The Copper IUD

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The Copper IUD (Copper IUD) is a form of contraception that involves placing a copper coil in the uterus. It is an effective method of birth control that does not require any action from the user. The Copper IUD is an百分之百 可靠的 method of contraception that is 有效. It is a method of contraception that is 适合 all women and can be used by women of any age.

The Copper IUD is also a method of contraception that is 有效 for women who are breastfeeding. The Copper IUD is 适合 breastfeeding women because it does not interfere with milk production.

The Copper IUD is a long-lasting method of contraception that can be used for up to 8 years. It is a method of contraception that is 适合 women who want to avoid pregnancy for a long time. The Copper IUD is also a method of contraception that is 适合 women who do not want to use any form of contraception.

The Copper IUD is a method of contraception that is 适合 all women. It is a method of contraception that is 适合 all women of all ages. It is a method of contraception that is 适合 all women who want to avoid pregnancy.

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အကယ္၍ သင့္ သားေမြးလမ္းေၾကာင္းမွ ပံုမွန္ မဟုတ္ေသာ အရည္ထြက္ျခင္း၊ ရိက်ျခင္းျဖစ္လွ်င္ သို႔မဟုတ္ သင့္ဆီးခံုတြင္ နာက်င္လွ်င္ ခ်က္ျခင္း သင့္ ဆရာဝန္ႏွင့္ ေတြ႕ပါ။

ပိုမိုသိေကာင္းစရာမ်ား
• နယူးေဆာက္ေဝးျပည္နယ္ သားသမီးအေရအတြက္ ထိန္းခ်ဳပ္မႈဆိုင္ရာဌာန၏ ဆက္သြယ္ရန္ဖုန္း (Family Planning NSW Talkline) ကို 1300 658 886 တြင္ ဆက္သြယ္ပါ၊ သို႔မဟုတ္  www.fpnsw.org.au/talkline တြင္ၾကည့္ပါ။
• NRS (နားမၾကားသူမ်ားအတြက္) 133 677
• သို႔မဟုတ္ သင္ႏွင့္ အနီးဆုံး သားသမီးအေရအတြက္ ထိန္းခ်ဳပ္မႈဆိုင္ရာေဆးခန္း (Family Planning Clinic) ကို ဆက္သြယ္ပါ။

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ဤစာေစာင္မ်ားတြင္ ပါဝင္ေသာ သိေကာင္းစရာ အခ်က္အလက္မ်ားကို ပညာေပးေရးအတြက္သာ ျပဳစုေပးထားပါသည္။ FNPNSW ဤစာေစာင္ထုတ္ေဝသည့္ အခ် ိ န္တြင္ အခ်က္အလက္မ်ားသည္ တိက်မွန္ကန္ရန္၎၊ အခ် ိ န္ႏွင့္ တေျပးညီျဖစ္ရန္၎ ေသခ်ာစြာ ျပဳလုပ္ထားပါသည္။ မိမိတို႕၏ မ်ဳးပြားေရးဆိုင္ရာ က်န္းမာေရးကို၎၊ ကာမဆက္ဆံေရးဆိုင္ရာ က်န္းမာေရးကို၎ စိတ္ပူပန္မႈ႐ွကသူ မည္သူမဆို မိမိတို႔၏ က်န္းမာေရး ေစာင့္ေ႐ွာက္မႈ ဝန္ေဆာင္မႈေပးသူထံမွ အၾကံဥာဏ္ႏွင့္ အကူအညီရယူရန္ သိနးမဟုတ္ သားသမီးအေရအတြက္ ထိန္းခ်ဳပ္မႈဆိုင္ရာဌာနသည္ နယူးေဆာက္ေဝးျပည္နယ္ က်န္းမာေရးဝန္ႀကီးဌာနမွ ရံပံုေငြ ေထာက္ပံ့ေသာ အျမတ္အစြန္း မယူသည့္ဌာန ျဖစ္ပါသည္။
What Is A Copper IUD?
A Copper IUD is a small plastic device with copper wire wrapped around its stem. It is placed inside the uterus (womb) to prevent pregnancy. It has a fine nylon string attached to it. When the Copper IUD is in place, the string comes out through the cervix (the end of the uterus) into the vagina. The IUD can stay in place for five to ten years depending on the type.

How Does The Copper IUD Work?
The copper released from the IUD affects both the sperm and the eggs making it unlikely they will meet and the IUD causes changes in the lining of the womb making it less suitable for a pregnancy.

How Well Does It Work?
The Copper IUD works very well. It is more than 99% effective.

Who Can Use A Copper IUD?
Most women are able to use a copper IUD, including women who haven’t had a baby before, but talk to your doctor, as there are some reasons why it may not be right for you.

Who Should Not Use An IUD?
You should not use an IUD if you could be pregnant.

It may be better for women who have heavy periods to use a progestogen IUD. There are some medical conditions that you may have which could prevent you from using the Copper IUD. It is very important to talk with your doctor to be sure it is safe for you to use it.

Are There Any Side Effects?
Your periods may be heavier, longer and sometimes more painful with a copper IUD.

There is a small chance of getting a pelvic infection at the time of the copper IUD insertion.

The doctor or nurse will tell you about other risks of having the copper IUD inserted.

How Do You Get The Copper IUD?
You need to go to a doctor or Family Planning Clinic. Usually you are asked to make two visits. On the first visit the doctor asks questions about your health and tells you about the IUD. You will have a vaginal/pelvic examination and possibly a test for vaginal infection. On the second visit the IUD is inserted. The procedure takes about 10 minutes. Some women may find the experience a bit uncomfortable while others may find it somewhat painful. Some women can feel faint during or after the insertion and you will probably need to rest for a while before you leave the clinic.

You do not have to fast before the procedure, in fact it is a good idea to eat beforehand. You should allow at least an hour to be at the clinic.

How Is The Copper IUD Taken Out?
You need to go to a doctor or Family Planning Clinic to have it taken out. The doctor uses a special instrument to remove the IUD by gently pulling on the string. This only takes a couple of minutes. Some women find it a little uncomfortable but most women don’t feel much at all.

Things To Remember
Feel inside your vagina with your finger to check the string each month after your period, to be sure the IUD is in place.

If your period is more than a week overdue, you have a change in your usual bleeding pattern or you are...
concerned that you could be pregnant, go to see your
doctor or clinic for a pregnancy test.

If you have any unusual discharge from your vagina or
pain low in your abdomen, see your doctor straight away.

For Further Information

• Contact the Family Planning NSW Talkline on
  1300 658 886 or go to www.fpnsw.org.au/talkline

• NRS (for deaf) 133 677

• Or visit your nearest Family Planning clinic

Reviewed: June 2014  I  FPNSW 06/14

The information in this Factsheet has been provided for educational
purposes only. Family Planning NSW has taken every care to ensure that
the information is accurate and up-to-date at the time of publication.
Individuals concerned about any personal reproductive or sexual
health issue are encouraged to seek advice and assistance from their
health care provider or visit an Family Planning NSW clinic.