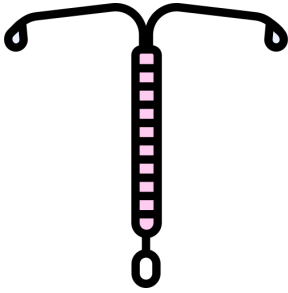


CONTRACEPTION OPTIONS



THE IUCD

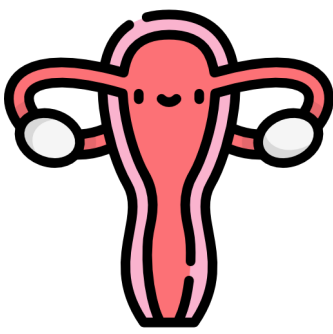
The IUCD (or Intra-uterine Contraceptive Device) is also known as the "coil" or the "copper coil". It is similar to the IUS, except it is wrapped in copper. The IUCD releases copper.

WHY DO PEOPLE GET THE IUCD?

The IUCD is around 99% effective in preventing pregnancy when it is inserted properly. The IUCD works as soon as it's put in and can last between 5 and 10 years. This means there are no pills to remember and you are protected for a pretty long time. It can also be put in during any point of a person's menstrual cycle and it is hormone free - this is helpful for people who can't have hormone based contraceptions.



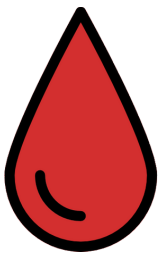
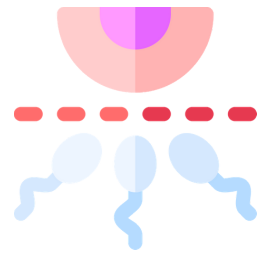
HOW DOES SOMEONE USE THE IUCD?



The IUCD is a small, plastic and copper T-shaped device inserted into the uterus by a specialist nurse or doctor. The vagina is held open (like during a smear test) and the IUCD is inserted through the cervix into the uterus. It can be uncomfortable and afterwards there might be some period-like cramping. It will be checked by a doctor/nurse 3-6 weeks after it has been inserted. The IUCD has two strings which hang through the cervix to the top of the vagina. It is important to check the strings to make sure the IUCD has stayed in place. A nurse/doctor will show how this is done. **It may be more difficult to insert if you have not had a pregnancy.

HOW DOES THE IUCD WORK?

The IUCD releases copper into the uterus (it is similar to the IUS just without the hormones!) The copper affects the cervical mucus, which makes it more difficult for sperm to reach the egg. It can also stop a fertilised egg from implanting itself in the uterus.



ARE THERE SIDE EFFECTS?

There can be some side effects:

- periods may become longer, heavier or more painful

WHERE CAN SOMEONE GET THE IUCD?

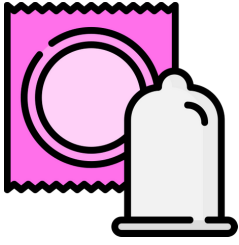
Common Youth do not insert the IUCD but we can refer you or signpost you to other services. You can speak to your own GP about getting the IUCD or you can attend your local sexual and reproductive health centre.



COMMON YOUTH
23-31 WARING STREET
BT1 2DX
BELFAST
02890328866

COMMON
YOUTH.

FREQUENTLY ASKED QUESTIONS



WILL THE IUCD PROTECT AGAINST SEXUALLY TRANSMITTED INFECTIONS?

The IUCD only prevents pregnancy. It does NOT protect against infections. A barrier method (like condoms) is also needed to protect against infection.

ARE THERE RISKS TO GETTING THE IUCD?

There are some risks:

- small chance of pelvic infection in the first 20 days after the IUCD has been fitted.
- the IUCD can be rejected by the uterus or move (this is why it's important to check strings).
- in rare cases there can be damage to the uterus. See your GP straight away if you feel pain.
- if the IUCD fails there is a small chance of ectopic pregnancy.



CAN I SPEAK TO COMMON YOUTH ABOUT CONTRACEPTION IF I'M UNDER 16?

Yes! You can access sexual and reproductive health services if you are under 16 years old. BUT:

- The doctor/nurse may ask you some questions to make sure you understand your decisions.
- They also might ask some questions about the person you're having sex with - this is to make sure you're safe.

WILL COMMON YOUTH CONTACT MY PARENTS?

Common Youth is a confidential service. This means we don't share your information. However:

- Some information may be shared if you are at risk of harm.
- If information does need shared, we will discuss with you what will be shared and with whom.



Common Youth provides free Relationships and Sexuality Education to young people (from 11 to 25 years) across the whole of Northern Ireland. We also have a sexual health clinic which offers a safe, knowledgeable and accepting environment for young people to talk and to access sexual health services. For more information about accessing our services you can contact us on 02890 328866. You can also follow us on social media.

BELFAST

MONDAY..... 14:30 - 17:00
 TUESDAY..... 14:30 - 17:00
 WEDNESDAY..... 14:30 - 17:00
 THURSDAY..... 17:30 - 20:00
 FRIDAY..... 14:00 - 16:30
 SATURDAY..... 13:30 - 16:00
 SUNDAY.....13:30 - 15:00

COLERAINE

MONDAY..... 14:30 - 17:00
 TUESDAY..... CLOSED
 WEDNESDAY..... CLOSED
 THURSDAY..... 14:30 - 17:00
 FRIDAY..... CLOSED
 SATURDAY..... CLOSED
 SUNDAY..... CLOSED

MALE CLINIC (BELFAST ONLY)

SATURDAY.....16:00 - 17:30