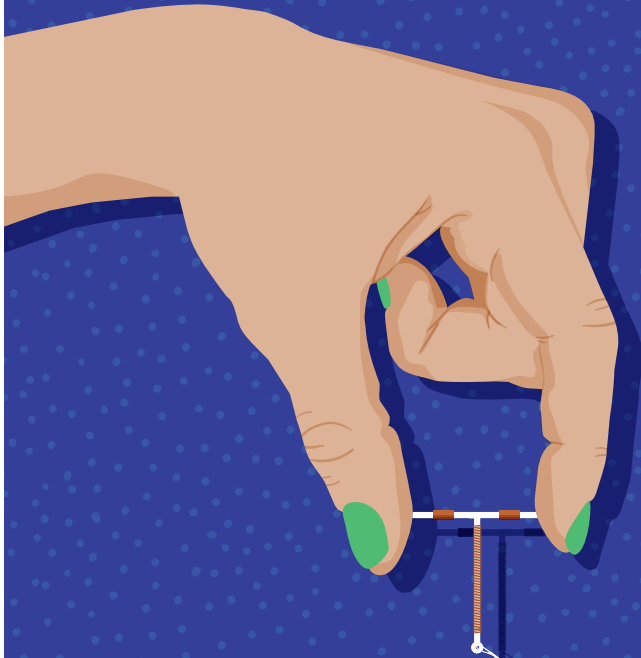


✓ LOW-MAINTENANCE ✨ NON-HORMONAL 👁️ HIDDEN



NON-HORMONAL IUD



HOW DO I USE IT?

It usually takes 5-10 minutes for a provider to place the Non-hormonal IUD into your uterus. They can work for up to 10 years (12-years, off-label).



HOW EFFECTIVE IS IT?

Non-hormonal IUDs are more than 99% effective at preventing pregnancy.



WHAT I MIGHT LIKE...

- + You can get it removed by a provider at any time
- + You can get pregnant as soon as it's taken out
- + You can use it as emergency contraception, off-label
- + You might like that it's hormone-free



WHAT I MIGHT DISLIKE...

- You might get heavier periods and cramping
- You might feel discomfort during placement and removal
- You won't be protected from STIs



[WANT TO LEARN MORE?](#)



Visit upstream.org/birthcontrol