

## Fact Sheet - Chinese

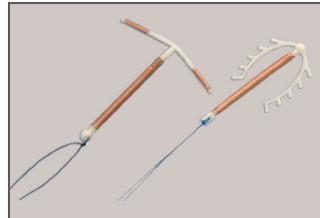
## 含銅宮內節育器

## The Copper IUD



## 什麼是含銅宮內節育器？

含銅宮內節育器是一個小塑料裝置，桿部有銅線纏繞。它放置在子宮內，以防止懷孕。含銅宮內節育器帶有細尼龍絲線，放置到位時，尼龍絲線就會伸出來，穿過子宮頸（子宮末端）進入陰道。含銅宮內節育器可以放置在子宮內五至十年，具體時間取決於其類型。



## 含銅宮內節育器如何起作用？

從宮內節育器釋放的銅會影響精子和卵子，使它們不太可能相遇，同時宮內節育器也會引起子宮內膜發生變化，使其不適合懷孕。

## 含銅宮內節育器的效果如何？

含銅宮內節育器的效果很好，有效率達到99%以上。

## 哪些人可以使用含銅宮內節育器？

大多數女性都可以使用含銅宮內節育器，包括以前沒有生過小孩的婦女，但是要事先向您的醫生諮詢，因為有一些原因使它可能不適合於您。

## 哪些人不應使用含銅宮內節育器？

如果您可能已經懷孕，您就不應該使用宮內節育器。對於經血較多的婦女來說，使用孕激素宮內節育器可能更好。此外，還有一些醫療情況可能阻止您使用含銅宮內節育器。請事先向您的醫生諮詢以確保您可以安全地使用，這是非常重要的。

## 含銅宮內節育器是否有任何副作用？

使用含銅宮內節育器可能使您的經血更多、持續更久，有時有更多疼痛。在放入含銅宮內節育器的時候，有盆腔感染的輕微風險。醫生或護士會告訴您有關放置含銅宮內節育器的其它風險。

## 如何獲取含銅宮內節育器？

您需要去看醫生或去家庭生育計劃診所。通常您需要去兩次。在第一次，醫生會向您詢問有關的健康問題，並向您介紹含銅宮內節育器。您需要做陰道/盆腔檢查，並可能需要做陰道感染測試。在第二次見醫生時，放入宮內節育器。這個過程大約需要10分鐘。有些人會覺得這個過程有點不舒服，而其他人可能會覺得有些疼痛。有些人在放入節育器過程中或之後可能會感到虛弱無力，在離開診所前可能需要休息一段時間。

您不必在放入宮內節育器之前禁食，實際上，事先進食是個不錯的主意。您應該安排至少一個小時在診所逗留的時間。

## 如何取出含銅宮內節育器？

如果要取出節育器，您需要去看醫生或去家庭生育計劃診所。醫生會使用一種特殊的儀器，輕輕拉動尼龍絲線，以取下宮內節育器。這只需要幾分鐘的時間。有些人覺得有點不舒服，但大多數人不會有明顯的感覺。

## 要記住的事項

每個月在月經過後，用手指在陰道內觸摸，檢查宮內節育器的絲線，確保節育器仍在恰當的位置。如果您的月經來遲的時間超過一個星期，或者正常的經血規律出現了變化，或者您擔心自己可能懷孕了，那就去看醫生或去家庭生育計劃診所做妊娠檢查。如果您的陰道有異常分泌物或出現下腹疼痛，請立即去看醫生。

## 欲了解更多的信息

- 打電話1300 658 886聯繫新南威爾士州家庭生育計劃協會 (Family Planning NSW) Talkline 或訪問 [www.fpnsw.org.au/talkline](http://www.fpnsw.org.au/talkline)
- 全國轉接服務 (NRS, 為失聰人士提供) 133 677
- 或親臨您附近的家庭生育計劃診所

[www.fpnsw.org.au](http://www.fpnsw.org.au) | talkline 1300 658 886 | 書店

臨床服務及信息 | 教育培訓 | 科研 | 國際動態

新南威爾士州家庭生育計劃協會 (Family Planning NSW) 是由新南威爾士州衛生局資助的非營利機構

本資料中的信息只用於教育目的。FPNSW已盡力確保資料在出版之時，其中的信息是準確和最新的。對於有任何生殖或性健康方面的擔憂的人士，我們鼓勵他們向醫務人員尋求建議和幫助，或到家庭生育計劃診所就診。

審閱：2014年 7月 | FPNSW 07/14

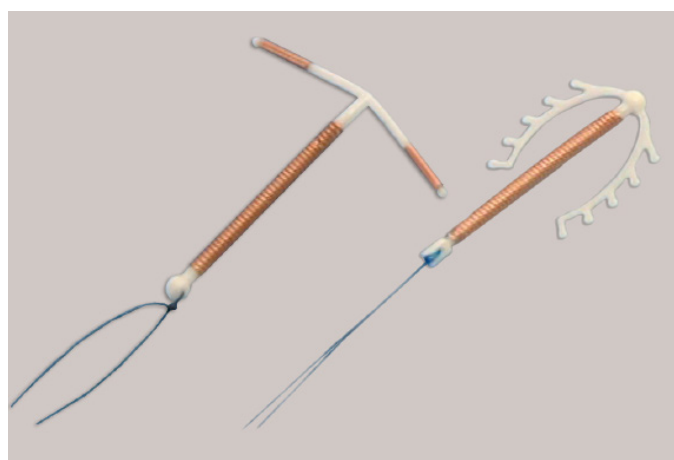
## Fact Sheet - English

# THE COPPER IUD



### What Is A Copper IUD?

A Copper IUD is a small plastic device with copper wire wrapped around its stem. It is placed inside the uterus (womb) to prevent pregnancy. It has a fine nylon string attached to it. When the Copper IUD is in place, the string comes out through the cervix (the end of the uterus) into the vagina. The IUD can stay in place for five to ten years depending on the type.



### How Does The Copper IUD Work?

The copper released from the IUD affects both the sperm and the eggs making it unlikely they will meet and the IUD causes changes in the lining of the womb making it less suitable for a pregnancy.

### How Well Does It Work?

The Copper IUD works very well. It is more than 99% effective.

### Who Can Use A Copper IUD?

Most women are able to use a copper IUD, including women who haven't had a baby before, but talk to your doctor, as there are some reasons why it may not be right for you.

### Who Should Not Use An IUD?

You should not use an IUD if you could be pregnant.

It may be better for women who have heavy periods to use a progestogen IUD. There are some medical

conditions that you may have which could prevent you from using the Copper IUD. It is very important to talk with your doctor to be sure it is safe for you to use it.

### Are There Any Side Effects?

Your periods may be heavier, longer and sometimes more painful with a copper IUD.

There is a small chance of getting a pelvic infection at the time of the copper IUD insertion.

The doctor or nurse will tell you about other risks of having the copper IUD inserted.

### How Do You Get The Copper IUD?

You need to go to a doctor or Family Planning Clinic. Usually you are asked to make two visits. On the first visit the doctor asks questions about your health and tells you about the IUD. You will have a vaginal/pelvic examination and possibly a test for vaginal infection. On the second visit the IUD is inserted. The procedure takes about 10 minutes. Some women may find the experience a bit uncomfortable while others may find it somewhat painful. Some women can feel faint during or after the insertion and you will probably need to rest for a while before you leave the clinic.

You do not have to fast before the procedure, in fact it is a good idea to eat beforehand. You should allow at least an hour to be at the clinic.

### How Is The Copper IUD Taken Out?

You need to go to a doctor or Family Planning Clinic to have it taken out. The doctor uses a special instrument to remove the IUD by gently pulling on the string. This only takes a couple of minutes. Some women find it a little uncomfortable but most women don't feel much at all.

### Things To Remember

Feel inside your vagina with your finger to check the string each month after your period, to be sure the IUD is in place.

If your period is more than a week overdue, you have a change in your usual bleeding pattern or you are

[www.fpnsw.org.au](http://www.fpnsw.org.au) | [talkline 1300 658 886](tel:1300658886) | [bookshop](#)

clinical services & information | education & training | research | international development

Family Planning NSW is a not-for-profit organisation funded by the NSW Ministry of Health

The information in this Fact Sheet has been provided for educational purposes only. FPNPNSW has taken every care to ensure that the information is accurate and up-to-date at the time of publication. Individuals concerned about any personal reproductive or sexual health issue are encouraged to seek advice and assistance from their health care provider or visit a Family Planning Clinic. Reviewed May 2014/FPNSW 05/14

concerned that you could be pregnant, go to see your doctor or clinic for a pregnancy test.

If you have any unusual discharge from your vagina or pain low in your abdomen, see your doctor straight away.

### For Further Information

- Contact the Family Planning NSW Talkline on 1300 658 886 or go to [www.fpnsw.org.au/talkline](http://www.fpnsw.org.au/talkline)
- NRS (for deaf) 133 677
- Or visit your nearest Family Planning clinic

*Reviewed: June 2014 | FPNSW 06/14*

*The information in this Factsheet has been provided for educational purposes only. Family Planning NSW has taken every care to ensure that the information is accurate and up-to-date at the time of publication. Individuals concerned about any personal reproductive or sexual health issue are encouraged to seek advice and assistance from their health care provider or visit an Family Planning NSW clinic.*

[www.fpnsw.org.au](http://www.fpnsw.org.au) | [talkline 1300 658 886](tel:1300658886) | [bookshop](#)

clinical services & information | education & training | research | international development

Family Planning NSW is a not-for-profit organisation funded by the NSW Ministry of Health

Family Planning QLD 07 3250 0240 | Family Planning TAS 03 6273 9117 | Family Planning VIC 03 9257 0121

Family Planning WA 08 9227 6177 | Family Planning Welfare Association of NT 08 8948 0144

Sexual Health and Family Planning ACT 02 6247 3077 | SHine SA 08 8300 5300