

Discover the birth control you've been looking for

*Highly reliable. Virtually hassle-free.
Totally hormone-free.*



ParaGard^{T 380A}♀
intrauterine copper contraceptive

Over 70 million women worldwide use a nonhormonal IUC like ParaGard®.

Millions of women with different lives and different needs have all chosen ParaGard® intrauterine contraceptive (IUC).

Why? Because it's one of the most effective forms of birth control available. But, unlike the Pill (and patch, ring, and shots), it's hormone-free. It's great for women who prefer not to use hormones or can't for health reasons.

It's also virtually hassle-free. No more daily or weekly routines, just a simple monthly self-check. So it's good for the busy woman who's got a lot going on. In other words, pretty much every woman.

Of course, even though it's ideal for many women, ParaGard® isn't for every woman. Ask your healthcare professional if it's the right fit for your life.

ParaGard® by the numbers

- 99.4% effective
- Up to 10 years of protection
- Zero hormones

What are you looking for?

Birth control is a personal choice—and your needs are just as unique as you are. So use this guide to help find what matters to you most.

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So small. Such a big difference.

ParaGard® IUC is amazingly small. And, after insertion, amazingly simple to use. ParaGard® is

- **99.4% effective**—without having to remember to take a pill, change a patch, or put in a ring
- **Hormone-free**
- **Hassle-free**—no birth control regimens to fit into your schedule, just a simple monthly self-check
- **Safe**—used for over 20 years by millions of women
- **Flexible**—use ParaGard® for as long as you and your healthcare professional choose: 1 year, 3 years, 5 years, even up to 10
- **Long-term but easily reversible**—as effective as having your tubes tied, but you can change your mind. Just have ParaGard® removed at any time by your healthcare professional
- **Easy on your budget**—if you plan to use birth control for at least 2 years, an IUC is the least expensive option available

ParaGard® is a simple T-shaped piece of soft, flexible plastic wrapped in natural copper, designed to fit in the uterus. (Shown actual size.)



How do the benefits of ParaGard® compare?

	No hormones	No daily or weekly routine	Over 99% effective with typical use	No surgery	STD protection
ParaGard®	X	X	X	X	
Pill				X	
Patch				X	
Vaginal ring		X		X	
Shots		X	X	X	
Tubes tied	X	X	X		
Condom	X			X	X

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All of the birth control. None of the hormones.

Pill, patch, ring, shots—they all work because of hormones. But if you can't take hormones—or simply don't want to—ParaGard® is a really effective birth control choice. ParaGard® is totally hormone-free, yet it gives you 99% efficacy. And, because it works without hormones, your body continues its natural cycle every month.

Being hormone-free also makes ParaGard® a good choice for nursing moms, who want to avoid having hormones in their breast milk.

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Spend time on your life, not your birth control

You're a busy woman. Too busy to put so much time into your birth control. Remembering to get it, refill it, and use it. Too busy to squeeze in another trip to the drugstore, or another chore into your mile-long to-do list.

Sometimes, birth control just isn't easy to fit into your routine. And that means you may not be getting all the protection you need.

But ParaGard® is different. Once it's inserted by your healthcare professional, it starts working immediately. And you can keep it in for as long as you need it—from 1 up to 10 years.

Plus, you have the flexibility to change your mind. Just have ParaGard® removed anytime you and your healthcare professional choose.

Remember—ParaGard® does not protect against HIV or other sexually transmitted diseases (STDs). Only condoms do.

Please see Important Safety Information.

Freedom to change your mind

Maybe you're done planning your family for now. Or maybe a family isn't part of your plan at all. Millions of women have had their tubes tied (tubal ligation). But about 1 in 4 women who did say they wish they could get it reversed.

ParaGard® gives you more flexibility. You can use it for anywhere from 1 year all the way up to 10 years. You can decide to have ParaGard® removed by your healthcare professional at any time. Which is great, because life is unpredictable.

And ParaGard® is completely reversible. Once it's removed, it doesn't affect your ability to get pregnant.



New baby, new rules

A baby changes everything. Right down to your birth control needs. But ParaGard® is a great option for new moms, because it's

- **Hormone-free**
That's why The American College of Obstetricians and Gynecologists recommends it as a choice for breast-feeding mothers.
- **Hassle-free**
Just a simple self-check once a month.
- **Reversible at any time**
Your healthcare professional can remove ParaGard® should you want to get pregnant.
- **More than 99% effective**
ParaGard® is one of the most effective birth control methods available. That gives you peace of mind, so you can focus on your new family.

Effectiveness—as long as you want it

ParaGard®	TUBES TIED (TUBAL LIGATION)
Simple, in-office procedure; no surgery or anesthesia	Surgery and anesthesia
Reversible; can be removed at any time	Reversal surgery is costly and success is not certain
Long-term protection, up to 10 years; then discuss getting a new ParaGard® with your healthcare professional	Permanent protection

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ParaGard® Q&A

Q How does ParaGard® work?

A ParaGard® works primarily by preventing sperm from reaching the egg and fertilizing it. It may also prevent the egg from attaching to the uterus. ParaGard® does not alter your body's natural menstrual cycle.

Q When does it start working?

A Right away, as soon as your healthcare professional inserts it.

Q Is it OK to have copper in my body?

A Yes. ParaGard® doesn't raise the level of copper naturally found in your body. In fact, the copper released daily by ParaGard® is less than the amount of copper found in the foods you eat on an average day.

Q Will I feel it? Will my partner feel it?

A No. It's designed to fit comfortably in your uterus. Neither you nor your partner should feel it. Also, ParaGard® doesn't interfere with tampons.

Q Do I have to use ParaGard® for 10 years?

A ParaGard® is effective for up to 10 years, but gives you the flexibility to change your mind. You can use it for 1 year, 2 years, 5 years—however long you and your healthcare professional choose.

Q Does ParaGard® protect against sexually transmitted diseases?

A No. Only condoms protect against STDs.

Q Can I use ParaGard® if I'm breast-feeding?

A Yes. Unlike other methods, it's hormone-free. In fact, The American College of Obstetricians and Gynecologists recommends it as a choice for nursing mothers.

Q How does ParaGard® compare in price with other birth control methods?

A If you plan to use birth control for at least 2 years, an IUC is the least expensive option available.

Q Where can I get ParaGard®?

A You can get ParaGard® from your healthcare professional. Or after speaking with your healthcare professional, you may order ParaGard® yourself, as long as you know your healthcare professional's telephone or fax number. Your ParaGard® will be delivered to your healthcare professional's office. To order your ParaGard® by phone, call 1•877•ParaGard (727•2427).

Q How do I pay for ParaGard®?

A Many health insurance companies cover ParaGard®. Call your provider to see if they cover ParaGard®. If your provider doesn't cover ParaGard®, or if you don't have insurance, the ParaGard® Patient Payment Plan lets you pay for ParaGard® with 12 monthly payments. Call 1•877•ParaGard (727•2427) for more details.

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What else you should know about ParaGard®

What to expect

If you decide to use ParaGard®, your healthcare professional will place it in your uterus during a routine office visit. It should only take a few minutes. You might feel some mild cramping or a pinching sensation. You may feel slightly faint or dizzy for a few moments.

Once ParaGard® is inserted, you shouldn't even know it's there (and neither should your partner). All you have to do is check the threads every month.

The most common side effects of ParaGard® are heavier and longer periods or spotting between periods, which usually subsides after 2-3 months.

When to talk to your healthcare professional

ParaGard® is different from the birth control methods you may know. But just like them, ParaGard® affects some women differently. And, complications may occur from placement. So call your healthcare professional if you experience any of the following:

- Signs or symptoms that make you think you could be pregnant
- Pelvic pain or pain during sex
- Unusual vaginal discharge
- Unexplained fever
- A missed period
- Severe or prolonged vaginal bleeding
- Exposure to any STDs, or if you or your partner have become HIV positive
- If you can't feel your ParaGard® threads during your monthly self-check, if the threads feel much longer, or if you feel any other part of ParaGard® besides the threads

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Is ParaGard® right for you?

If any of these statements apply to you, talk with your healthcare professional about ParaGard®.

- ☐ I want hormone-free birth control that's highly effective.
- ☐ I have hormonal side effects with my current birth control.
- ☐ I don't want to have to think about my birth control every day—or even every week.
- ☐ I prefer not to take hormones or can't for health reasons.
- ☐ I'm taking a medication that may reduce the effectiveness of my hormonal birth control.
- ☐ I want birth control that's safe to use while I'm breast-feeding.
- ☐ I want long-term—but not permanent—birth control.
- ☐ I want birth control that I don't have to remember to take or refill.

Important Safety Information

ParaGard® does not protect against HIV or STDs. You may have heavier or longer periods or spotting between periods, which usually subsides after 2-3 months. Complications may occur from placement. You must not use ParaGard® if you have pelvic inflammatory disease (PID) or engage in behavior putting you at high risk for PID, have a history of certain reproductive cancers or infections, have Wilson's disease, or might be pregnant.

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Please see Product Information at www.paragard.com.

Find out more about the birth control that fits your life.

Freedom. Flexibility. And one of the most effective forms of birth control. Just a few reasons why millions of women have chosen ParaGard[®] for their birth control. And why you should find out more.

Only your healthcare professional can tell you if ParaGard[®] is right for you, but visit us at **paragard.com** or call **1•877•ParaGard (727•2427)** for more information, support, and resources to help you make your decision.

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