



Comparing Intrauterine Devices (IUD)

	Hormonal				Copper
	Mirena	Skyla	Liletta	Kyleena	Paragard
Dose:	Levonorgestrel 52 mg	Levonorgestrel 13.5 mg	Levonorgestrel 52 mg	Levonorgestrel 19.5 mg	None
Good for:	5-7 years	3 years	6 years	5 years	10-12 years
Failure rate*:	0.2% (2 pregnancies in 1000)				0.8% (8 pregnancies in 1000)
Device size:	32 x 32 mm	28 x 30 mm	32 x 32 mm	28 x 30 mm	32 x 36 mm
Short-term side effects:	Spotting and irregular bleeding for 3-6 months				Periods that are slightly heavier, longer, and more frequent
Long-term side effects:	Lighter, but irregular; 1 in 5 will stop having a period after 1 year	Lighter, but irregular; 1 in 17 will stop having a period after 1 year	Lighter, but irregular; 1 in 5 will stop having a period after 1 year	Lighter, but irregular; 1 in 8 will stop having a period after 1 year	Periods may go back to normal after 6 months or remain heavy and irregular
When does it start preventing pregnancy?	7 days following insertion				Immediately
Fertility after removal:	Immediate				Immediate

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	Mirena	Skyla	Liletta	Kyleena	Paragard
					*can be used for emergency contraception
Recommended for:	Relief of heavy periods	A smaller device and lower hormone dose	Potential cost benefits Not currently approved for treatment of heavy periods	A smaller device that lasts longer	A hormone-free option

Definitions:

- **Intrauterine Device (IUD)**- a very small T-shaped device a doctor puts into your uterus to prevent pregnancy. The T-shape helps prevent sperm from reaching the egg.
- **Copper IUD**-an IUD that uses copper to prevent pregnancy (no hormones). Copper is toxic to sperm so they do not travel to the egg.
- **Hormonal IUD**-an IUD that uses the hormone progestin to prevent pregnancy. This hormone thickens the mucus in the cervix to trap and block sperm, it can also prevent the eggs from leaving your ovaries.
- **For more information:** <https://www.bedsider.org/methods/iud>

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