



# Intrauterine Devices

## Birth Control Guide for People With CF

An intrauterine device (IUD) is a T-shaped device. A health care provider places it in the uterus. The device may be copper or plastic. Sometimes it is called an intrauterine contraception (IUC). An IUD keeps sperm from going through the uterus to fertilize an egg.

HOW WELL DOES IT WORK?		EFFECTIVENESS
<b>Hormonal IUD</b> 	<b>Copper IUD</b> 	<b>99%</b>

Other than sterilization, an IUD is one of the most effective forms of birth control available. IUDs do not protect against STIs.

Studies show that females who have had a hormonal or nonhormonal IUD are about 30% less likely to get cervical cancer.<sup>1</sup> Females who have had at least one hormonal IUD have about a 50% lower risk of cancer in the uterus. They also may lower the risk of cancer in the ovaries.<sup>2</sup>

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**“I’ve heard that people cannot use IUDs if they have not had a baby.”**

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IUDs are safe and work for females who have or have not had children. Once in place, an IUD can prevent pregnancy for years. At any point, your health care provider can remove it. After removal, an IUD will not prevent pregnancy.

### HORMONAL IUDS (ALSO KNOWN AS LNG IUDS)

Certain IUDs contain a hormone (levonorgestrel). This is a form of progestin. It is like the hormone progesterone that the body makes. Progestin thickens cervical mucus. This makes it harder for sperm to enter the uterus. Hormonal IUDs may also reduce ovulation. This means there is no egg to fertilize.

You may have shorter and lighter periods using a hormonal IUD. You may also stop having your period altogether over time. This is not dangerous or bad for your body. After IUD removal, your period will return.

Currently available hormonal IUDs <sup>3-6</sup>				
Brand Name	<i>Mirena</i> ®	<i>Liletta</i> ®	<i>Kyleena</i> ®	<i>Skyla</i> ®
<b>Prevents pregnancy</b>	Up to 8 years	Up to 8 years	Up to 5 years	Up to 3 years
<b>Treats heavy periods</b>	Up to 5 years	Up to 5 years	X	X
<b>Effect on periods</b>	Often shorter, lighter periods	Often shorter, lighter periods	May cause shorter, lighter periods	No effect on period
<b>Period stops over time (% of users)</b>	50%	50%	20%	12%
<b>Total progestin (LNG) dose</b>	52 mg	52 mg	19.5 mg	13.5 mg

Names of birth control may change. Ask your obstetrician, gynecologist, or doctor to be sure your choice is still available.

## NONHORMONAL IUD (ALSO KNOWN AS THE COPPER IUD)

The *Paragard Intrauterine Copper Contraceptive*® prevents pregnancy for 10 years. It blocks sperm from reaching an egg. A thin copper wire coiled around Paragard causes a reaction that is toxic to sperm. Other than sterilization, this is the most effective method that *does not use hormones*. Some users have more bleeding or cramping with their periods.

## DID YOU KNOW?

**Some IUDs can also be used as emergency contraception.** Paragard, Mirena, and Liletta are more than 99% effective at preventing pregnancy. This is if they are put in place within 120 hours (five days) of unprotected sex. Once in place, they can prevent pregnancy for years.

## REFERENCES

1. Cortessis VK, Barrett M, Brown Wade N, et al. Intrauterine Device Use and Cervical Cancer Risk: A Systematic Review and Meta-analysis. *Obstet Gynecol*. 2017;130(6):1226–1236. doi:10.1097/AOG.0000000000002307
2. Wheeler LJ, Desanto K, Teal SB, Sheeder J, Guntupalli SR. Intrauterine Device Use and Ovarian Cancer Risk: A Systematic Review and Meta-analysis. *Obstet Gynecol*. 2019;134(4):791–800. doi:10.1097/AOG.0000000000003463
3. Levonorgestrel-releasing intrauterine system (Mirena®), United States Prescribing Information. [Mirena-us.com](https://www.mirena-us.com)
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This information meets the guidelines and standards of the Cystic Fibrosis Foundation's Education Committee.