

# GYNDOKTOR

SPECIALLÆGE DR. MED. PERNILLE DANNESKIOLD LASSEN

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## INTRAUTERINE DEVICES (IUDs)



### WHAT IS AN IUD?

An IUD is a small contraceptive device which is inserted into the uterus (womb) to prevent pregnancy. It is not much bigger than the length of a matchstick. No contraceptive device offers a 100 percent protection, but an IUD is one of the safest methods, primarily because it works on its own without you having to remember anything. An IUD does not protect against sexually transmitted diseases (STIs).

### TYPES OF IUDS

There are two types of IUDs – containing either copper or the female hormone progestin. Both have plastic frames that

open into the shape of a T once inside your uterus. The advantage by a copper IUD is the price (approximately 300 DKR), the absence of hormones, and the minimal effect on the regularity of your cycle. The disadvantage is that the monthly bleedings often become heavier, longer, and in some cases more painful. Thus, if you suffer from heavy and painful bleedings, a copper IUD is not suitable. The advantage by a hormonal IUD is that it besides the contraceptive effect lessens and shortens the monthly menstrual bleeding. In many cases, the period will completely disappear after some months. Thus, if you suffer from heavy, painful bleedings, the hormonal IUD is a good solution. The disadvantage is the price (about 1200 DKR) and in many cases increased spotting and bleeding during the first months after insertion. In more rare cases, women experience systemic side effects due to the hormone, such as breast tenderness, skin problems, mood swings, loss of hair and a decrease in sex drive. Thus, if you have acne or a tendency to depressive mood changes, the hormonal IUD is not recommended.

### HORMONAL IUDS

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Hormonal IUDs are divided into three types. They differ in the amount of hormone and how long you can wear them. Mirena was the first hormonal IUD to become available and releases the highest amount (20 ug/day). It is a bit bigger than the other hormonal IUDs and provides eight years of pregnancy protection. Kyleena and Jaydess are so-called mini-IUDs and releases Levonorgestrel in amount of 17.5 and 14 ug/day. Kyleena provides five years and Jaydess three years of pregnancy protection. Which one you should choose depends on your periods. The heavier and longer, the higher amount of hormone is recommended. The use of the Jaydess IUD has been declining since the findings of a recent study, suggesting a doubling of the risk of ectopic pregnancy compared to the two other hormonal IUDs. For older women in menopausal hormonal therapy (MHT), only Mirena has been shown to offer adequate endometrial protection. If MHT is given for more than five years, the IUD should be replaced.

### INSERTION OF AN IUD

It is possible to buy the copper IUD in the clinic for a price of 300 DKR. The hormonal IUD should be bought at the pharmacy prior to consultation. The IUD is normally inserted within the first 4-8 days after the first day of the period, preferably while you are still bleeding a little bit. If you are already using a hormonal birth control method like the pill or another hormonal IUD, it can be inserted at any point in your cycle. As some women experience menstrual-like cramping when the IUD is unfolding, it is a good idea to take Panodol 1 g and Ibuprofen 400 mg 1-2 hours before the consultation. Prior to the insertion, a vaginal ultrasound is done to assess the endometrial lining and determine the position of the uterus, Local anesthesia is applied in the cervix with a thin needle, and the IUD is carefully inserted and unfolded. The threads are cut at a length of 2-3 cm, and the correct position of the IUD is controlled with ultrasound. The procedure lasts 5-10 minutes.

### AFTER THE INSERTION

It is normal to have slight pain or discomfort the first days. Usually, you can

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return to your normal activities the same day. It is advised to avoid sexual activity and swimming/bathtubs the first two days after the insertion. Please contact the clinic if you experience fever, strong pain or foul-smelling discharge. You should also be aware that irregular bleeding and dark spotting can be seen up to 3-4 months after the insertion of a hormonal IUD.

### FAQs

*Is it possible to have an IUD when you have not given birth?* Yes, all women who can cooperate to a gynecological examination can have an IUD. *Can the threads be felt by my partner?* Normally not, but in case of problems, the threads can be removed completely. *Is the insertion painful?* In most cases no, but some women experience cramping when the IUD is unfolding. *When am I protected against pregnancy?* You are protected against pregnancy from the day of insertion, provided it takes place at the end of your period (before ovulation). *Does an IUD reduce my fertility?* No, an IUD can be removed at any time in your cycle, and your fertility will quickly return.

*Can I use a hormonal IUD when I am breastfeeding?* Yes, hormonal IUDs are safe to use during breast feeding. *What about hormonal IUDs and the risk of cancer?* Scientific data are mainly limited to the use of Mirena. The use of Mirena is associated with a decreased risk of endometrial and ovarian cancer, but a slightly increased risk of breast cancer. The increased risk corresponds to approximately 15 additional cases per year for each 100.000 women. *Can I have a hormonal IUD if I have been treated for breast cancer?* No, a hormonal IUD is not recommended for women with previous breast cancer, as it may slightly increase the risk of a relapse.

### PRICE FOR PATIENTS WITHOUT A REFERRAL FROM THEIR GP

Insertion or removal of IUD.....270 euro  
Change of IUD.....335 euro

### PAYMENT

You can pay with Mobile Pay or cash in the reception. Unfortunately, credit cards are not accepted. Foreign patients can transfer to IBAN account number DK 7690701633 002904 with beneficiary bank

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SWIFT code VRSPDK22. In case of bank transfer, payment should be received by the latest two days before the consultation. You will receive an invoice at the day of the consultation. Insertion or removal of IUD