

HORMONE FREE CONTRACONCEPTION

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

RELIABILITY **>99%**

5-10 YEAR PROTECTION

21% OF WOMEN CHOOSE AN IUD



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COPPER IUD INFORMATION LEAFLET

T-Safe[®]
Flexi-T[®]

Copper IUD advantages

- extremely reliable hormone-free contraception
- long-term protection (with T-Safe even up to ten years)
- contains no hormones
- menstrual cycle is retained
- very economical

Copper IUD disadvantages

Your periods may be different in the first three months after insertion. Most women have little to no problems with their IUD, but 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 resumes. A small number of women will continue to suffer higher blood loss during menstruation.

IUD removal

IUD removal generally is a simple procedure. Your healthcare provider can remove the IUD easily and almost painlessly by pulling on the IUD strings with tongs. If desired a new IUD can be inserted immediately. You are fertile again as soon as the IUD has been removed.

Contraindication to a copper IUD

A copper IUD cannot be used in the event of:

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

Copper IUDs are less suitable for women who generally suffer from heavy periods.

Menstrual cup

Research shows 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, do not start using one until three months after the IUD has been inserted. Release the cup's vacuum seal before removal without pulling on the IUD strings and check that the IUD is not in the cup.

This leaflet is a supplement to the patient information leaflet. Always read the patient information leaflet before having a copper IUD inserted.



	T-Safe	Flexi-T +380	Flexi-T +300	Flexi-T 300
Amount of copper	380 mm ²	380 mm ²	300 mm ²	300 mm ²
Reliability	>99%	>99%	99%	99%
Protection for	10 years	5 years	5 years	5 years
Special features	uterus ≥6cm	uterus ≥6cm	uterus ≥6cm	uterus ≥5cm
Website	T-SAFE.BE	FLEXI-T.BE	FLEXI-T.BE	FLEXI-T.BE

How it works and insertion

A copper IUD can be inserted easily by a gynaecologist or healthcare provider.
The IUD works in two ways:

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

After insertion, you are immediately protected from becoming pregnant for five to ten years.

Follow-up

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

Also as morning-after method

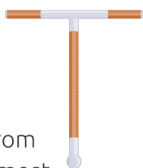
A copper IUD also works as a morning-after IUD if inserted within five days of unprotected sex. A copper IUD is the most effective form of emergency contraception.

T-Safe en Flexi-T IUDs

T-Safe and Flexi-T are reliable hormone-free, copper IUDs, 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.

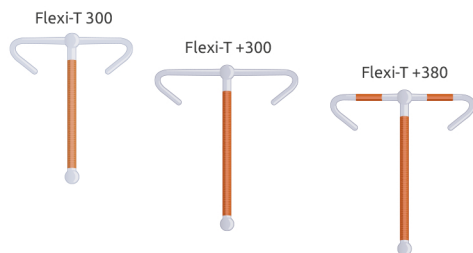
T-Safe

T-Safe is T-shaped and is made from plastic and copper. T-Safe is the most reliable IUD and meets the highest quality standards. T-Safe remains effective for ten years, but can also be used between two pregnancies.



Flexi-T

Flexi-T is T-shaped with curved corners for optimal fit and is made from plastic and copper. The three Flexi-T versions all remain effective for five years.



Flexi-T 300

Flexi-T 300 is the smallest available copper IUD. It contains less copper and is suitable for women with a smaller uterus.

Flexi-T+300

Flexi-T +300 is the larger version of Flexi-T 300. Flexi-T +300 contains the same amount of copper and, as it is a standard size, is suitable for women with a larger uterus.

Flexi-T +380

Flexi-T +380 contains a larger amount and a different distribution of copper on the IUD. Flexi-T +380 is a standard size and is suitable for women with a larger uterus.

Carevix

Carevix is a gentle, female-friendly solution for pain during the insertion of an IUD. Carevix uses suction technology to grasp the cervix, reducing the pain and bleeding commonly caused by the traditional tenaculum. Ask your healthcare provider about the options.