

## PATIENT HANDOUT. Hormonal Intrauterine Device (IUD) for Abnormal Uterine Bleeding

### What is a hormonal intrauterine device (IUD)?

- It is a small T-shaped plastic frame with 2 strings. Your doctor places it inside your uterus during an office visit.
- It releases small amounts of a type of hormone called progestin.
- It usually stays in place for up to 5 years, but you can have it removed any time you wish.

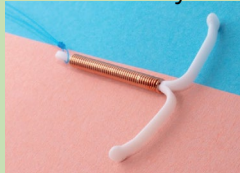


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### How will an IUD help you?

- It reduces monthly bleeding after about 3 months of use.
- It does not have as many side effects as the birth control pill.
- It helps reduce period cramping or pain.
- It reduces the risk of uterine cancer.
- It can also provide birth control.

### What to expect during the procedure?

- Your health care provider will explain the procedure to you and give you a pain reliever.
- The IUD is placed into your uterus during a pelvic exam.
- You may have some cramping during the procedure.
- You will learn afterwards how to feel the strings in your vagina to check that the IUD is in place.

### Are there any side effects?

Some women (not all) have reported side effects. These usually go away after the first few months:

- Breast tenderness.
- Mood swings.
- Headaches.
- Acne.



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### After the procedure:

- Check monthly that you can still feel the strings (but do not pull them).
- You may have some spotting for a few months.

### Call your healthcare provider if:

- The IUD slips partly or all the way out.
- You have:
  - unexplained fever.
  - unusual heavy vaginal bleeding.
  - foul-smelling discharge.
- You can no longer feel the strings.



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### Where can you find more information?

HealthLink BC  
[healthlinkbc.ca](https://healthlinkbc.ca)



Mayo Clinic  
[www.mayoclinic.org/](https://www.mayoclinic.org/)

