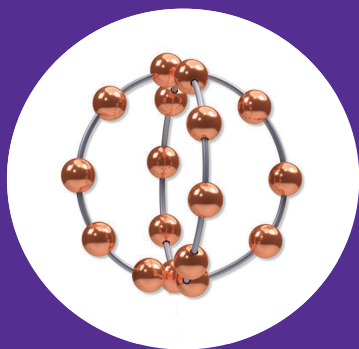




SHAPED FOR YOU



THE NEW GENERATION OF
HORMONE-FREE CONTRACEPTION

patient leaflet English

THE NEW GENERATION OF HORMONE-FREE CONTRACEPTION

Ballerine is a new, reliable, hormone-free intrauterine device (IUD). It works in a similar way to other copper IUDs and is effective for 5 years. The Ballerine is 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.



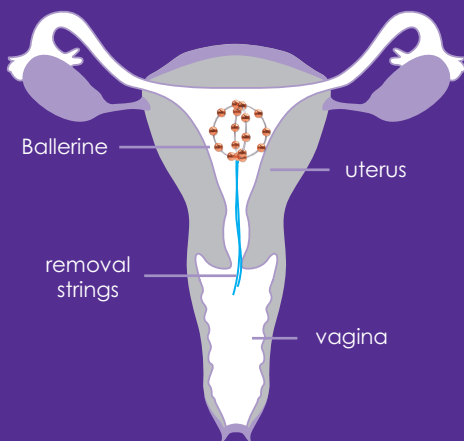
The IUD can be used by women of reproductive age. Ballerine is easy to insert because of its very thin applicator tube, which also makes it suitable for young women who have not yet given birth. The Ballerine's unique and flexible 3D shape makes it an excellent alternative for women who do not respond well to other copper IUDs.



Ballerine
actual size
(Ø15 mm)

HOW IT WORKS

The Ballerine consists of a number of little copper pearls strung around a flexible frame that has 'shape memory'. The pearls have a copper surface of 300 mm². Once the frame is released from the applicator tube, it curls up into a sphere in the uterus. This shape enables the Ballerine to always find its ideal position in the uterus. The fact that Ballerine's applicator tube is thinner than those of other IUDs makes it easier to insert.



As soon as the Ballerine is placed in the uterus, its pearls start to gradually release small amounts of copper. This does the following:

- paralyses sperm cells
- prevents sperm from fertilising the egg
- prevents the egg from implanting in the uterus

The Ballerine works in a similar way to other copper IUDs and provides reliable contraception for 5 years.

SIDE EFFECTS

In the first three months after the Ballerine has been inserted, some women may experience side effects. Most women have little to no problems with their IUD, but other women experience side effects, such as:

- intense, longer and/or irregular menstruation
- (sometimes intense) cramps
- intermenstrual bleeding

After these three months, your body will become accustomed to the IUD and your natural cycle resumes.

Do not use Ballerine in case of*:

- unexplainable vaginal bleeding
- an active infection in the lower pelvis
- an abnormality of the uterus
- Wilson's disease
- an allergy to copper

Ballerine is less suitable for women who tend to menstruate heavily and suffer from this.

* This brochure is a supplement to the patient information leaflet. Always read the patient information leaflet before having your Ballerine inserted.



REIMBURSEMENT & COSTS

Contraception is not covered by basic health insurance for women over the age of 21, who therefore require supplementary insurance to cover it. However, the insertion of an IUD is covered when performed by a GP. Ask your health insurer about what they cover when this procedure is performed by a gynaecologist or midwife. Be advised to check your 'own risk' status.

Ballerine is available at your pharmacy and can also be ordered via www.ballerine.nl. The purchase price is € 119.





Titus Health Care BV
info@titushealthcare.nl
www.titushealthcare.nl
+31 (0)20 722 0825

WWW.BALLERINE.NL

3D

Innovative 3D spherical IUD



Hormone-free

**3,2
mm**

Thin applicator tube: 3,2 mm

99%

Reliability: 99%

**5
jaar**

Effective for 5 years