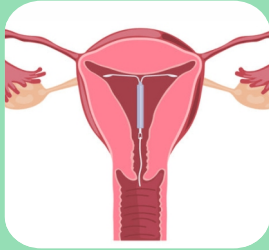




Intrauterine Contraceptive Device: Long Acting Reversible Contraception (LARC)

Types of devices^{1,2,3}



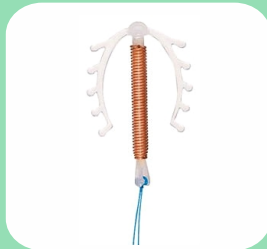
IUCD in uterus



Cu T 380 A
10 years



Multiload 250
3 years



Multiload 375
5 years



Hormonal
5 years

Side effects and management

- Excess bleeding during periods: self limiting, lasts long for few cycles¹
- White discharge or infection^{1,5}
- For excess bleeding, Tab Mefenamic acid/Tab Tranexamic acid are effective⁸
- For infection, antibiotics therapy to both partners²

When to insert?

- Anytime of the month except during period: Interval¹
- Within 48 hours of delivery: PPIUCD¹
- After abortion: PAIUCD¹
- During C section: Intracaesarean¹
- Within 5 days of unprotected sex: Emergency contraception⁴

Outpatient/labour room

- Easy to insert with no pain, minimal discomfort, no anesthesia needed

Effectiveness

- Failure rate: 0.2-0.8 per 100 women users

Caution¹

- Pregnancy/endometrial abnormality/distorted uterine cavity/high risk of infection

Complications

- Expulsion rate for PPIUCD is 8-10%
- Interval IUCD it is 4-5%
- Perforation of uterus is rare⁷

Myth

- May move upward⁶
- Increase or decrease in weight²
- Pain during sex⁶
- May cause cancer etc.¹

Fact

- Migration very rare
- No effect on weight
- Does not cause cancer
- Does not interfere with sex

Counselling

- Fit it and forget it
- Most effective method²
- Check up once in a year
- Remove it when you need a child⁶
- Breast feeding is safe with IUCD *in situ*
- Get it removed if you plan for pregnancy

Abbreviations: IUCD: Intrauterine Contraceptive Device; PPIUCD: Post Partum IUCD; PAIUCD: Post Abortion IUCD

Reference: 1. Gabriel ID, Tudorache S, Vlădăreanu S, et al. Birth Control and Family Planning Using Intrauterine Devices (IUDs). Family Planning. 2018;257:2. Komali BV, Kalyani M, Babu CA. Pharmaceutical and Nano Sciences. 3. Birth Control: Hormonal Intrauterine Device (IUD). Available at: Birth Control: Hormonal Intrauterine Device (IUD) (nationwidechildrens.org). Last assessed in: December 2017. 4. ESHRE Capri Workshop Group. Intrauterine devices and intrauterine systems. Human Reproduction Update. 2008;14(3):197-208. 5. Lanzola EL, Ketvertis K. Intrauterine Device. StatPearls [Internet]. 2020. 6. Reference Manual for IUCD Services. Available at: IUCD_Manual_English.pdf (nhm.gov.in) 7. Rowlands S, Oloto E, Horwell DH. Intrauterine devices and risk of uterine perforation: current perspectives. Open Access J. Contracept. 2016;7:19. 8. Leminen H, Hurskainen R. Tranexamic acid for the treatment of heavy menstrual bleeding: efficacy and safety. Int J Womens Health. 2012;4:413-421.