



Which IUD is right for me?

	Copper IUD 	Progestin IUD 
Brand name	Paragard™	Mirena™
How long can you use it?	10-12 years	5-7 years
Does it contain hormones?	No	Yes: low dose of progestin (no estrogen)
Side effects	Heavy periods Cramps with your period	Spotting Less common: bloating, nausea, headaches, breast pain No period after a few months – this is not risky, and many women like it
Benefits	No need to think about birth control before or during sex Private No need to buy refills every month Works better than the pill, the patch, the ring, or the shot Can be used while breastfeeding	No need to think about birth control before or during sex Private No need to buy refills every month Works better than the pill, the patch, the ring, or the shot Can be used while breastfeeding Can decrease heavy periods, cramps, PMS
Cost	Covered by most insurance plans If not covered, may cost a few hundred dollars	Covered by most insurance plans If not covered, may cost a few hundred dollars