



THE IUCD

HOW TO USE THE IUCD BOOKLETS: IMPORTANT INFORMATION FOR NURSES/FIELD WORKERS

1. Why were these booklets prepared?

These simple booklets on the IUCD are to help women to use this method of family planning safely and correctly. Once it is inserted, the IUCD can provide years of protection against pregnancy. Years of use of the IUCD in countries around the world have proven that this method is highly effective in preventing pregnancy.

2. When to use these booklets?

These booklets are for you to use every time you explain about the IUCD to a new user or a potential user of this method, even if the client cannot read. It is important that you take a few minutes to carefully explain the messages to her.

3. How were these booklets prepared?

Every picture and message in this booklet has been tested in Nigeria with women who have had little or no schooling. This was done to ensure that every client interested in using the IUCD will be able to understand the messages in the booklet.

4. How to use these booklets to help explain to your clients about the IUCD.

Use a copy of this booklet every time you talk to a new client about the IUCD. Showing the woman the pictures while you explain to her about the method will make her see what she needs to know. The pictures will reinforce the information you are telling her. During your explanation, encourage the woman to ask questions if there are points she does not understand. This will help you to be sure that the client understands the information.

When using the booklets, GO THROUGH EACH PAGE ONE BY ONE WITH THE CLIENT. You can discuss any messages that seem unclear in greater detail. When you explain a message, point to the picture as you talk, NOT to the words which appear at the bottom of the page. It is the pictures that will help to emphasize and clarify what you are telling the client.

5. Some points to emphasize during your explanation of the IUCD.

◦ The IUCD is a good method of family planning for women who have had at least one child and are in good general health.

◦ It is important that the woman check for the strings of her IUCD several times during the first month and then every month after her menstrual period. The nurse will explain to her how to check for the strings. (Pg. 8)

◦ Some women will experience some discomfort, such as cramping or lower back pain, after insertion. This is normal and these effects will usually disappear after the first few months of use. (Pg. 11)

◦ If a woman experiences such discomfort, she can use a hot water bottle or hot cloth on her abdomen to relieve the pain or she can take two aspirin. (Pg. 12)

◦ When the woman and her husband decide it is time to have another child, she can return to the clinic to have the IUCD removed. Using the IUCD will not affect her ability to have more children. (Pg. 16)

◦ The IUCD will NOT protect against gonorrhea or other sexually transmitted diseases, and should not be used by women who are exposed to these diseases.

6. Some additional information about the IUCD you should tell your clients.

Some women may experience heavier bleeding, or spotting at times throughout the month when using the IUCD. These are normal side effects and are not a cause to worry. Assure the woman that if she has any concerns about use of the IUCD, she can return to the clinic to talk to the nurse.

If a woman experiences severe pain, or is having an unusual discharge, she should return to the clinic at once where she will be checked to be sure that the IUCD is in the proper place and that she does not have an infection. If she has an infection, she will be given medicine and told what to do.

If a woman should become pregnant while using the IUCD, she should return to the clinic at once where the IUCD will be removed. The IUCD will not hurt the baby, but if it is not removed, there is a greater chance that she will have a miscarriage.

The woman should NEVER try to remove the IUCD herself or have anyone besides a doctor or nurse remove the device. This could cause injury.

The woman should return to the clinic for a routine checkup between one and three months following insertion. However, if she is experiencing severe side effects, she should come back at any time. Otherwise she need not return until it is time to have the IUCD replaced (if it is a Copper T) or she wishes to have the device removed.

It is important to remind the woman that the IUCD will not permanently affect her ability to have more children. However, how quickly a woman becomes pregnant once the device is removed depends on her own body. It is always easier for some women to get pregnant than others.

7. What are some of the advantages of using the IUCD that you can share with your clients?

The IUCD is preferred as a method of family planning by many couples because:

- One insertion can provide several years of protection against unwanted pregnancy.
- There is nothing to interfere with sexual intercourse.
- The IUCD does not interfere with breast-feeding or in any way affect the mother's milk.
- Most side effects associated with use of an IUCD will disappear after the first three months of use.
- The IUCD will not affect the woman's ability to have more children once the device is removed.

8. What should you do before the client leaves the clinic?

- A. Ask her if she has any questions.
- B. As a review, ask the woman to explain to you about using the IUCD.
- C. Make sure she takes a copy of the booklet home with her.
- D. Remind her to keep the booklet in a safe place so that she can refer to it whenever she has a question.
- E. Suggest that she share the booklet with her friends.

D O N ' T F O R G E T !

- * GO THROUGH EACH PAGE ONE BY ONE
WITH THE CLIENT.

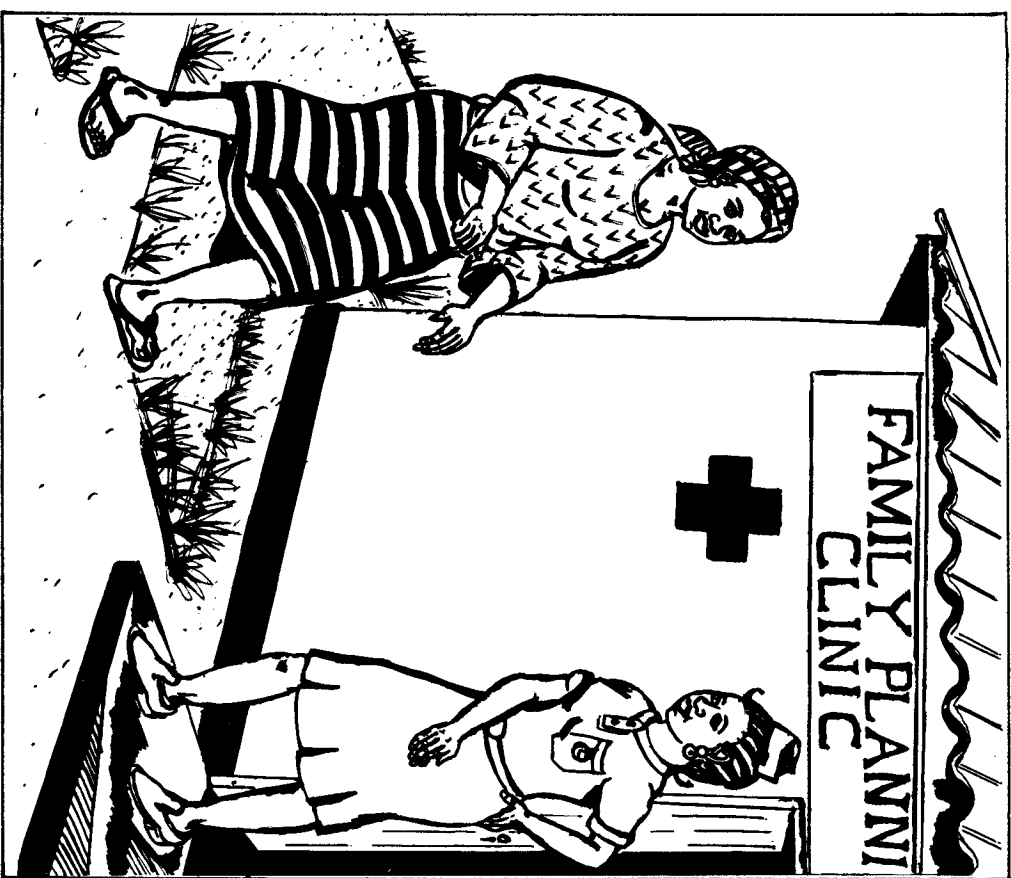
- * GIVE EACH CLIENT AT LEAST ONE
BOOKLET TO TAKE HOME.



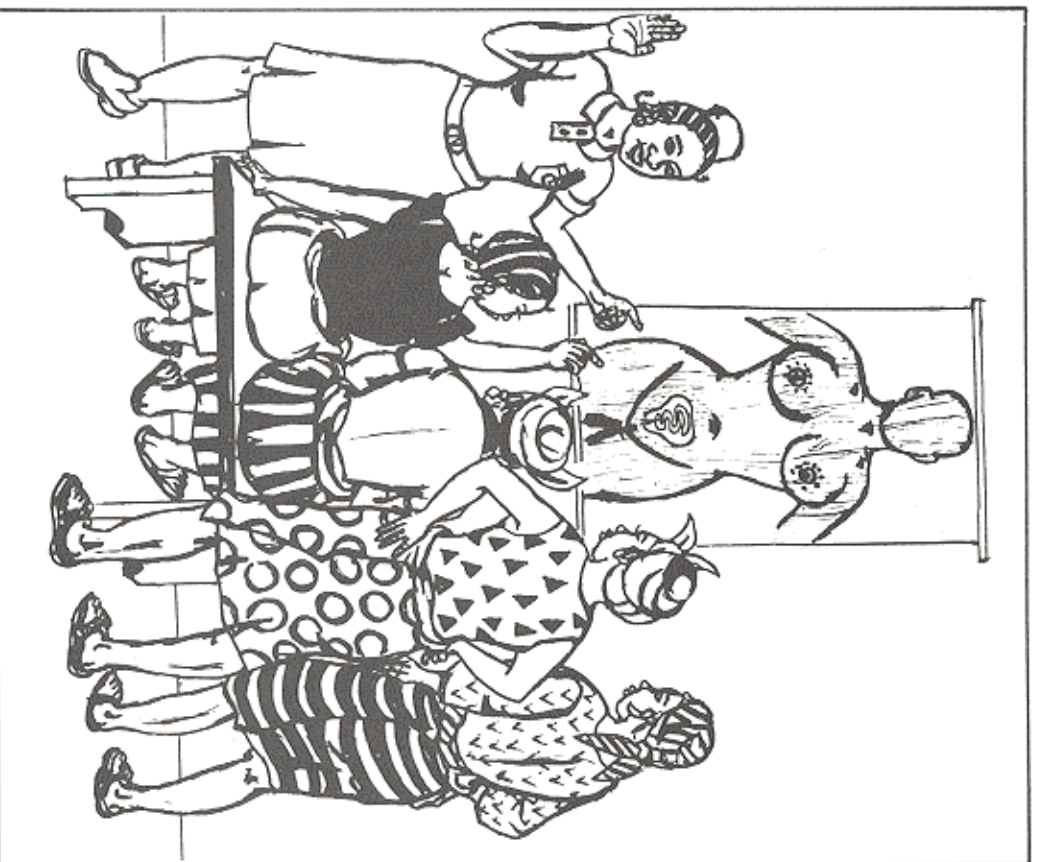
Oṣiṣe ile eṣ'eto si oṃo bibi yi nba tọkọtaya ati awọn
oṃo wọn s'ọrọ nigbati nwọn pada bọ lati oko.



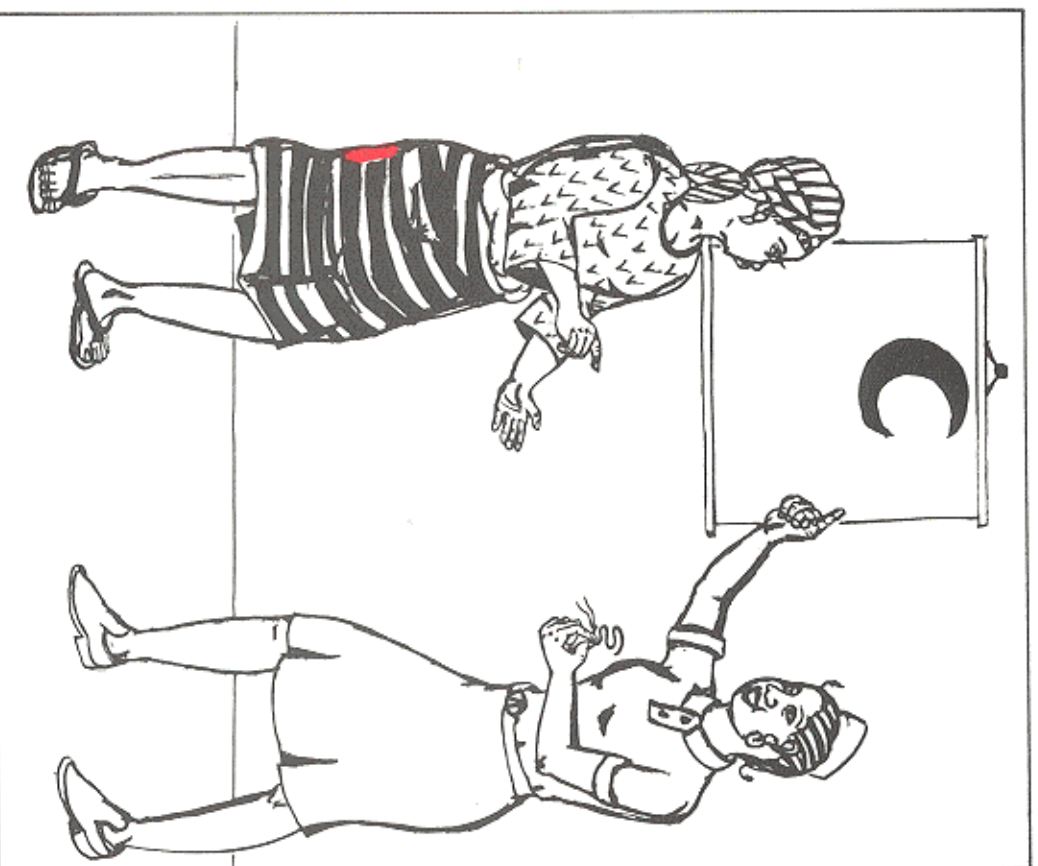
Oşişe ile e'eto si qmç bibi yi nso fun tqçotaya nipa e'ro ti o le wa ni ara obinrin ti ko si ni jeki o l'oyun. Qkç yi şe bi eniti o nişe si qro oşişe yi.



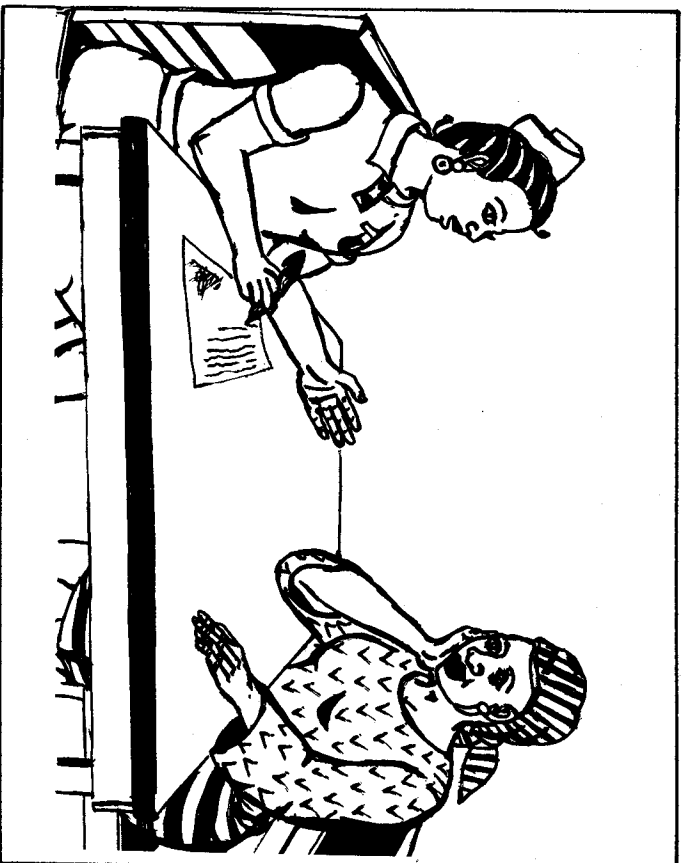
Obinrin yi ti pinu lati lq si ile işe e'eto si qmç bibi.



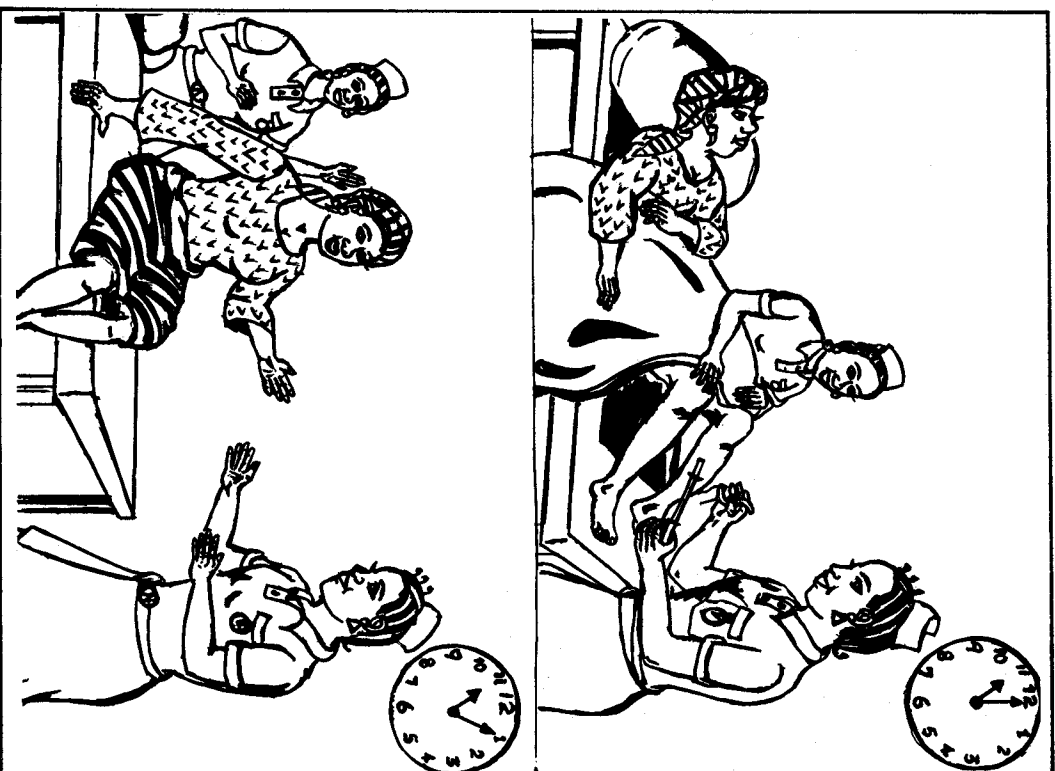
Ni ille iṣe ẹf'eto si ọmọ bibi yi, oṣiṣe ilera fi ibiti ẹ̀pò ọmọ wa ninu ara, ati ibiti a le fi ẹrọ ẹf'eto si ọmọ bibi yi pamo si ninu ẹ̀pò ọmọ han.



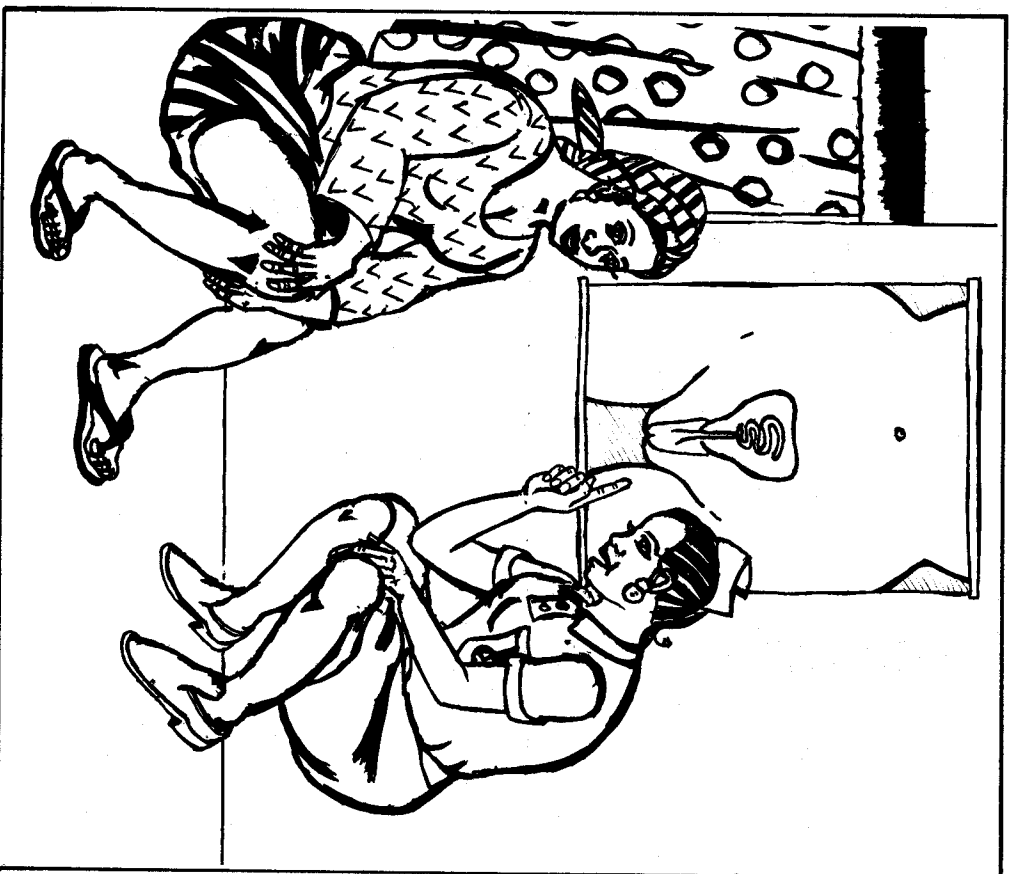
Oṣiṣe ilera sọ fun obinrin yi pe a o fi ẹrọ ẹf'eto si ọmọ bibi yi si inu ẹ̀pò ọmọ nigbati o ba ri nkan oṣu rẹ.



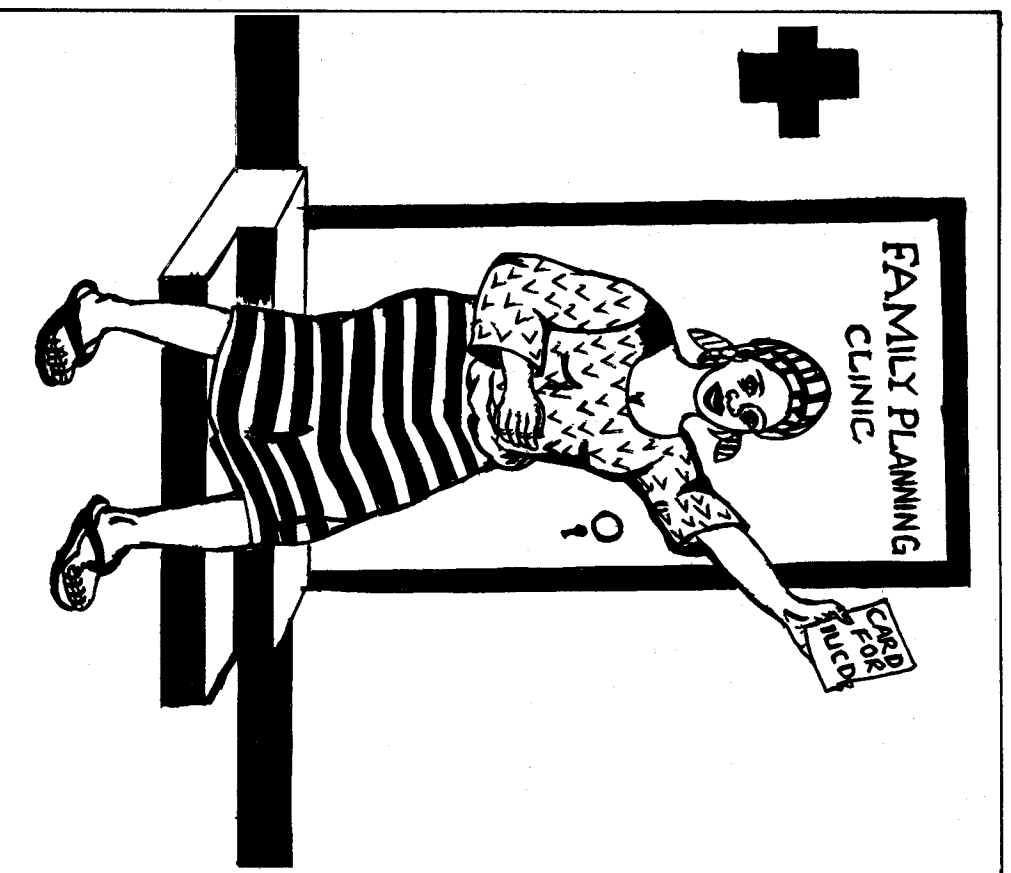
Osişe liera yi sọ diẹ ninu awọn nkan ti o le yọ obinrin lenu lèhin igba ti abba ti fi ẹrọ feto si ọmọ bibi yi si lara. Osişe na ki obinrin yi l'aiya pe ko si ewu rara, alafia ni.



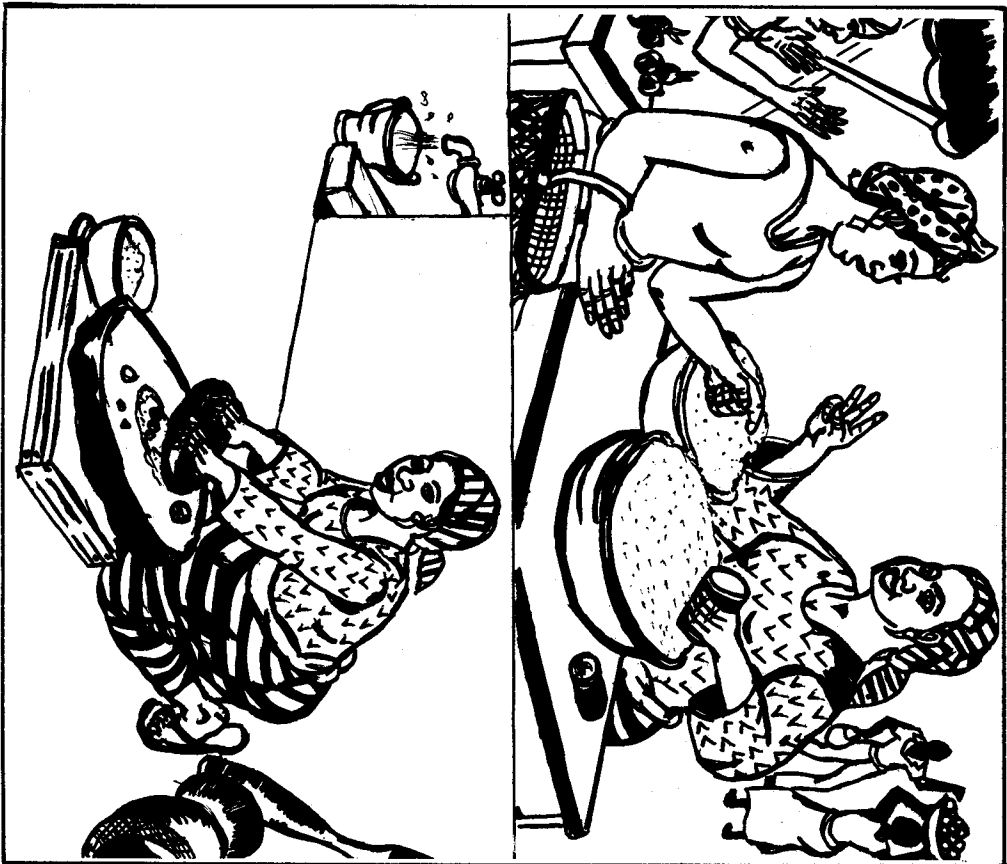
Osişe nọọsi yi fi ẹrọ na si inu àpò ọmọ, osişe liera si şe iranlọwọ. Yio gba işeju marun lati fi ẹrọ ẹf'eto si ọmọ bibi yi sinu ara.



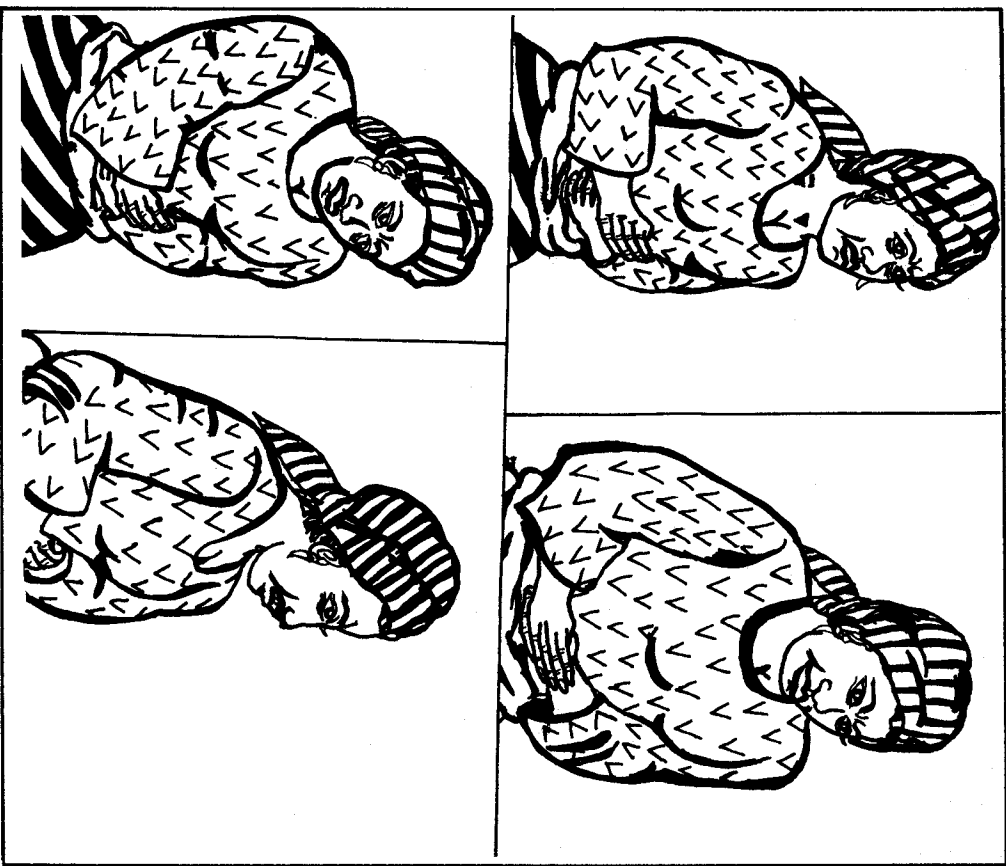
Obinrin ni lati se ayewo okun ero re lati ri wipe o wa ni ayè re. O ni lati wo okun yi ni ekan l'osu kan. Igba ti o dara ju ni lehin ti o ri nkan osu re. Bi ko ba le fi owokan okun yi, ki o pada lo si ile iwosan kiakia lati mo boya ero na wa n'ipo.



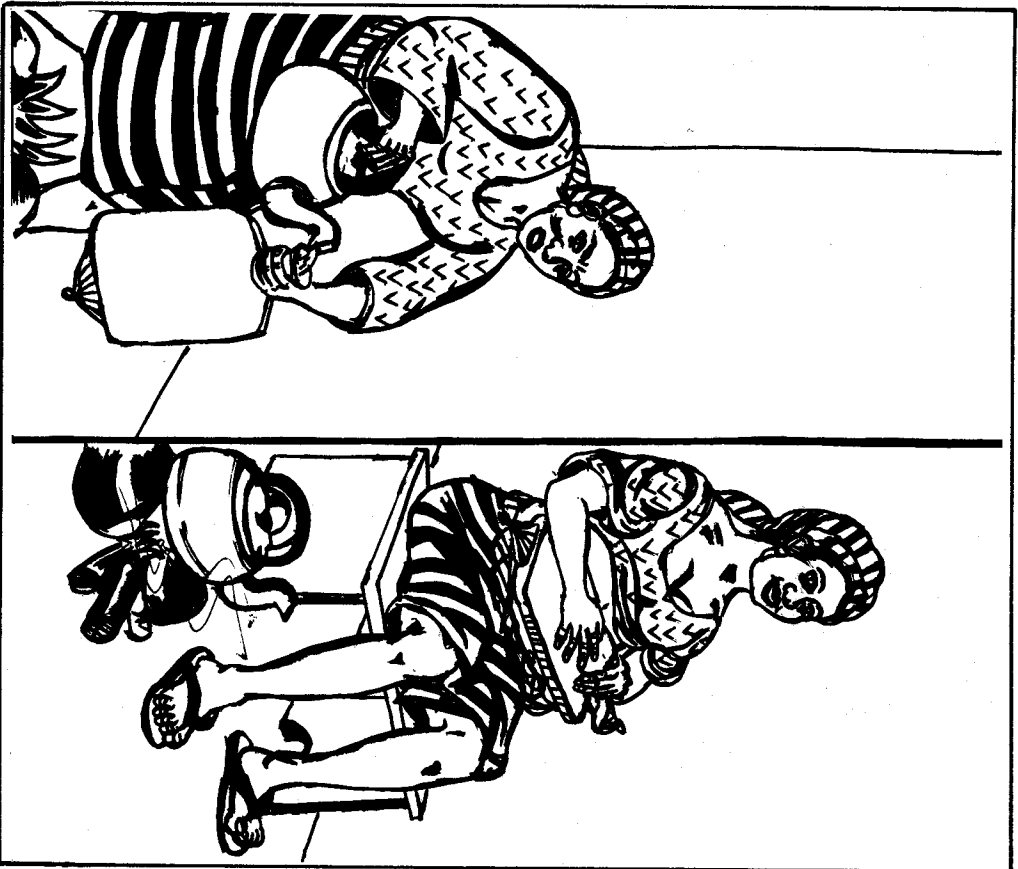
L'ehin ti ero yi ti wa ninu apò omo, obinrin yi fi idunnu kuro ni ile ise e'eto si omo bibi pelu iwe ti yio fi le ma ri osise l'owo re.



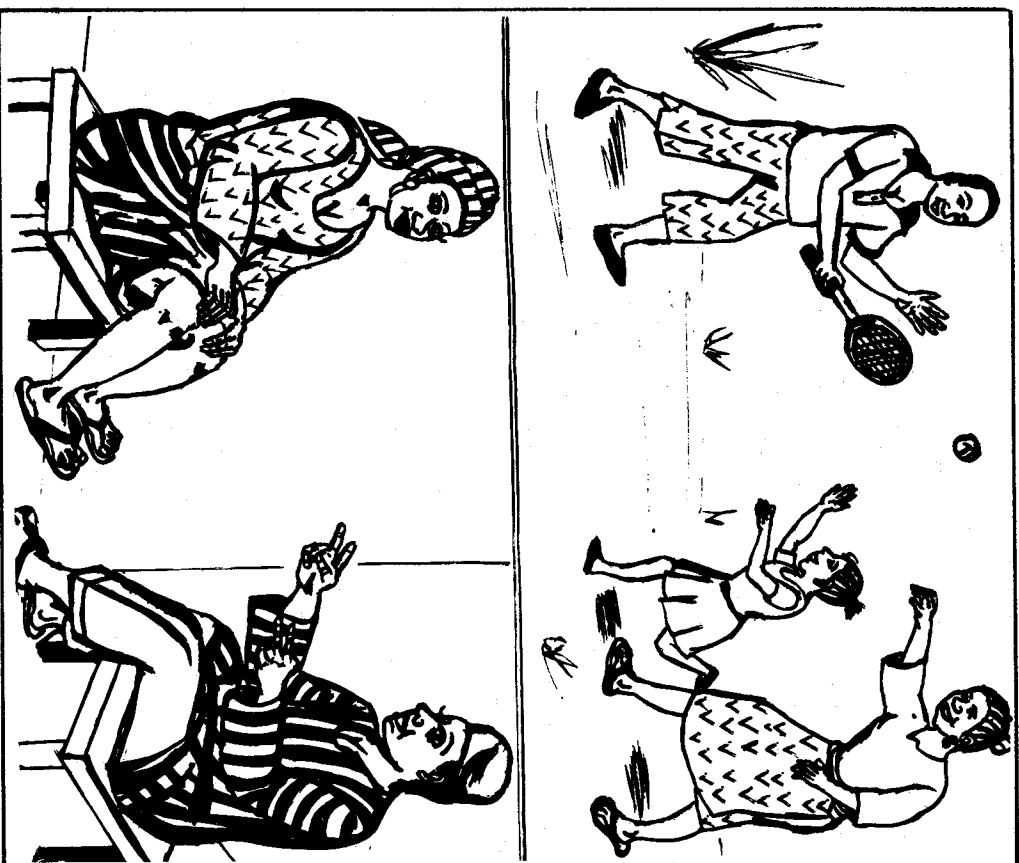
L'èhin igbati èrò yì tí wá nínú árá tán, obínrín yì nba íṣe òjò rẹ̀ lọ.



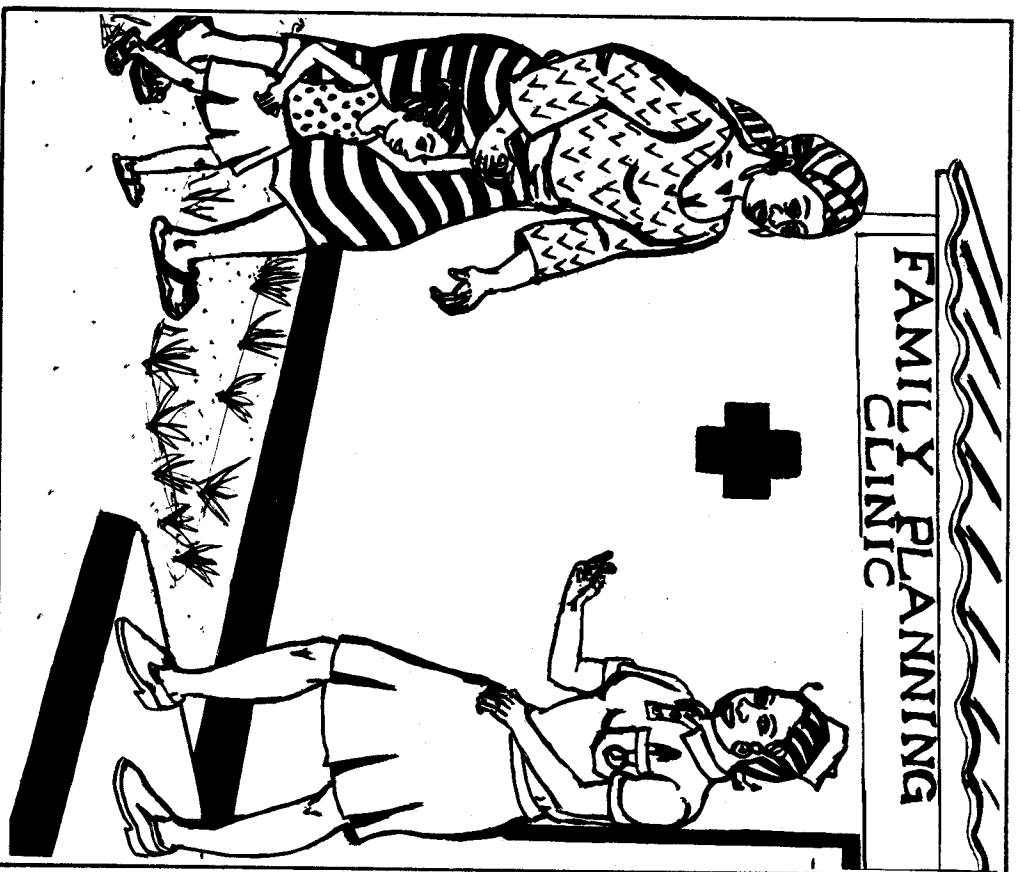
Die nínú awọ́n obínrín lẹ́ maa ní inúrurún àtí èjẹ́ rírí níg-
 bati nwon ba kókó fí èrò èf'eto sí omọ́ bíbí yì sí árá. Eleyí kó
 ní ipalára rára fun awọ́n tí ó nìlọ èrò yì nitoripe iru awọ́n
 wahala yì yíó parẹ́ l'arin oṣu mètá tí èrò yì tí dí illo. Şugbọ́n
 ṣá, bí obínrín ba nni irora l'abẹ́ iru pèlú iba, otutu, tabí om-
 íra, tabí l'yọ́nu omíran, ó ní lati pada lọ sí ilẹ́ íṣe èf'eto sí omọ́
 bíbí ní kíakia fun imọ́ran àtí itọ́ju.



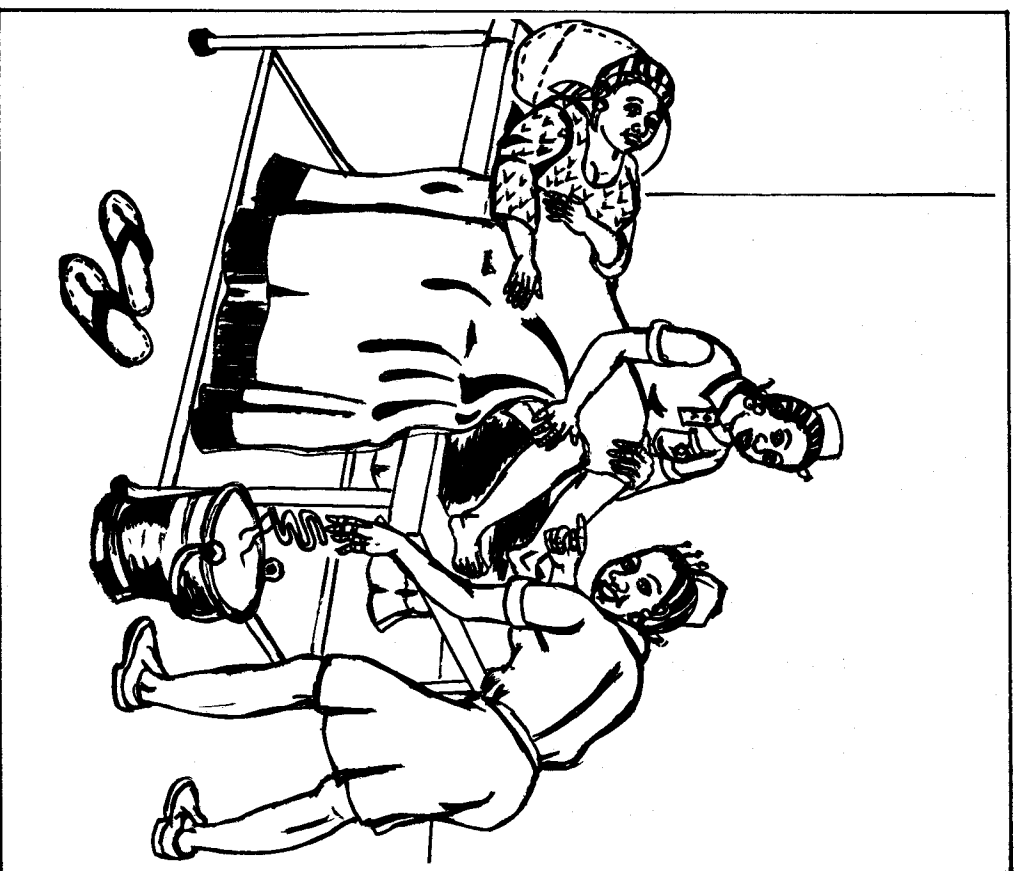
Bi obinrin ba nni inurirun o le fi aṣọ inura si omi gbig-
bona a fi le inu na lati fun ni alafia. O si le mu ogun éfọrì tabi
ara riro lati le irofa rẹ̀ lẹ́.



L'èhin lilo èrọ́ èf'eto si ọmọ́ bibi yì, inu èbí dùn. L'èhin
lilo èrọ́ èf'eto si ọmọ́ bibi yì fun igba díẹ̀, tókótaya yì l'ero
wipe asiko tí to fun wọ́n lati bí ọmọ́ omiran.



Iya pelu omo re rin lo si ile ise e'eto si omo bibi lati lo
 yo ero e'eto si omo bibi ti o wa l'ara re.



Osişe nqosi yi yo ero e'eto si omo bibi na, o si so nu.
 Yiyo na kii saaba mu irota da ni. Ko si gba ju iseju die lo.



Èbí tun ni ayọ pẹlu iya ti o tun ti l'oyun l'ẹhin ti abigbẹhin rẹ ti d'agba dara dara. Niwọn igbati ẹrọ ẹf'eto si ọmọ bibi yi ti jẹ yi yọ, obinrin na tun le ni oyun kiakia.



Planned Parenthood
Federation of Nigeria