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| --- | --- | --- |
|  | * 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>

