



**Association of Reproductive Health Professionals**



### How IUDs Work

In the United States, women can use either of two types of IUD: one contains copper (Copper T 380A, brand name Paragard®), and the other contains the hormone levonorgestrel (LNG, brand name Mirena®). How do they work? A health care provider (HCP), such as a doctor, nurse practitioner, physician assistant, or midwife, inserts the device into the uterus (womb). It is a quick and safe procedure with little discomfort. Both products prevent pregnancy mostly by keeping a woman's egg and a man's sperm from meeting. Copper disrupts sperm movement. T Tfothers sperm frm

