

Intrauterine devices (spirals)

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What are inside-uterus devices?

- Small plastic or copper devices that are inserted inside the uterus; they have one or two threads that go through the cervix to the top of the vagina; they are inserted by specialized persons and the devices can stay inserted 3-10 days, depending on the type

- They stop the sperm from entering and cause the eggs to move slower through the oviduct, stopping them to settle in the uterus

What are the advantages?

- There is immediate effect

- There is no need for any other method of contraception

- The lasting period can be three to ten years

- It can be used as an immediate method of contraception for 5 days after the unprotected sexual intercourse

What are the disadvantages?

- They don't protect from sexually spread diseases

- The menstrual periods can be more difficult and painful

- There is little chance of infection occurrence

- They can be moved or even fall out

- They can raise the risk of vaginal infections that can cause infertility

- They are inserted surgically

The level of effectiveness of inside-uterus devices is 98-99%