

# Information on Intra Uterine Contraceptive IUCD

**IUCD 380-A is freely available at all Government health facilities (Sub-center, PHC, CHC and District Hospitals).**

**Contact an ANM or visit the nearest health facility for more information on IUCD 380-A insertion.**



**Copper T, the Loop, or (IUCD) 380-A  
Device (IUCD) 380-A**



**National Rural Health Mission (NRHM),**  
Department of Health & Family Welfare,  
Government of Nagaland.



## What is the new Intra Uterine Contraceptive Device (IUCD) 380-A

- It is a small device made of plastic and copper that is inserted into the uterus.
- It is a very effective long acting family planning method.
- The IUCD can stay in the uterus for up to 10 years.

### How does IUCD 380-A work?

- It prevents the man's sperm from fertilizing the woman's egg.
- Prevents implantation of fertilized egg in uterine cavity.

### Who should use IUCD 380-A?

- Can be used by all women in the child bearing age group for spacing births.
- Those women who have had a caesarean section birth.
- Women who do not wish to undergo sterilization but want an effective long-term contraceptive method.
- It can also be used as an emergency contraception if inserted within 5 days of an unprotected intercourse.

### When should IUCD 380-A be inserted?

- Any time during the menstrual cycle after reasonably excluding pregnancy.
- It is best to wait for six weeks after delivery.
- Immediately after MTP/abortion.
- Immediately or within 48 hours of delivery (by a provider who is trained in inserting IUCD during this period).

### How long can IUCD 380-A provide contraceptive protection?

- Provides contraceptive protection for up to 10 years.

### What are the advantages of IUCD 380-A?

- It provides long-term (10 years) highly effective and reversible protection against pregnancy.
- It is important for a woman to check her IUCD after each

period, to make sure it is in place.

- Is effective immediately after insertion.
- Can be used by lactating women.
- Once removed there is immediate return to fertility.
- Does not have hormonal side-effects or interact with any medicines that you may be taking.
- An effective long-term contraceptive method for couples who do not wish to undergo sterilization.

### Are there any side-effects of IUCD 380-A use?

- You may experience bleeding or spotting immediately after insertion. This is not menstrual bleeding. You can perform all household chores.
- There may be longer, heavier and more painful monthly bleeding, but this usually stops after the first three months.
- Side-effects are only temporary and subside in due course of time.

### Some common myths about IUCD

There are some common myths associated with use of IUCD which are baseless and false

Myths	Wrong
IUCD cause weight gain	x
IUCD cause infertility	x
IUCD can leave the uterus and travel to distant parts of the body	x
IUCD cannot be used by women who have had a caesarean section	x
IUCD increase risk of infection	x
IUCD cause discomfort during sex for both the woman and her husband	x
IUCD increase the risk of pregnancy outside uterus (Ectopic pregnancy)	x