

To you who has got Nova-T380

Information about NOVA T380

Cu380Ag

What is NovaT?

NovaT is a copper coil (intrauterine device) manufactured from tissue-friendly plastic (polyethylene) and pure copper wire with a silver core (total surface 380 mm²). On the bottom part of the coil there are removal/control threads (polyethylene). NovaT is a copper coils with a bigger copper surface, which makes it very safe in preventing unintended pregnancy.

How does NovaT work?

The coil works locally primarily by preventing fertilisation. NovaT affects both the sperm and the egg and their passage through the Fallopian tube. NovaT is approved for use for a five year period.

How safe is NovaT?

NovaT copper coils with a bigger copper surface and high contraceptive efficacy. A major study of NovaT has shown that the risk of pregnancy is one in 200 over one year of use (if inserted during the menstruations first days). The coil provides effective protection directly after its insertion and when the coil is removed you can become pregnant. NovaT does not provide protection against sexually transmitted diseases so it is a good idea to also use a condoms if you meet a new partner. If your period is delayed and you suspect you are pregnant, contact your midwife / doctor, and the coil should be removed, regardless of whether you wish to maintain your pregnancy or not. The risk of an extra-uterine pregnancy should be taken into account if pains in the lower abdomen occurs, especially in the absence of menstruation. The risk of an extra-uterine pregnancy is higher with a coil in place, but the risk is significantly less than if you have no contraceptive at all.

Who can use NovaT?

NovaT is a safe contraceptive which can be recommended to most women. Since NovaT does not contain hormones it is a good method for those women who are unable or unwilling to use a hormonal contraceptive.

Who should not use NovaT?

In some cases a copper coil should not be used:

- Known or suspected actual pregnancy
- If there is a high risk of, or an ongoing, uterine infection
- Infection of the womb after delivery or after abortion during the past 3 months
- Bleeding from the vagina when the cause is unknown

Heavy periods, iron deficiency or muscle nodes (myoma) in the uterus may be reasons for not using a copper coil.

When is it inserted?

The insertion is made by a midwife or doctor. This can be done at any time during the menstrual cycle, but usually done the following week of menstruation to make sure you are not pregnant. The insertion is usually simple and not so painful. Some women may feel pain and dizziness. If this does not disappear within half an hour, a new examination will be made to check if the coil is seated correctly. In connection with the insertion the removal/control-threads will be cut, so that you can later check that the coil is in place. The threads are felt with one finger deep in the vagina. It is advisable to check the threads for example after each menstrual period. The threads rarely feels either for the man or the woman at intercourse. Expulsion is very unusual but if you suspect that, you should contact your midwife or doctor. The days after insertion you should take a shower instead of a bath.

What side effects might I experience when using the coil?

In some cases you can experience period-like pain and some bleeding may occur in the first few weeks after insertion. Usually these problems do not last long. If the problems continue or increase, contact the midwife or a gynecologist.

In conjunction with insertion there is a slightly increased risk of uterine infection. After that the risk is very low.

Periods may also be heavier when using a coil.

What sanitary protection can I use?

You should not use tampons directly after insertion. Thereafter you can use tampons just as usual. When changing a tampon it is a good idea to check that the removal threads have not got stuck to it.

What if I want to get pregnant?

Contact your midwife or gynecologist when you want the coil removed.

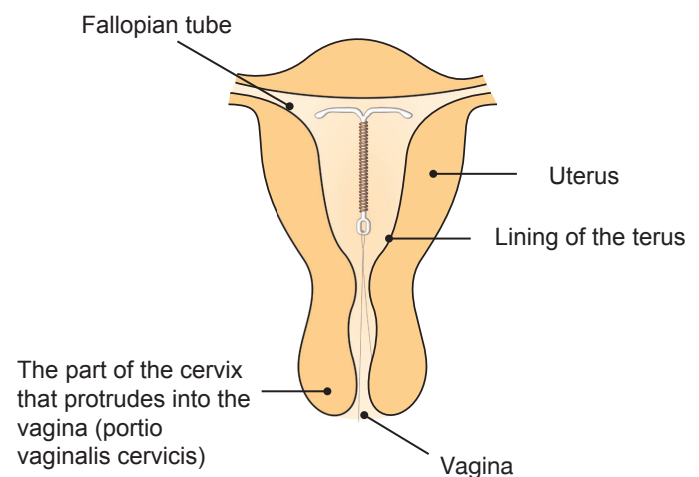
When should I contact a midwife/doctor?

Regular checks are recommended in consultation with your midwife or doctor. Contact your midwife or doctor directly if any of these symptoms occur:

- Cramp-like abdominal pains and fainting fits
- If you suspect an infection. The symptoms may be pain, fever and increased discharge
- Your period is late and you suspect you are pregnant
- The coil is partially or wholly rejected or if you can't find the removal/control threads in your vagina. If your bleeding is heavy and if your period changes radically. But do remember that heavier bleeds are common with copper coils

For further information about copper coils and NovaT, ask your midwife or doctor.

See also the information leaflet in the package.



Nova-T 380, intrauterine device, 380 mm² copper wire
Indications: Contraception. **Side effects:** Menstruation-like pain and spotting can occur during the first few weeks after insertion. Heavy menstrual bleeding.
Contraindications: Known or suspected pregnancy, in the event of high risk of or actual reproductive organ infections, uterine infection within three months of childbirth or abortion, bleeding from the vagina with unknown cause. Heavy menstruation, iron deficiency or muscle nodes (myomas) in the uterus can be reasons why a copper spiral should not be used. Review of information 09.01.2020.