



Let's compare the IUD & the IUS

The IUD & the IUS are forms of Long-Acting Reversible Contraceptives (LARCs)
Both require a prescription & insertion by a medical professional


IUD Intrauterine Device

Liberte, Flexi-T, Nova-T

 A small, T-shaped device wrapped in **copper** inserted in the uterus to prevent pregnancy; a non-hormonal contraceptive method

 The copper wire on the IUD changes conditions inside the uterus so that sperm cannot live/thickens cervical mucus, thereby inhibiting sperm from reaching the uterus

 Provides **5-10 years** of consistent birth control coverage

 Users continue their period with an increased chance of crampier or heavier periods


 Can be used as an emergency contraceptive after unprotected sex


 Ranges from **\$60-\$80**; covered by most insurance plans

 **99% effective**


IUS Intrauterine System


Mirena, Jaydess, Kyleena

 A small, T-shaped plastic device inserted in the uterus that steadily releases small amounts of **hormones** to prevent pregnancy (synthetic progesterone, levonorgestrel)

 The IUS slowly releases hormones causing the uterus to become thinner and the cervical mucus thicker, inhibiting sperm from reaching the uterus/preventing fertilized eggs implanting

 Provides **3 - 5 years** of consistent birth control coverage

 Less heavy period in most users; 20-30% of users stop having their period all together with an IUS

 May cause mild side effects: irregular bleeding or spotting, bloating, breast tenderness, nausea, or mood changes for the first 3 months after insertion

 Ranges from **\$300-\$400**; covered by most insurance plans

 **99.7% effective**

Sexual Health Resource Centre
Student Union Building Room 509



SHRC.ASU@acadiau.ca
@SHRCAcadia