUD AFFECT ME?

- You will not feel the IUD in you, though sometimes partners can feel it during sex. If this bothers you, you should talk with your clinician.
- You may have cramps and spotty periods for the first few months. Pain medication can help. To prevent cramps, take pain pills when your period starts and keep taking them every 8 hours for the first 2-3 days of your period. Follow the directions on the package. You can also put a hot water bottle or heating pad on your belly if you have bad cramps.
- You may stop having periods with the hormonal IUD. This is normal.
- You may have spotting, bloating, nausea, headaches, or breast/chest tenderness. You can take a home pregnancy test if you are concerned.
- After you remove the hormonal IUD, you can get pregnant right away.

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#### WHERE CAN I GET THE HORMONAL IUD?

- At an appointment with a clinician.

#### IS THE HORMONAL IUD SAFE?

- The hormonal IUD is very safe. Serious problems are rare. If you have the following symptoms **within the first few weeks** after getting an IUD, see your clinician:
  - Fever (>101°F)
  - Chills
  - Strong or sharp pain in your stomach or belly
- If you have the following symptoms **at any time** while you have an IUD in you, see your clinician:
  - Feeling pregnant (breast tenderness, nausea, vomiting)
  - Positive home pregnancy test