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## Get to know the IUD

This small, t-shaped piece of plastic gets inserted into the uterus by a medical professional. Once it's in, it works for years without having to do a thing (no more daily reminders to take your pill!) and you can get it removed whenever you want.

## How does it work?

There are IUDs with progestin (a hormone) and one made of copper (no hormone). The copper IUD which has no hormones will not stop your period, but both work with your body to mess with how sperm move and stop them from meeting up with an egg.

## Will it hurt?

Some people may experience cramping during the insertion process (which takes about 5 mins). Some people have discomfort for a day or two after the insertion but others don't. Not everyone is going to have the same experience so depending on your pain tolerance it could vary.

## Are there side effects?

Progestin IUDs can decrease or even stop bleeding, which some women love. Spotting, cramps and backaches are the most common side effects just after insertion.

## What people like

It's invisible and it works without you having to think about it.  
Low maintenance!