Intrauterine Contraceptive Device: Long Acting Reversible Contraception (LARC)

**Types of devices**

- **Cu T 380 A**
  - 10 years
- **Multiload 250**
  - 3 years
- **Multiload 375**
  - 5 years
- **Hormonal**
  - 5 years

**When to insert?**

- Anytime of the month except during period: Interval
- Within 48 hours of delivery: PPIUCD
- After abortion: PAIUCD
- During C section: Intracaesarean
- Within 5 days of unprotected sex: Emergency contraception

**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

**Caution**

- 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 rare

**Myth**

- May move upward
- Increase or decrease in weight
- Pain during sex
- May cause cancer etc.

**Fact**

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

**Side effects and management**

- Excess bleeding during periods: self limiting, lasts long for few cycles
- White discharge or infection
- For excess bleeding, Tab Mefenamic acid/Tab Tranexamic acid are effective
- For infection, antibiotics therapy to both partners

**Counselling**

- Fit it and forget it
- Most effective method
- Check up once in a year
- Remove it when you need a child
- 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

**References:**