

PARAGARD[®] T380A
intrauterine copper contraceptive



**MAYBE IT'S TIME TO
BREAK UP**
With Your Current
BIRTH CONTROL

And move on to 100% hormone free, more than 99% effective
PARAGARD[®] (INTRAUTERINE COPPER CONTRACEPTIVE) IUD.

PARAGARD[®] is indicated for intrauterine contraception for up to 10 years.

Do not use PARAGARD[®] if you have a pelvic infection, get infections easily or have certain cancers. Less than 1% of users get a serious infection called pelvic inflammatory disease.

**Please see Important Safety Information on page 5
and accompanying full Prescribing Information.**

MAYBE IT'S TIME
to be
 HORMONE FREE

PARAGARD® (INTRAUTERINE COPPER CONTRACEPTIVE) provides the hormone-free protection you may want.



It's time to ask about PARAGARD®. One of the most effective, long-term methods of preventing pregnancy. Without a single hormone.

WHAT IS PARAGARD®?

PARAGARD® is a form of birth control known as an intrauterine device (IUD). It's sometimes called an intrauterine contraceptive (IUC). PARAGARD® is more than 99% effective in preventing pregnancy and has no hormones at all.

PARAGARD® is a small, soft and flexible T-shaped device primarily made of plastic and copper that your healthcare professional places in your uterus at an office visit. It can last for as long as you want, up to 10 years, and can be removed by your healthcare professional at any time.

PARAGARD® has been demonstrated to be generally safe and effective in preventing pregnancy in clinical trials. **PARAGARD® doesn't protect against sexually transmitted diseases (STDs) or HIV**, so remember to use a condom during sex.

FAST FACTS ABOUT PARAGARD®



Not actual size.

- PARAGARD® is more than 99% effective and 100% hormone free
- PARAGARD® lasts for up to 10 years. Your healthcare professional will insert it and can remove it at any time up to 10 years
- Your partner shouldn't be able to feel it during sex
- If you want to get pregnant, you can start trying the same day it's removed by your healthcare professional
- No monthly refills, no daily hassles, just a simple monthly string check
- Bleeding or spotting may increase at first but should decrease in 2 to 3 months

Visit PARAGARD.com for more information or call 1-877-PARAGARD (727-2427).

IT MAY BE

time to

BREAK FREE

You've got a lot of things to deal with. Daily birth control doesn't have to be one of them. With PARAGARD® (INTRAUTERINE COPPER CONTRACEPTIVE) there is just a simple monthly string check.



HOW DOES PARAGARD® WORK?

PARAGARD® is more than 99% effective, and it doesn't have any hormones.

The copper in PARAGARD® interferes with sperm movement and egg fertilization. It may possibly prevent implantation.

After PARAGARD® is placed by a healthcare professional, you shouldn't be able to feel it at all, not during sex, not when you use a tampon. It fits securely in your uterus, so your partner shouldn't feel anything, either.

WHEN DOES PARAGARD® START WORKING AND FOR HOW LONG?

There's no waiting for PARAGARD® to start working, because it works right away. PARAGARD® can last up to ten years. But you can have it removed by your healthcare professional any time you want, up to 10 years. How's that for flexibility? And if you want to get pregnant, you can start trying the very same day it's removed.

PARAGARD® is indicated for intrauterine contraception for up to 10 years.

IMPORTANT SAFETY INFORMATION

- Do not use PARAGARD® if you have a pelvic infection, get infections easily or have certain cancers. Less than 1% of users get a serious infection called pelvic inflammatory disease.
- If you have persistent pelvic or stomach pain, or if PARAGARD® comes out, tell your healthcare provider. If it comes out, use back-up birth control.
- Occasionally, PARAGARD® may attach to or in rare cases may go through the uterine wall and may also cause other problems. In some cases, surgical removal may be necessary.
- Although uncommon, pregnancy while using PARAGARD® can be life threatening and may result in loss of pregnancy or fertility.
- Bleeding or spotting may increase at first but should decrease in 2 to 3 months.
- PARAGARD® does not protect against HIV or STDs.

You are encouraged to report negative side effects of prescription drugs to the FDA at www.fda.gov/medwatch or call 1-800-FDA-1088.

Please see accompanying full Prescribing Information.



EVEN IF YOU'RE IN A RELATIONSHIP

◀ it could be time to ▶

BREAK UP

WITH YOUR CURRENT BIRTH CONTROL

Whether you're a mom, hope to be one someday, or think you're done, **PARAGARD®** (INTRAUTERINE COPPER CONTRACEPTIVE) could be right for you.

HOW EFFECTIVE IS PARAGARD®?

The American College of Obstetricians and Gynecologists recommends long-acting, reversible contraceptives (LARCs). PARAGARD® is a LARC and is over 99% effective and completely hormone free.

In several clinical trials, PARAGARD® has been demonstrated to be generally safe and effective. It's important to remember that PARAGARD® works as pregnancy prevention, **but isn't intended for protection against STDs and HIV.**

PARAGARD® is one of the most effective forms of birth control

greater than 99% EFFECTIVE	Nonhormonal PARAGARD®, hormonal IUD, male and female sterilization, hormonal implants
91% to 94%	pill, patch, injection, ring
72% to 88%	condoms, withdrawal, diaphragm, sponge, spermicide
15%	chance

IS PARAGARD® FOR ME?

Never had kids? Check. Done having kids? Check. Not quite ready to have another? Check. Still nursing? Check. At pretty much every point in your reproductive life, PARAGARD® could be right for you. It's birth control that you barely have to think about. There are no monthly trips to the pharmacy or daily reminders. With PARAGARD®, there's just a simple monthly string check, which your healthcare provider will show you how to do.

And there are no hormones to think about, either. Since PARAGARD® is completely hormone free, you will still get your period. Bleeding or spotting might increase at first, but should decrease after 2–3 months. Women experience an immediate return to previous fertility levels once PARAGARD® is removed.

PARAGARD® AND THE AFFORDABLE CARE ACT

Under the Affordable Care Act (ACA), PARAGARD® may now be available to insured women without a co-pay or other out-of-pocket costs. Check with your insurance provider.

If you don't have insurance, PARAGARD® offers affordable payment plan options. Call 1-877-PARAGARD (727-2427) for information.

BIRTH CONTROL WITH HORMONES?

◀ *those days* ▶

COULD BE OVER

PARAGARD® (INTRAUTERINE COPPER CONTRACEPTIVE) is birth control that lasts as long as you like, up to 10 years, and is 100% hormone free.



WHAT SHOULD I ASK MY DOCTOR?

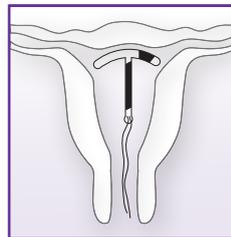
Be sure to tell your healthcare provider how you feel about hormones, about your period, and about your birth control history. Be sure to talk about what you've liked and disliked about birth control methods you've used in the past.

Some questions to ask:

- Is PARAGARD® as effective as hormonal birth control?
- Will my period be different with PARAGARD®?
- Will I notice a change going from hormonal to non-hormonal birth control?
- How do I do the monthly string checks?
- Is PARAGARD® safe to use?

Visit [PARAGARD.com](https://www.paragard.com) to print a discussion guide to bring to your appointment, or for more information. You can also call the PARAGARD® Info Line at 1-877-PARAGARD (727-2427).

WHAT CAN I EXPECT?



PARAGARD® insertion is a simple procedure that generally takes a few minutes. It is performed by your healthcare provider in an office visit. You might feel dizzy, nauseous, or faint. You might also feel some

pinching or cramping during the procedure. Talk with your healthcare provider about what you may need before and immediately following your appointment.

FOLLOW UP

You'll return to your healthcare provider a month after PARAGARD® is inserted. This is to make sure it's properly in place. You'll also be guided through the simple monthly string checks you will do at home. This is a good time to ask any questions or discuss any concerns you may have about PARAGARD®.

**PARAGARD® (INTRAUTERINE
COPPER CONTRACEPTIVE)**

and you

WHAT TO EXPECT

In just a few months, you'll adjust to hormone-free birth control, and your periods should be back to normal.

Bleeding or spotting may increase at first, but should decrease in 2 or 3 months.



YOUR NEW RELATIONSHIP WITH PARAGARD®

It's always exciting to start something new—especially birth control that can last for up to 10 years, is completely hormone free, and is more than 99% effective.

It may take some time for your body to adjust to PARAGARD®. This is common in the first few months, as your body gets used to PARAGARD®. You may experience changes like heavier, longer periods or spotting between periods. If these persist for more than a few months, contact your healthcare provider who can answer any questions and concerns you might have. If you have persistent pelvic or stomach pain, or if PARAGARD® comes out, tell your healthcare provider right away. If it comes out, use back-up birth control and contact your healthcare provider.

MAKE SURE TO CHECK IN

PARAGARD® is designed to fit comfortably and stay inside your uterus. You should do the simple monthly string checks you've been shown. If you have any concerns that PARAGARD® has moved, you can no longer feel the strings, or you can feel more than just the strings, make an appointment with your healthcare provider and use back-up birth control.

WHAT TO EXPECT WITH PARAGARD®

Immediately after insertion	Temporary pinching and cramping, dizziness, nausea, or feeling faint
The first few months after insertion	Heavier or longer periods, or spotting between periods
4+ months after insertion	Your body should have adjusted to PARAGARD®, but every woman is different. If you have any questions or concerns, talk to your doctor.

For a complete list of possible side effects, check with your healthcare provider.

YOU AND YOUR PARAGARD®

Ask your healthcare professional to fill in the date and lot number and keep this information in a safe place.



Date PARAGARD® should be removed:

PARAGARD® lot number:



**Ask your doctor if PARAGARD® (INTRAUTERINE COPPER
CONTRACEPTIVE) is right for you.**

Visit PARAGARD.com or call 1-877-PARAGARD (727-2427).

TEVA Women's Health

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