



# IUD Myths vs. Facts

There is a lot of stuff out there about IUDs that is not based on science and facts. When people do have real information about the IUD, it ends up being one of the most popular methods!

Note: This information is for the 7-year progestin IUD (Mirena or Liletta) which has medicine inside and is an excellent option to treat problem periods as well as birth control. There are different types of IUDs, all of which are safe and effective.

## MYTHS

**IUDs are dangerous.**

**IUDs cause infections.**

**IUDs cause infertility.**

**Because the IUD works for 5-7 years, I must use it for that long.**

## FACTS

**IUDs are safe.** They have been studied for decades in thousands of people all over the world, and do not cause any long-term health effects.

For people who have other medical conditions (like heart or blood problems) the IUD is often the option that will be recommended by your doctor, because it does not interact with medications or other body systems.

**Using an IUD does not increase the chance that you will get a sexually transmitted infection.** Just like with any medical procedure, there is a very small risk of infection right after the IUD is inserted.

**An IUD does not affect your ability to have a baby later on.** In fact, when you have the IUD removed, the birth control effect is gone right away so be sure to start a different method if you are sexually active and do not want to have a pregnancy now.

**You can have the IUD removed at any time that you like.** Your doctor removes the IUD by pulling on the strings and this can be done quickly during an office visit.



Pediatric and Adolescent Gynecology  
UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS

**Find out more at: [cupag.org/iud](http://cupag.org/iud)**

The information presented is intended for educational purposes only. It is not intended to take the place of your personal doctor's advice and is not intended to diagnose, treat, cure or prevent any disease. The information should not be used in place of a visit, call or consultation or advice of your doctor or other health care provider.



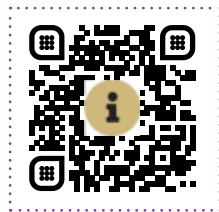
## MYTHS

**The IUD is only for people who have already had a baby.**

**I'm too young to get an IUD.**

**If you've never had sex, you can't get an IUD.**

**It's too painful to get an IUD.**



**It will feel weird to have an IUD.**

## FACTS

**It is totally safe to get an IUD if you have never been pregnant and/or never had a baby.** IUDs have been studied for decades in thousands of people all over the world, and do not cause any long-term health effects even for people who have never been pregnant before.

**There is no age considered too young to get an IUD.** As long as you have had a menstrual period before, it is safe to get an IUD.

**In our office, many of our patients who get an IUD have never had sex before – the reason they get an IUD is to treat their problem periods, not birth control.** We explain the entire process of IUD insertion beforehand and trust you to know if this is something that you would like to do.

**Pain is different for every person and some people think the IUD insertion is no big deal, and some think it feels like the worst menstrual cramps ever.** Talk to your doctor about the procedure and let them know if you are concerned about pain. For patients who want an IUD but do not think they can do it in the office, we offer placement under anesthesia.

**Once the IUD is placed inside the uterus, you will not be able to feel that it is there.** There are strings (or threads) connected to the IUD that will be at the cervical opening, but you will not be able to tell they are there unless you check them.



Pediatric and Adolescent Gynecology  
UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS

**Find out more at: [cupag.org/iud](http://cupag.org/iud)**

The information presented is intended for educational purposes only. It is not intended to take the place of your personal doctor's advice and is not intended to diagnose, treat, cure or prevent any disease. The information should not be used in place of a visit, call or consultation or advice of your doctor or other health care provider.



## MYTHS

**I will have to check my IUD strings.**

**I can't use tampons with an IUD.**

**It's not safe for me to use the pill, so I can't use the IUD either.**

**The IUD will make my periods worse.**

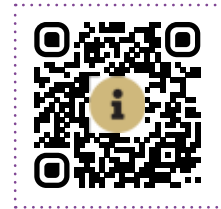
## FACTS

**You absolutely do not have to check your strings if you don't want to.** One of the best things about getting an IUD is once it is placed, you don't have to do anything!

**It is totally safe to use tampons.** A tampon sits inside the vagina and the IUD is up inside the uterus.

**The IUD is a safe method even for people who can't use other birth control methods.** The IUD contains only progestin (not estrogen) and it does not interact with medications or other body systems.

**The progestin IUD makes periods better!** You will have less bleeding and less pain. About half of people have almost no period after getting an IUD.



**Interested in learning more?  
Check out our online IUD Toolkit!**



Pediatric and Adolescent Gynecology  
UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS

**Find out more at: [cupag.org/iud](http://cupag.org/iud)**

The information presented is intended for educational purposes only. It is not intended to take the place of your personal doctor's advice and is not intended to diagnose, treat, cure or prevent any disease. The information should not be used in place of a visit, call or consultation or advice of your doctor or other health care provider.