

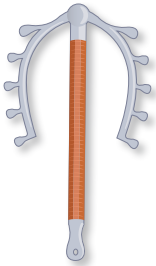


HORMONE-FREE

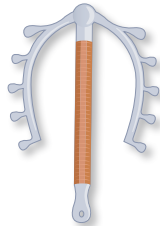
Free to be who you are

Multi-Safe[®]

Multi-Safe[®]



Multi-Safe
for women with an
average uterus (>6 cm)



Multi-Safe short
for women with a
smaller uterus (<6 cm)

Multi-Safe (short) hormone-free contraception

Multi-Safe 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 Multi-Safe IUD is horseshoe-shaped and is made from plastic and copper. The IUD remains effective for five years. Multi-Safe also works as emergency contraception if inserted within five days of unprotected sex. The Dutch College of General Practitioners recommends both the T-shaped (T-Safe) and the horseshoe-shaped (Multi-Safe) copper IUDs.

How it works

Multi-Safe can be inserted easily by your GP, midwife or gynaecologist. 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 Multi-safe use

- unexplained vaginal bleeding
 - a genital tract infection
 - uterine abnormalities
 - Wilson's disease
 - a copper allergy
 - pregnancy
- 



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.

Multi-Safe 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 is inserted. Release the cup's vacuum seal before removal without pulling on the IUD string and always check that the IUD is not in the cup.

Ordering

You can purchase Multi-Safe from the pharmacy.

You can also order Multi-Safe online via:
www.titushealthcare.nl/shop.

This leaflet is a supplement to the patient information leaflet. Always read the patient information leaflet before having your Multi-Safe 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



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