

INTRAUTERINE CONTRACEPTIVE (IUC) INFORMATION SHEET

Intrauterine contraceptives (IUCs) are a long-acting reversible contraceptive (LARC) method and are the most effective form of birth control available.

There are 2 different kinds of IUCs available: copper and progesterone.

COPPER INTRAUTERINE DEVICES (IUD)

- Hormone free
- 99.2% effective with typical use
- May increase menstrual cramping
- May increase menstrual flow
- May increase pain during periods

LEVONRGESTREL-RELEASING INTRAUTERINE SYSTEM (LNG-IUS)

- 99.8% effective with typical use
- May reduce/stop menstrual flow
- May reduce menstrual pain
- Mirena is the largest LNG-IUS with the most hormone, followed by Kyleena.

	Mirena	Kyleena	Copper IUD MonaLisa5/Liberte
Cost	~\$400.00	~\$400.00	~ \$75.00
ODP/OHIP+	Yes	Yes	No
Levonorgestrel	52mg	19.5mg	None
Time	5 years	5 years	5

DISADVANTAGES OF IUCs

- Initially, irregular bleeding or spotting may occur
- Some pain/discomfort during insertion
- Risks include, but are not limited to, infection, perforation, expulsion
- Does not protect against STIs
- Smoking increases the risk of adverse events on heart and blood vessels

