

few weeks after insertion, since the lining of the uterus is still 'getting used to' the presence of the IUD.

If you are having the Flexi-T inserted after childbirth, it should ideally be inserted 6 to 8 weeks after the birth. The uterus will be sufficiently recovered by then.

The Flexi-T can generally be inserted immediately after a therapeutic abortion during the first three months of pregnancy. It is advised to have your physician check the presence and correct position of the IUD after your first cycle and after approximately 6 months. Although self-examination is possible to a limited extent it may not provide the correct information, so please consult your physician if you have any doubt on the correct position of your IUD. If you are concerned about a side effect, contact your physician.

Removing the IUD

Your IUD has to be removed after five years or if you would like to try to get pregnant before that time has passed. Removal is simple and relatively painless. The physician uses special tongs to grasp the end of the short string which is dangling from the cervix; when the string is pulled, the flexible IUD folds up and can be removed. Removal takes a few seconds. As soon as the IUD is removed, you are immediately fertile again. If you would like to have a

new IUD after the five years have passed, the old IUD is removed first. The new IUD can be inserted immediately afterwards.

Frequently asked questions

Can you feel the IUD during sex?

If the IUD is inserted properly, neither partner will notice the IUD at all during intercourse. If you or your partner feel the IUD or experience pain or discomfort during intercourse, do not continue to have intercourse until you have consulted your physician.

Is it possible for the body to push the IUD out on its own?

Expulsion of the IUD occurs occasionally. However, its unique, woman-friendly shape means that the Flexi-T is usually accepted by the body.

Does the copper in the IUD present a hazard to my health?

The copper is not a health hazard. The tiny amount of copper released from the IUD is much less than the amount of copper that you consume every day in your drinking water and food.

Does the copper IUD offer protection against sexually transmitted infections?

No, a copper IUD does not offer protection against sexually transmitted infections

Can I still use tampons?

Tampons can be used normally when you have a Flexi-T.

Can I work out if I have a Flexi-T?

There is no reason not to exercise when you have a Flexi-T. The IUD is extremely flexible and bends in any direction to accommodate your movement.

Is there an increased risk of infection?

Flexi-T IUDs are sterilized. However, during the insertion procedure there is a very small risk of introducing an infection from the vagina into the womb. This risk is reduced when the physician cleanses the vagina with a sterile swab soaked in an antiseptic solution. Once the IUD is inserted, the risk of infection is no higher with the Flexi-T in place than without a Flexi-T.

Is there an increased risk of ectopic pregnancy?

The risk of ectopic pregnancy for women who have a Flexi-T is very low. However, if despite having a Flexi-T in place a pregnancy occurs there is a considerably higher chance of an ectopic pregnancy.

After removal of the Flexi-T, how long will it take for me to be able to get pregnant again?

You will be fully fertile again immediately after the Flexi-T is removed.

Will I stop menstruating after the IUD is inserted?

The Flexi-T does not affect the body's natural hormonal balance. Your menstrual cycle will continue to follow its natural rhythm.

Can I also use the Flexi-T after an 'accident'?

The Flexi-T can also be used as a 'morning after' option up to a maximum of 5 days after the 'accident'. Within that time frame, it is even more effective than the morning after pill.

When should I consult my physician?

- If you or your partner feel the IUD or its string in your vagina, or experience discomfort or pain
- If you stop menstruating
- If you experience fever, unusual vaginal discharge or abnormal pain in your lower body
- If you are bleeding irregularly
- If you are experiencing excessive blood loss
- If you became pregnant, despite the IUD is in place

Important

- Before receiving electrotherapy or radiotherapy, you should notify the attending physician that you are using a copper IUD.
- If you are taking any medication, especially anticoagulants (blood thinners), you should always notify your physician first.

Conclusion

Should you still have questions

after reading this brochure, please contact your GP, gynaecologist, women's clinic, or non-profit women's health foundation. Visit www.flexi-t.com for more details.

The Flexi-T is used by over 1 million women all over the world – and that's more than 1 million satisfied users.



**“durable, reliable,
hormone-free”**

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Introduction

Over 200 million women all over the world use an IUD to prevent conception. That makes the IUD (or 'coil') the most common method of contraception.

This brochure offers information about the Flexi-T, the woman friendly copper IUD. How this IUD works, its advantages, and which women can use it effectively.

What does the Flexi-T look like?

The Flexi-T is small, flexible, T-shaped and made from white plastic (polypropylene) with smooth, rounded tips.

Not all women are the same, so 4 different types of Flexi-T have been developed to accommodate the needs of all women of all ages who would like to use a Flexi-T copper IUD. The Flexi-T+ 380 and Flexi-T+ 300 are 32 mm long and 28 mm wide, designed for women who have already given birth to one or more children. The Flexi-T 300 and 300D are smaller, 29 mm long and 23 mm wide, and are ideal for women and girls in their most fertile period (from first menstruation to +/- 35 years old) who have not given birth (yet). The number in the Flexi-T model name represents the amount of copper per mm².

The vertical axis of all Flexi-T types is wrapped in very thin, 99.9% pure copper wire.

On two Flexi-T types, 99.9% pure copper tubing has also been added to the arms of the T-shape.

See images



A detailed description per type is provided on www.flexi-t.com

How the Flexi-T works

The copper on the Flexi-T releases traces of copper in the immediate vicinity, causing sperm to lose mobility (making sperm cells unable to move towards the egg), preventing fertilisation and, in the unlikely event that an egg is fertilised, preventing the fertilised egg from implanting in the uterine wall. As a result, this IUD is also an excellent 'morning after' option in the event of an 'accident'. This dual effect starts immediately after the Flexi-T is inserted.

Advantages of the Flexi-T

- Small and flexible
- Easy to insert
- Narrow insertion tube (3.5 mm in diameter)
- No plunger, so negligible risk of perforation during insertion
- Many women experience little to no discomfort
- Good shape

- Reliable
- Visible on X-rays and ultrasound
- Protection lasts for 5 years
- Offers protection as soon as it's in place
- Fully fertile again immediately after removal

Possible side effects

- Abdominal pains and cramps
- Longer and/or heavier menstruation after insertion
- Spotting throughout menstrual cycle, which should decrease over time
- Copper allergy (rare; always notify your physician if you are allergic)
- An extremely small chance of perforation of the womb

Do not use Flexi-T or have

Flexi-T inserted in the event of:

- Pregnancy
- Infection of the womb (including Pelvic Inflammatory Disease)
- Bleeding of unknown origin
- Polyps or fibroids (myoma) inside the womb
- Possibility of ectopic pregnancy
- Malformation of the womb
- Cancer of the womb
- Copper allergy
- Anaemia
- Womb too small

Who is the Flexi-T designed for?

- In principle, the Flexi-T is suitable for all women during their reproductive period (from first menstruation to menopause) who have not had any children or who have given birth to one or more children, except in cases involving uterine abnormalities.
- The Flexi-T is ideal for women

who want to opt for long-term, carefree protection from pregnancy as naturally as possible without using hormonal birth control.

- The Flexi-T is also suitable for women who are breast feeding, for contraception between pregnancies, or as an alternative to sterilisation.

Reliability of the Flexi-T

The Flexi-T is very reliable. There is a minimal risk (less than 1%) of pregnancy. In practice, the Flexi-T is more reliable than the pill. This also applies to emergency contraception; copper IUD's are more effective than the "morning after pill".

Availability of the Flexi-T

Your GP or gynaecologist can insert a Flexi-T. After an initial appointment, he/she will give you, if requested, a prescription to purchase a Flexi-T from any chemist's in your country or in the hospital.

Inserting a Flexi-T

Inserting a Flexi-T IUD is easy to arrange through your GP or gynaecologist. If the physician has ultrasound equipment, an internal examination is not necessary. An appointment will take approximately 20 minutes; the insertion itself will not take longer than 5 minutes.

The Flexi-T is very user-friendly for physicians as well as for the women who wear it. It uses a simple, easy insertion system.

A thin, flexible insertion tube only 3.5 mm in diameter. Since the ins-

ertion tube is narrower than other IUD's, insertion causes hardly any discomfort.

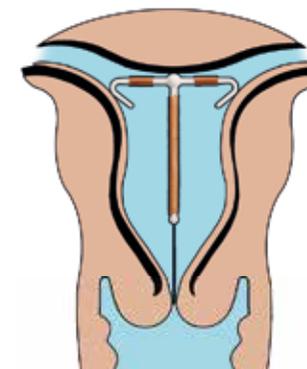
Ideally, you should take two paracetamol tablets or an ibuprofen one hour before the procedure so the medication can start to work beforehand. If necessary, you could also request local anaesthetic in the form of 1cc of Lidocaine.

The Flexi-T should ideally be inserted during menstruation, when the risk of pregnancy is minimal, insertion is easier, and additional blood loss can be avoided.

You lie in a reclining position on an examination chair or table. If ultrasound equipment is available, an internal ultrasound is performed to check the position and size of the uterus. In that case, an internal examination is not necessary. If it is not possible to perform an ultrasound, an internal examination will be necessary. An internal examination is generally considered somewhat more challenging than an ultrasound.

A device known as a speculum is inserted into the vagina so the physician will be able to see the opening of the cervix. A probe is used to confirm the depth and angle of the uterus. The insertion tube containing the Flexi-T is inserted, the insertion tube is withdrawn. The blue string that is attached to the IUD is trimmed to the right length. If ultrasound equipment is available, an ultrasound is performed to confirm that the IUD is positioned correctly. You do not

have to check the string yourself. If you would like, you can take a look at your own uterus on the ultrasound display. This will allow you to see for yourself that the IUD has been inserted correctly.



Position of the Flexi-T after insertion

If you have never given birth before, insertion may cause a slightly crampy sensation, similar to menstrual cramps. In very rare cases, you may experience symptoms similar to fainting: dizziness, seeing spots, and mild nausea. These symptoms are harmless and will pass on their own after a few minutes. It is recommended to rest for at least fifteen minutes after insertion before you go home.

It is normal to experience abdominal cramps or discomfort in your lower abdomen after an IUD is inserted. You may see irregular spotting for the first