

## Fact Sheet

# IUD removal



### Information for women having an IUD removed

There are two types of intrauterine devices (IUDs): the hormone-releasing IUD (Mirena®) and the copper-bearing IUD.

For information about these devices go to the fact sheets on the hormone-releasing IUD (Mirena®) and the copper IUD.

The information in this factsheet refers to removal of either types of IUD.

If you are having your IUD removed because you want to fall pregnant you can have the IUD removed at any time.

If you are having your IUD removed but do not want to fall pregnant we advise removal at the following times:

- During the first few days (days 1 to 3) of your menstrual period
- Any other time as long as you have not had sexual intercourse in the previous 7 days or have used an alternative method of contraception (such as condoms).

### For more 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
- Visit your nearest Family Planning clinic

*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 a Family Planning clinic.*

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

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