

## ParaGard Intrauterine Copper Contraceptive

### ***What is ParaGard?***

ParaGard is an intrauterine contraceptive placed in the uterus to prevent pregnancy for up to 10 years. It is a small T-shaped piece of soft, flexible plastic that is wrapped with copper. It is put in place by your healthcare provider during an office visit.

### ***Does ParaGard contain hormones?***

ParaGard does not contain any hormones.

### ***How does ParaGard work?***

The copper in ParaGard is believed to interfere with the sperm's ability to reach and fertilize the egg. It may also prevent the egg from attaching to the lining of the uterus. ParaGard does not stop your ovaries from making an egg (ovulating) each month.

### ***How effective is the ParaGard IUC?***

It is one of the most effective forms of birth control available. It is considered over 99% effective.

### ***Does ParaGard prevent STDs?***

ParaGard does not protect against HIV or STDs.

### ***Can ParaGard be removed early?***

Yes, it can be removed at any time before the 10-year period if you want to try to get pregnant, or for any other reason. You may become pregnant as soon as ParaGard is removed or you may change to another type of birth control when you have it removed.

### ***Will my periods be normal with ParaGard?***

Because ParaGard is non-hormonal, it doesn't interfere with your natural cycle. Bleeding or spotting may increase at first. Periods may be heavier with cramping. This should lessen as your body adjusts to ParaGard.

### ***Who is ParaGard right for?***

Women who:

- Want birth control they don't have to think about every day
- Are between having children
- Are unsure if they want more children

### ***Who should not use ParaGard?***

Women who:

- Are pregnant
- Have had a pelvic inflammatory infection (PID)
- Get pelvic infections frequently or easily
- Have persistent pelvic or stomach pain
- Have certain cancers
- Have an allergy to copper
- Have Wilson's disease, which is related to copper intolerance.

### ***Is ParaGard covered by insurance?***

Because ParaGard is approved by the FDA for use as a contraceptive, it is covered by most insurance plans.

### ***Is ParaGard available at SHC?***

No, but there are multiple local GYN offices that place the IUD.

### ***How can I learn more about ParaGard?***

Go to [www.ParaGard.com](http://www.ParaGard.com) to learn more about this long acting reversible contraceptive.