

✓ LOW-MAINTENANCE 🧪 HORMONAL 👁️ HIDDEN

HORMONAL IUDs



HOW DO I USE IT?

It usually takes 5-10 minutes for a provider to place the IUD into your uterus. IUDs release a little bit of the hormone progestin into your body. This helps prevent pregnancy. Depending on the type you get, they'll work for up to 3-6 years (For some types, 7 years, off-label).



HOW EFFECTIVE IS IT?

IUDs are more than 99% effective at preventing pregnancy.



WHAT I MIGHT LIKE...

- + You might get lighter periods or no periods
- + You can get it removed by a provider at any time
- + You can get pregnant as soon as it's taken out
- + You might like that it's estrogen-free



WHAT I MIGHT DISLIKE...

- You might have irregular periods or no periods
- You might feel discomfort during placement and removal
- You won't be protected from STIs
- You might get headaches, weight changes, breast tenderness, and mood changes. This typically improves with time.



[WANT TO LEARN MORE?](#)



Visit upstream.org/birthcontrol