

A Guide for Patients and Families

Intrauterine Contraceptive Device (IUCD)

Type: Multi-safe CU375/375 Short



What is Intrauterine Contraceptive Device (IUCD)?

An intrauterine device (IUCD) is a small plastic device, with a string attached to its end. It is placed inside the uterus to prevent pregnancy and is effective for 5 years.

IUCD can be removed when you decide to have a baby.



Insertion of IUCD

It is best if IUCD can be inserted during your menstrual period. This is because your cervix is larger and softer at this time and it makes insertion easier.

During the procedure, the doctor will perform a vaginal examination to measure the size, shape and position of your uterus. Determine the intra-uterine depth with a sound. This would enable the doctor to adjust the hilt of the introducer prior to IUCD insertion. The IUCD will then be inserted using the introducer.

You may experience slight discomfort but it should be tolerable.

What are the possible risks and complications?



- The first three cycles following insertion are usually different from your normal menstrual cycles.
- Periods can be heavier, cramp and spotting may occur both before and afterwards.
- There is a small chance the IUCD will come out during your period.
- If you see your IUCD in your underwear, pad, or in the toilet, schedule an appointment to consult the doctor.
- Unlike condoms, an IUCD does not protect you against sexually transmitted disease. Condom can be used to prevent spread of infection.
- Very rarely, the uterus can be injured when IUCD is inserted.

How do I know that the IUCD is in place?

- You should check for the string by inserting a clean finger in your vagina after each menstrual period.
- You should not pull on the string because this may displace the device.

When should I seek medical attention?



- Late or no menstrual period.
- Severe abdominal cramps and pain.
- Severe or prolonged spotting/bleeding.
- Foul-smelling vaginal discharge.
- Fever
- String is missing.

When is my next change of IUCD?

- Your IUCD is inserted on _____.
- The next change of IUCD is in 5 years' time.

When is my next follow-up?

- The doctor will review you at 6 weeks and 6 months.
- Your next appointment is on _____.