|  |  |  |
| --- | --- | --- |
|  | * hormonal | * copper |
|  | the Hormonal IUD has an efficacy rate of 99.8% in both typical and perfect use   * They thicken cervical mucus, which makes it harder for sperm to pass into your uterus. * They help prevent sperm from binding to an egg and attaching in your uterus. | The Copper IUD has an efficacy rate of 99.2% with typical use |
| * adv | Lower the risk of certain cancers: **The hormones in the IUD may reduce the risk of some cancers, including cancer of the endometrium, which is the lining of the uterus.**   * More expensive * Up to 5 years * and also treat heavy menstrual bleeding | * Can be used for emergency contraception if inserted within five days after unprotected sex * **Longer lasting**: While both copper and hormonal IUDs can work for many years, copper IUDs should prevent pregnancy for at least 10 years. |
| * Side effects | * pelvic pain, * vaginal itching or infection, * **irregular menstrual periods,** * **changes in bleeding patterns or flow,** * stomach pain, * nausea, * vomiting, * bloating, * headache, * depression, * mood changes, * back pain, * breast tenderness or pain, * weight gain, * acne, * changes in hair growth, * loss of interest in sex, and * puffiness in your face, hands, ankles or feet | * Bleeding between periods * Cramps * **Severe menstrual pain and heavy bleeding** * **Heavier periods**: Some people experience heavier periods with a copper IUD. Therefore, these IUDs may not be a good choice for people who have painful periods or [endometriosis](https://www.medicalnewstoday.com/articles/149109.php) * **Copper allergies**: People who have an allergy to copper or Wilson’s disease cannot safely use copper IUDs. * a longer period * backaches and cramps when you’re not having a period |
| * contra | with pelvic infections, uterine distortions, unexplained vaginal bleeding, and cervical or endometrial cancer. | * Have uterine abnormalities — such as large fibroids — that interfere with the placement or retention of ParaGard * Have a pelvic infection, such as pelvic inflammatory disease * Have uterine or cervical cancer * Have unexplained vaginal bleeding * Are allergic to any component of ParaGard * Have a disorder that causes too much copper to accumulate in your liver, brain and other vital organs (Wilson's disease) |

<https://www.contraception.org.au/long-acting/how-do-i-decide-between-the-copper-and-hormonal-iuds/#:~:text=The%20Copper%20IUD%20doesn't,directly%20into%20your%20reproductive%20system>.

<https://www.rxlist.com/mirena-drug.htm>

