

Patient Teaching: ParaGard®

Date of placement:

You had a **ParaGard®** IUD placed after giving birth. This IUD will provide birth control for up to **10 years**. Here are some answers to common questions asked after placement:

- There is a risk the IUD will fall out before your next visit. If this happens, you must use another form of birth control if you have sex because you will be at risk of getting pregnant.
- If your IUD falls out, your provider (doctor, midwife, nurse practitioner) can place a new IUD free of charge. Please call your provider if your IUD does come out or if you have any concerns or questions about your IUD.
- Some women may feel discomfort from the IUD strings. As the uterus shrinks after giving birth, the IUD strings may become longer and start to come out of your vagina. This can be uncomfortable. Your provider can trim your IUD strings at your next visit. If you would like your IUD string trimmed before then, call your provider.
- This IUD does not release any hormones. The most common concern after placement is abnormal vaginal bleeding and uterine cramping. You should follow all routine instructions after giving birth, since these symptoms are also normal. Your provider will see how you are doing at your next visit as well.
- The IUD and/or strings do not interfere with sexual intercourse or daily activities.
- The **ParaGard®** IUD does not protect against sexually transmitted infections (diseases) like gonorrhea, chlamydia, hepatitis, or HIV. You must also use condoms to protect yourself from getting one of these infections.
- When you want to become pregnant again OR if you want to stop using the IUD, you can have it removed.

Please contact your provider with **any questions** concerning symptoms, or to schedule a visit to be seen.

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