



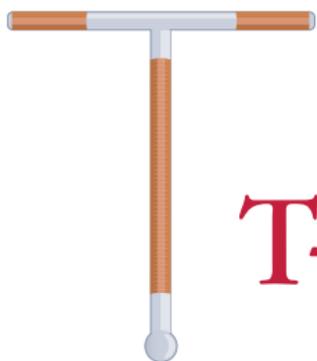
**HORMONE-FREE**

Free to be who you are

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*T-Safe*<sup>®</sup>

T-SAFE IS THE MOST FREQUENTLY USED  
COPPER IUD IN THE NETHERLANDS



*T-Safe*<sup>®</sup>

## T-Safe – hormone-free contraception

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T-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 T-Safe IUD is T-shaped and is made from plastic and copper. T-Safe also works as emergency contraception if inserted within five days of unprotected sex.

## Did you know that...

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- T-Safe is the most frequently used copper IUD in the Netherlands?
- T-Safe is the most reliable copper IUD?
- T-Safe meets the most stringent quality standards?
- The Dutch College of General Practitioners recommends a T-shaped copper IUD?
- T-Safe remains effective for as long as ten years?

## How it works

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T-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 ten years. T-Safe can also be used between two pregnancies.

## Follow-up

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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 T-Safe use

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

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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 resumes. A small number of women will continue to suffer higher blood loss during menstruation.

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

## Using a menstrual cup

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**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

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You can purchase T-Safe from the pharmacy.

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

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

# HORMONE-FREE CONTRACEPTION

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

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**>99%** RELIABILITY

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PROTECTION FOR **10 YEARS**

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



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