

Comparing IUDs: Copper, Mirena, Kyleena, and Jaydess at a glance

Type of IUD (images not to scale)	Copper	Mirena® DIN: 02243005	Kyleena® DIN: 02459523	Jaydess® DIN: 02408295
Cost	\$95+*	\$350+*	\$350+*	\$290+*
Lasts for	Up to 5 or 10 years (depending on model)	Up to 5 years	Up to 5 years	Up to 3 years
Hormones?	None	Yes, 20 µg LNG ¹ (average released daily)	Yes, 9 µg LNG ¹ (average released daily)	Yes, 6 µg LNG ¹ (average released daily)
Failure Rate with typical use, in 1st year of use (approx.)	8 pregnancies per 1000 users	2 pregnancies per 1000 users	2 pregnancies per 1000 users	4 pregnancies per 1000 users
Advantages	-Very cost effective over time. -After removal, return to baseline fertility is immediate. -A copper IUD may be used by those who cannot/do not want to use hormonal methods. -Ovulation is not effected in users. The Copper IUD may also be used for emergency contraception w/i 7 days of intercourse.	-After removal return to baseline fertility is rapid. -Decreases menstrual cramping and blood loss. -Some users experience a total loss of menstrual bleeding. This is safe. -Can reduce endometriosis pain and be used by postmenopausal users to reduce risk of endometrial cancer. -Can be used by those who cannot/do not wish to use estrogen containing methods including breastfeeding users.	-After removal return to baseline fertility is rapid. -Can be used by those who cannot/do not wish to use estrogen containing methods including breastfeeding users. -In most users, there is a trend over time towards less frequent and shorter episodes of bleeding -Same physical frame size as the Jaydess and smaller than Mirena	-After removal, return to baseline fertility is rapid. -Can be used by those who cannot/do not wish to use estrogen containing methods including breastfeeding users. -Users likely have a gradual reduction in amount/ number of bleeding days. -Smaller physical frame size than the Mirena. -Lowest amount of hormone of all IUDs
Possible Side Effects (Note: Not all users experience side effects. If a user does experience side effects, they often lessen over time)	-Number of bleeding days or flow is higher than typical. -Users may experience an increase in menstrual cramping -There may be an increase/change in vaginal discharge	-Irregular/unpredictable bleeding in the first 3-6 months -1-10% chance of progestin related side effects including acne/oily skin, breast pain, nausea, headaches, hair loss, ovarian cyst, vaginal discharge, and/or mood changes.	-Irregular/unpredictable menstrual like bleeding during the first 3-6 months -1-10% chance of progestin related side effects including acne/oily skin, nausea, headaches, breast, ovarian cyst, vaginal discharge and/or mood changes	-Irregular/unpredictable menstrual like bleeding during the first 3-6 months -1-10% chance of progestin related side effects including acne/oily skin, nausea, headaches, breast, ovarian cyst, vaginal discharge and/or mood changes

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Sources: Managing Contraception 2013 and Bayer CFS product monographs

* Cost of IUD will vary between pharmacies. We always recommend comparing prices before purchasing. LNG containing IUDs are covered by many extended drug plans but Copper are not. In the event of failed insertion, expulsion or other complications, the cost of the device is not refundable

More info on other side →

IUDs

There are two types of IUDs (Intrauterine devices) available in Canada.

Copper (Liberté IUDs \$75)	Hormonal (Mirena + Kyleena approx \$400.00)
They are made of plastic and copper	They are made of plastic and release a hormone called levonorgestrel (progesterone).
They prevent fertilization of the eggs by the sperm. They can also prevent a fertilized egg from attaching to the uterus by interfering with the uterus lining.	They prevent fertilization of the eggs by the sperm by thickening cervical mucus. They can stop a fertilized egg from attaching to the uterus by interfering with the uterus lining.
They are very effective with about 1 in 100 women getting pregnant each year.	They are extremely effective, only about 1 in 1000 women get pregnant each year.
Periods become heavier, longer, and more painful by 20-50% for each woman. After 3 months, they get easier. There may be spotting in the first month.	There may be irregular bleeding in the first three months, then periods usually get lighter than normal. Some women's periods disappear completely.
There are no side effects outside the uterus.	The hormone used is 1/3 – 1/8th the dose in birth control pills (depending on type), so it seldom causes hormonal side effects. About 3% stop using it because of depression or sexual changes, 2% because of acne, and 1% because of weight gain.
Liberté UT lasts 5 years and Liberté TT lasts 10 years	Mirena and Kyleena last 5 years.
Can be replaced by our clinic at no charge if it comes out or has shifted out of position	Bayer will replace the IUD at no charge, if it comes out or has shifted out of position
within 6 weeks after insertion.	6 weeks after insertion
Effective as emergency contraception if inserted within 7 days after unprotected sex	NOT effective for emergency contraception

The doctor puts the IUD inside your uterus. The doctor will put some freezing into your cervix, measure the size and insert the IUD. You will have a pinching feeling and then a sharp cramping pain which lasts a few minutes. Some women may experience some dizziness, sweating and/or nausea after the insertion. All women will be asked to rest in the clinic for at least 10 minutes after the insertion to ensure that they are safe to leave. IUDs are usually put in during or within the first two weeks after a period or towards the end of the bleeding after childbirth, abortion, or miscarriage.

There is about 5% chance of the IUD coming out (expulsion), a 1% chance of pregnancy and a 1/1000 chance of perforation (hole in your uterus) from the IUD, which will heal after about 2 weeks. There is a < 1% chance of migration.

PLEASE READ OTHER SIDE

WHAT TO WATCH FOR

Infection is slightly more likely in the first two weeks after the IUD is inserted. If you have fever or chills, a smelly discharge from your vagina, or unusual lower abdominal (belly) pain that does not feel like cramps, you should see a doctor as these may be signs of infection.

If you get pregnant, see a doctor. The doctor will take the IUD out right away, whether you decide to keep the pregnancy or not. IUDs do not cause tubal or ectopic pregnancies but they do not prevent them as well as they prevent normal pregnancies. If you are pregnant with an IUD in place, you will be checked for ectopic pregnancy.

WHAT TO EXPECT AFTER YOUR IUD INSERTION

COPPER IUD

Your period will get about 20 – 50% heavier, longer and be more painful. This usually gets easier after 3 months. You can expect to have some cramps and bleeding/spotting (on and off bleeding or brown discharge) in the first few months. This may be worse in the first 1 – 2 weeks. Treat the cramps with ibuprofen or Tylenol and a heating pad.

If a woman decides that she wants the IUD removed it is usually because the cramping and bleeding does not get better after 3 months.

You can expect your regular period to come at its usual time.

MIRENA, AND KYLEENA

You can expect to have some cramps and bleeding/spotting (on and off bleeding or brown discharge) in the first few months. This may be worse in the first 1 – 2 weeks. Treat the cramps with ibuprofen or Tylenol and a heating pad or hot water bottle.

After the first three months, your period will usually get lighter than normal and may disappear completely.

FOLLOW UP

If you would like to have an ultrasound in 5 – 6 weeks to confirm the IUD is properly placed or to talk about any questions or concerns you may have, you can book a check-up appointment at the time of your IUD insertion.

If you choose to not come for a follow-up:

After your first period or in about one month you should check to see if you can feel the IUD string by putting your finger inside, to the top of your vagina. If you can't feel the string or if you feel any hard plastic, check with a doctor. If you don't want to check the string yourself, book an appointment with your regular doctor or with us.

Note: Bayer (Mirena, Kyleena) will replace the IUD at no charge if it comes out or has shifted out of position within 6 weeks after insertion. Copper IUD's can be replaced by