

FAMILY PLANNING PROGRAM
MONROE COUNTY HEALTH DEPARTMENT
2353 S. Custer Road
Monroe, Michigan 48161
(734) 240-7840
Toll Free (888) 354-5500 ext, 7830

Emergency Contraception is available. Ask the Family Planning Nurse or Practitioner. It must be taken within 120 hours of unprotected sex to prevent pregnancy. Emergency Contraceptives do not cause an abortion and should not be used as routine contraception.

IUD

How Does It Work?

The ParaGard IUD (Intrauterine Device) is a thin “T” shaped copper device that is inserted into the uterine cavity to prevent pregnancy. It acts primarily as a spermicide, by killing sperm. It is effective and safe, and without hormones. It can remain in place up to ten years.

The Mirena IUD (Levonorgestrel-releasing Intrauterine System) is a “T” shaped polyethylene frame that is inserted in the uterine cavity to prevent fertilization (egg from attaching to the sperm and/or uterus). It contains the hormone Levonorgestrel and can remain in place up to 5 years.

Both IUDs are:

- Highly effective
- Low maintenance: check for string each month
- Cost-effective
- Rapid return to fertility

Some individuals report:

- Partners may notice the string
- May cause heavier periods and /or cramping

Your health provider will help you decide which IUD is best for you.



The Monroe County Health Department will not discriminate against any individual or group because of residency, religion, creed, race, color, national origin, age, sex, handicapping condition, number of pregnancies, marital status, source of payment, or political belief. Developed with support of Title X funds.

KC:JS: Revised JS:02/13

Danger Signs to Report to the Family Planning Clinic, Your Physician or Emergency Room Immediately:

- Severe abdominal pain
- Fever and /or chills
- Cannot find IUD string
- Missed or late period (signs of pregnancy)
- Bleeding between periods or extremely heavy period
- Feel part of IUD on cervix
- Exposure to STD
- Foul smelling discharge

Family Planning Phone #
(734) 240-7840

Family Planning Nursing Staff Hours

Monday	Closed
Tuesday	Supplies: 2:00 p.m. – 4:00 p.m.; 5:00 p.m. – 6:00 p.m. Practitioner: 4:45 p.m. – 7:30 p.m.
Wednesday	Supplies: 1:30 p.m. – 3:30 p.m.; 5:00 p.m. – 6:00 p.m. Practitioner: 6:00 p.m. – 8:00 p.m.
Thursday	Supplies ONLY: 2:00 p.m. – 4:00 p.m.
Friday	Closed

If you have an emergency after office hours, go to the
Emergency Room or call 911

If you have a medical problem that needs attention before our office reopens contact your Primary Medical Provider.

Before IUD placement client must schedule a Pre-IUD Counseling appointment with Family Planning Physician to discuss:

- All contraceptive options
- Advantages and disadvantages
- How it works
- Effectiveness
- Insertion and removal procedures
- Risks, benefits and adverse effects
- Possible complications
- STD testing at insertion
- Yearly examination

IUD INSERTION

- Once approved, an appointment is scheduled for IUD insertion. Client must be on period for IUD insertion, or at physician's discretion.
- Condoms (or current form of birth control) must be continued for first month after IUD insertion.
- Client to schedule 30 day follow-up appointment.

Possible Side Effects:

- Cramping
- Unpredictable Bleeding pattern initially