

# Pain on Placement:

## IUC Mythbusting

### Myth



Placement of intrauterine contraception (IUC) may be more difficult and more painful in women who are young or nulliparous<sup>1</sup>

### Fact

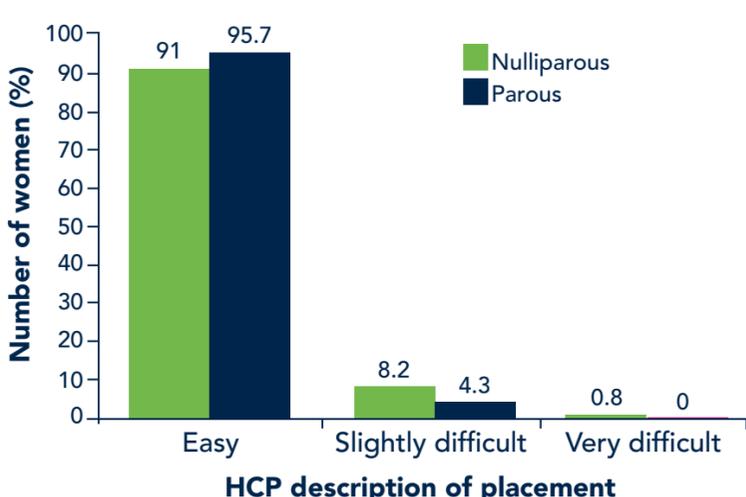
Studies show IUC is placed with ease regardless of age or parity...<sup>2,3,4,5</sup>



...and that the experience is less painful than expected<sup>6</sup>

### When asked about ease of placement...

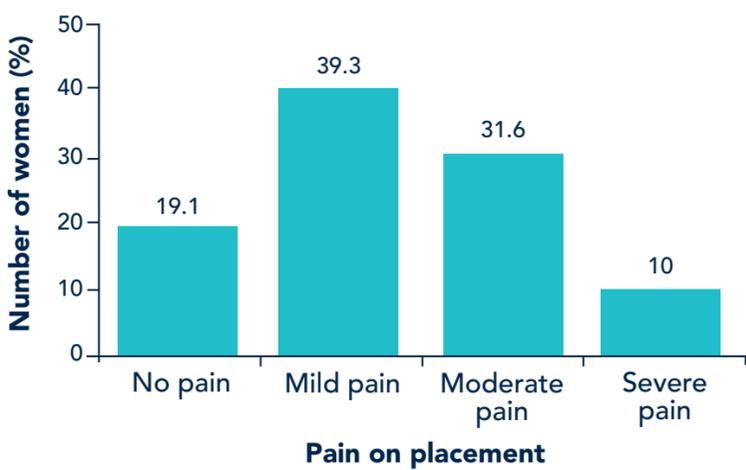
Investigators' evaluation of placement (pooled data from three studies evaluating pain on placement of LNG-IUS 8 using modified Evolverter<sup>®</sup> device [n=965])<sup>3</sup>



...over **90%** of HCPs said placement in nulliparous women was 'easy'<sup>3</sup>

### When asked about experience of pain at time of placement...

Womens' assessment of pain on placement (pooled data from three studies evaluating pain on placement of LNG-IUS 8 using the modified Evolverter<sup>®</sup> device [n=965])<sup>3</sup>



**1 in 5** women said they experienced no pain at all<sup>3</sup>

**70%** of women described the pain as mild or moderate<sup>3</sup>

### When 117 nulliparous women were asked about the experience of IUC placement<sup>6</sup>...

**Almost 50%** described the pain of IUC placement to be  $\leq 5$  on the VAS scale\*<sup>6</sup>

\*(VAS, 0 = no pain; 10 = extremely painful)

**Over 75%** found the procedure less painful than expected or as expected<sup>6</sup>

### Find out more

Please visit [www.your-life.com](http://www.your-life.com) to access a range of resources to help address the myths and misperceptions that women may have about IUC, and tools to assist in contraceptive counselling



#### References

- Black K, et al. A review of barriers and myths preventing the more widespread use of intrauterine contraception in nulliparous women. Eur J Contracept Reprod Health Care 2012; 17: 340–350.
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- Gemzell-Danielsson K, et al. Overcoming barriers to levonorgestrel-releasing intrauterine system placement: an evaluation of placement of LNG-IUS 8 using the modified Evolverter in a majority nulliparous population. Contraception 2017; 96: 426–431.
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