

SAGINAW COUNTY HEALTH DEPARTMENT  
PERSONAL AND PREVENTIVE HEALTH SERVICES  
FAMILY PLANNING

**INTRAUTERINE CONTRACEPTION (IUC) FACT SHEET**

Intrauterine contraception provides long-term protection against pregnancy yet is easily reversed. Continuation rates are high compared to other reversible contraceptive methods.

Effectiveness:

- The IUC is 97-99% effective. The IUC is as effective as bilateral tubal sterilization but is reversible.

Use:

- The IUC is a plastic T-shaped device approximately one and a quarter inch long which is inserted through the cervix into the uterus.
- The ParaGard T 380A contains copper that acts as a spermicide which kills the sperm thus preventing fertilization. The ParaGard IUC is effective for 12 years.
- The Liletta IUS contains a hormone called levonorgestrel that changes the environment of the uterus and prevents pregnancy for up to 8 years.
- There are fine strings attached to the IUC device that should be felt for at the cervix after each monthly period to check that the IUC is in place.

Benefits:

- The IUC is very effective, convenient, long-lasting and safe yet easily reversed.
- The IUCs containing the hormone (Liletta) may decrease both menstrual flow and painful menstrual periods.
- The copper IUC (ParaGard) contains no hormones for those women wishing a hormone free method.

Discontinuation:

- The IUC can be easily removed at any time with immediate return to fertility.
- The Liletta IUC must be removed by the end of the eighth year.

Risks/Side Effects:

- Menstrual bleeding changes and/or spotting between periods – very common and will vary with the IUC used.
- Partial or complete expulsion of the device – you can become pregnant if this happens. Emergency contraception (EC) is available if taken within 72 hours of any unprotected sex.
- Puncturing of the uterus (perforation) during the insertion process – this is rare – but surgery sometimes is needed to remove the IUC.

Warning Signs: (call the clinic if any of the following early warning signs develop)

- Period is late (pregnancy), abnormal spotting or bleeding.
- Abdominal pain or pain with intercourse
- Infection exposure (such as gonorrhea), abnormal discharge.
- Not feeling well, fever, chills (especially after possible exposure to infection).
- String missing, shorter or longer.

**Remember, IUCs do not protect against any sexually transmitted infections, so it is important to use condoms each time you have sex**

PERSONAL HEALTH CENTER  
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References: Hatcher, R.A., et al, (2018) Contraceptive Technology (21<sup>st</sup> Edition)  
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Liletta product information – Odyssea Pharma, Belgium  
**Quality Family Planning Services & Contraceptive Guidelines for Michigan  
Family Planning Providers (2023)**

2007, Rev. 2/09, 10/11, 10/16, 11/17, 2/19, 6/19, 01/20, 01/23,8/23