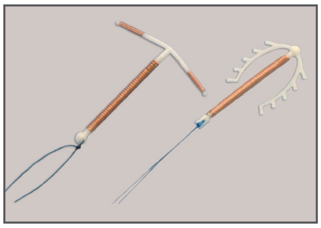
Fact Sheet - Lao

ຫ່ວງທອງແດງ IUD

The Copper IUD

ຫ່ວງທອງແດງ IUD ແມ່ນຫຍັງ?



ຫ່ວງທອງແດງ IUD ແມ່ນອຸປະກອນນ້ອຍໆທີ່ມີສາຍລວດທອງແດງຄຽນໄວ້ອ້ອມໆກ້ານ. ຫ່ວງຈະຖືກໃສ່ໄວ້ທາງໃນມົດລູກ (ພົກລູກ) ເພື່ອປ້ອງກັນບໍ່ໃຫ້ຕັ້ງທ້ອງ. ຫ່ວງນີ້ມີເຊືອກໄນລອນເສັ້ນບາງໆຕິດຢູ່. ເມື່ອຫ່ວງທອງແດງ IUD ຖືກສອດໃສ່ໄວ້ຢ່າງດີແລ້ວ, ເຊືອກນັ້ນຈະຢ່ອນອອກມາທາງປາກມົດລູກ (ທາງປາຍຂອງມົດລູກ) ຜ່ານທາງຊ່ອງຄອດ. IUD ສາມາດໃສ່ໄວ້ເປັນເວລາຫ້າຫາສິບປີຂຶ້ນກັບຊະນິດຂອງຫ່ວງ.

ຫ່ວງທອງແດງ IUD ເຮັດວຽກຢ່າງໃດ?

ທາດທອງແດງທີ່ຖືກປ່ອຍອອກມາຈາກ IUD ມີຜົນຕໍ່ທັງເຊື້ອສະເປີມແລະໄຂ່ເຮັດໃຫ້ມັນບໍ່ສາມາດພົບກັນໄດ້ແລະ IUD ເຮັດໃຫ້ເກີດຄວາມປ່ຽນແປງຂຶ້ນ ໃນເຍື່ອຜະໜັງມົດລູກເຮັດໃຫ້ບໍ່ເໝາະສົມຕໍ່ ການຕັ້ງທ້ອງ.

ມັນເຮັດວຽກໄດ້ດີປານໃດ?

ຫ່ວງທອງແດງ IUD ເຮັດວຽກໄດ້ດີຫຼາຍ. ມັນມີປະສິດທິຜົນໄດ້ດີເກີນ 99%.

ແມ່ນໃຜໃຊ້ ຫ່ວງທອງແດງ IUD ໄດ້?

ແມ່ຍິງສ່ວນຫຼາຍສາມາດໃຊ້ ຫ່ວງທອງແດງ IUD ໄດ້, ຮວມທັງແມ່ຍິງທີ່ບໍ່ເຄີຍມີລູກມາກ່ອນ, ແຕ່ວ່າໃຫ້ລົມກັບທ່ານໝໍຂອງທ່ານເບິ່ງ, ເພາະວ່າມີເຫດຜົນບາງຢ່າງທີ່ເຮັດໃຫ້ມັນອາດບໍ່ເໝາະສົມກັບທ່ານ.

ແມ່ນໃຜແດ່ບໍ່ຄວນໃຊ້ IUD?

ທ່ານບໍ່ຄວນໃຊ້ IUD ຖ້າທ່ານອາດຈະຖືພາຢູ່. ມັນອາດຈະເປັນການດີກວ່າສຳລັບແມ່ຍິງທີ່ປະຈຳເດືອນມາຫຼາຍ ທີ່ຈະໃຊ້ IUD ແບບມີໂປຣແຈສໂຕເຈັນ. ມີບັນຫາທາງສຸຂະພາບບາງຢ່າງທີ່ທ່ານອາດມີທີ່ອາດເຮັດໃຫ້ໃຊ້ ຫ່ວງທອງແດງ IUD ບໍ່ໄດ້. ເປັນສິ່ງສຳຄັນທີ່ຕ້ອງລົມກັບທ່ານໝໍເພື່ອໃຫ້ໝັ້ນໃຈວ່າທ່ານໃຊ້ຫ່ວງນີ້ໄດ້ໂດຍປອດໄພ.

ມີຜົນຂ້າງຄຽງບໍ?

ປະຈຳເດືອນຂອງທ່ານອາດຈະມາໜັກຂຶ້ນ, ດົນຂຶ້ນແລະບາງເທື່ອກໍອາດເຈັບຫຼາຍຂຶ້ນເມື່ອໃສ່ຫ່ວງທອງແດງ IUD.
ມີເປີເຊັນເລັກນ້ອຍ ວ່າອາດເກີດການຕິດເຊື້ອແຖບກະໂຫ້ຍ ຕອນສອດ ຫ່ວງທອງແດງ IUD.
ທ່ານໝໍຫຼືພະຍາບານຈະບອກທ່ານວ່າຄວາມສ່ຽງຢ່າງອື່ນໃນການສອດຫ່ວງທອງແດງ IUD ມີຫຍັງແດ່?

ທ່ານຈະໄປເອົາ ຫ່ວງທອງແດງ IUD ໄດ້ຢູ່ໃສ?

ທ່ານຕ້ອງໄປຫາທ່ານໝໍຫຼືຄລີນິກວາງແຜນຄອບຄົວ. ປົກກະຕິທ່ານຈະຖືກຂໍໃຫ້ໄປສອງຄັ້ງ. ຄັ້ງທຳອິດ ທ່ານໝໍຈະຖາມກ່ຽວກັບສຸຂະພາບຂອງທ່ານແລະອະທິບາຍໃຫ້ຟັງກ່ຽວກັບ IUD. ທ່ານຈະໄດ້ຮັບການກວດຊ່ອງຄອດ/ແຖບກະໂຫ້ຍ ແລະ ອາດຈະກວດເບິ່ງການຕິດເຊື້ອໃນຊ່ອງຄອດ. ເມື່ອໄປຄັ້ງທີສອງໝໍຈະສອດ IUD ໃສ່ໃຫ້. ການສອດນີ້ໃຊ້ເວລາປະມານ 10 ນາທີ. ແມ່ຍິງບາງຄົນອາດຈະຮູ້ສຶກບໍ່ຄ່ອຍສະບາຍປານໃດໃນຂະນະທີ່ແມ່ຍິງຄົນອື່ນອາດຮູ້ສຶກວ່າເຈັບ. ບາງຄົນຈະຮູ້ສຶກເປັນວິນລະຫວ່າງທີ່ສອດໃສ່ຫຼືຫຼັງຈາກນັ້ນ ແລະ ທ່ານອາດຕ້ອງພັກລະຍະໜຶ່ງກ່ອນ ອອກຈາກຄລີນິກ. ທ່ານບໍ່ຕ້ອງອົດອາຫານກ່ອນມາເຮັດ, ຄວາມຈິງແລ້ວອາດເປັນການດີທີ່ຈະກິນກ່ອນໄປ. ທ່ານຕ້ອງກະເວລາໄວ້ຢ່າງນ້ອຍຊົ່ວໂມງໜຶ່ງໃນຄລີນິກ.

ຈະເອົາຫ່ວງທອງແດງ IUD ອອກວິທີໃດ?

ທ່ານຕ້ອງໄປຫາທ່ານໝໍຫຼືຄລີນິກວາງແຜນຄອບຄົວເມື່ອເອົາອອກ. ທ່ານໝໍຈະໃຊ້ເຄື່ອງມືພິເສດໃນການເອົາ IUD ອອກໂດຍດຶງເຊືອກອອກເບົາໆ. ອັນນີ້ ຈະໃຊ້ເວລາແຕ່ພຽງສອງສາມນາທີ. ແມ່ຍິງບາງຄົນຮູ້ສຶກບໍ່ຄ່ອຍສະບາຍ ແຕ່ວ່າ ແມ່ຍິງສ່ວນໃຫຍ່ບໍ່ຄ່ອຍຮູ້ສຶກຫຍັງຫຼາຍ.

ສິ່ງທີ່ຄວນຈຳ

ໃຫ້ກວດເບິ່ງພາຍໃນຊ່ອງຄອດໂດຍໃຊ້ນິ້ວມືກວດເບິ່ງເຊືອກທຸກໆເດືອນຫຼັງຈາກປະຈຳເດືອນຢຸດ, ເພື່ອໃຫ້ໝັ້ນໃຈວ່າ IUD ຍັງຢູ່ບ່ອນເກົ່າ. ຖ້າຫາກວ່າປະຈຳເດືອນຂອງທ່ານມາຊ້າເກີນກວ່າອາທິດໜຶ່ງ, ມີການປ່ຽນແປງລະບົບເລືອດຈາກທີ່ເຄີຍເປັນຕາມປົກກະຕິຫຼືຖ້າທ່ານກັງວົນວ່າທ່ານອາດຕັ້ງທ້ອງ, ໃຫ້ໄປຫາທ່ານໝໍຫຼືຄລີນິກເພື່ອກວດເບິ່ງວ່າຕັ້ງທ້ອງຫຼືບໍ່. ຖ້າທ່ານຮູ້ສຶກວ່າມີລິງຂາວອອກມາຜິດປົກກະຕິຈາກຊ່ອງຄອດຫຼືເຈັບທ້ອງນ້ອຍ. ໃຫ້ໄປຫາໝໍທັນທີ.

ຖ້າຕ້ອງການຂໍ້ມູນເພີ້ມເຕີມ

- *ໃຫ້ຕິດຕໍ່ສາຍສົນທະນາຂອງພະແນກວາງແຜນຄອບຄົວແຫ່ງລັດ NSW ທີ່ເລກໂທ 1300 658 886 ຫຼືເຂົ້າໄປເບິ່ງ www.fpnsw.org.au/talkline*
- *NRS (ສຳລັບຄົນພິການຫູ) 133 677*
- *ຫຼືໄປທີ່ຄລີນິກວາງແຜນຄອບຄົວໃກ້ບ້ານທ່ານ*

ພະແນກວາງແຜນຄອບຄົວ ຣັດ NSW ແມ່ນອົງການທີ່ບໍ່ຫວັງຜົນກຳໄລ ໄດ້ຮັບການອຸປະຖຳໂດຍກະຊວງສາທາຣະນະສຸກ ຣັດ NSW.

ຂໍ້ມູນຢູ່ໃນເຈ້ຍຂໍ້ມູນນີ້ແມ່ນສະໜອງເພື່ອຈຸດປະສົງດ້ານການສຶກສາເທົ່ານັ້ນ. FNPNSW ໄດ້ພະຍາຍາມສຸດຄວາມສາມາດເພື່ອຮັບປະກັນວ່າຂໍ້ມູນນີ້ຖືກຕ້ອງແລະທັນກັບເຫດການ ໃນເວລາພິມ. ທ່ານໃດທີ່ມີຄວາມກັງວົນກ່ຽວກັບການລະບົບສືບພັນ ສ່ວນຕົວຫຼືມີບັນຫາສຸຂະພາບທາງເພດ ເຮົາຂໍແນະນຳໃຫ້ໄປຂໍຄຳປຶກສາແລະຂໍຄວາມຊ່ວຍເຫຼືອຈາກແພດຮັກສາສຸຂະພາບຂອງຕົນຫຼືໄປທີ່ຄລີນິກວາງແຜນຄອບຄົວ.

ທົບທວນ: ມິຖຸນາ 2014 | FPNSW 06/14

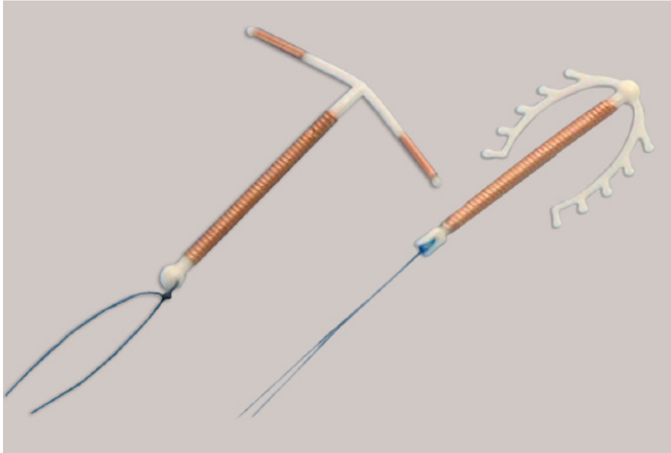
family planning nsw
Reproductive & Sexual Health

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

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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
- NRS (for deaf) 133 677
- Or visit your nearest Family Planning clinic

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