

# INTRAUTERINE SYSTEM (IUS)

## What is the IUS?

The intrauterine system is a small T-shaped soft plastic that contains small amounts of a levonorgestrel.

## How does it work?

- Releases the hormone slowly over time and acts on the lining of the uterus
- Changes the lining and mucous of the cervix which makes it difficult for the sperm to get to an egg

## Advantages

- Long acting can remain in the uterus for up to 5 years
- No daily routine required
- Does not contain estrogen
- Is fine to use during breastfeeding, if breast milk is well established
- Reduces menstrual cramps
- May reduce the risks of some forms of cancer (endometrial)
- Regulates menstrual cycle and reduces menstrual cramps
- Some individuals may stop having menstrual periods
- Does not interfere with sex

## Considerations

- May cause irregular bleeding for the next 3-6 months
- A very small number of individuals will have the IUS come out on its own
- You may wish to check the IUS strings from time to time
- Does not protect against Sexually Transmitted Infections (STI)

## How to use an IUS

- Must be inserted and removed by a trained health care professional
- Long acting can remain in the uterus for up to 5 years

## Typical Effectiveness Rate

99.9% effective

## Sexually Transmitted Infection (STI) Protection

The IUS does not protect against STIs. Use a separate condom, dental dam, latex glove for each sex act

## Reference:

The Society of Obstetricians and Gynecologists

[www.sexandu.ca](http://www.sexandu.ca)

Last modified: February 2022

DISPONIBLE EN FRANÇAIS