



## HORMONE-FREE

Free to be who you are

---

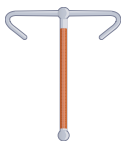
*Flexi~T*®

### *Flexi~T<sup>®</sup>*<sub>300</sub>



- 99% effective
- Small size, 300 mm<sup>2</sup> copper
- For women with a smaller uterus (uterus length ≥5 cm)

### *Flexi~T<sup>®</sup>*<sub>+300</sub>



- 99% effective
- Standard size, 300 mm<sup>2</sup> copper
- For women with a larger uterus (uterus length >6 cm)

### *Flexi~T<sup>®</sup>*<sub>+380</sub>



- 99% effective
- Standard size, 380 mm<sup>2</sup> copper
- For women with a larger uterus (uterus length >6 cm)

## Flexi-T - hormone-free contraception

Flexi-T is a reliable hormone-free, copper IUD, ideal for women who prefer hormone-free contraception. You keep your natural cycle and you can have sex without having to worry about getting pregnant. The Flexi-T IUD is T-shaped with curved corners for optimal fit and is made from plastic and copper. With three Flexi-T versions available, there's a suitable type for every woman. The IUD remains effective for five years. Flexi-T also works as emergency contraception if inserted within five days of unprotected sex.

## How it works

---

Flexi-T can be inserted easily by a gynaecologist or GP.  
How the IUD works:

- copper paralyses the sperm cells and prevents fertilisation of an egg
- copper prevents an egg from implanting in the uterine wall

Immediately after insertion, the IUD gradually releases small amounts of copper, protecting you from becoming pregnant for five years.

## Follow-up

---

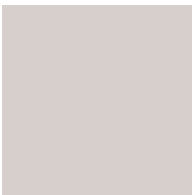
Arrange a follow-up check-up six weeks after your IUD is inserted. The healthcare professional will check that the IUD is inserted properly and you can discuss any symptoms.

## Contraindications for IUD use

---

- unexplained vaginal bleeding
- a genital tract infection
- uterine abnormalities
- a copper allergy
- pregnancy

If you have Wilson's disease, first ask your doctor whether you can use a copper IUD.





## Side effects

---

Your periods may be different in the first three months after insertion. Most women have little to no problems with their IUD. Others may experience side effects including:

- heavier, longer and/or irregular periods
- cramping, sometimes intense
- intermenstrual bleeding

After around three months, your body becomes accustomed to the IUD and your natural cycle will resume. A small number of women will continue to suffer higher blood loss during menstruation.

Flexi-T is less suitable for women who generally suffer from heavy periods.

## Using a menstrual cup

---

**Research has shown that women dislodge the IUD more often when they use a menstrual cup. We recommend that you do not use a menstrual cup if you have an IUD.**

If you still prefer to use a menstrual cup, only start using one three months after the IUD has been inserted. Release the cup's vacuum seal before removal and always check that the IUD is not in the cup.

## Ordering

---

You can purchase your Flexi-T from the pharmacy.

You can also order your Flexi-T online via:  
[www.titushealthcare.nl/shop](http://www.titushealthcare.nl/shop).

---

This leaflet is a supplement to the patient information leaflet. Always read the patient information leaflet before having your Flexi-T inserted.

# HORMONE-FREE CONTRACEPTION

---

WORLDWIDE **180** MILLION WOMEN  
USE A COPPER IUD

---

**99%** RELIABILITY

---

PROTECTION FOR **5 YEARS**

---

**20%** OF WOMEN IN THE  
NETHERLANDS USE AN IUD



Aalsmeerderdijk 158C  
1438 AX Oude Meer  
The Netherlands  
[info@titushealthcare.nl](mailto:info@titushealthcare.nl)  
[www.titushealthcare.nl](http://www.titushealthcare.nl)