



lydia™

INTRAUTERINE
CONTRACEPTIVE
DEVICE

lydia IUD is a small intrauterine device that is made up of soft plastic and copper which prevents pregnancy for up to 10 years. It is a non-hormonal, reversible contraceptive method that is 99.9% effective. It is inserted into the uterus **ONLY** by a trained health care provider.

How it works

Lydia IUD acts as a physical barrier that changes the way sperm cells move which prevents them from fertilizing an egg. The presence of copper provides a hostile environment to sperm for up to 10 years.

Who can use

Lydia IUD can be used by most sexually active women, including:

- Single or married women who want a non-hormonal option for preventing pregnancy
- Breastfeeding mothers, smokers, those with diabetes and hypertension
- Women with certain health conditions who cannot use hormonal contraceptives
- Women who do not want to use hormonal contraceptives

Who cannot use

Lydia IUD should not be used by women with certain health conditions which include: history of cervical cancer, endometrial disease, uterine prolapse, unknown vaginal bleeding or untreated vaginal infection

Benefits

- 100% hormone free, so no hormonal side effects
- Starts to work immediately after insertion
- Can be removed at any time with immediate return to fertility
- Can be used as an emergency contraception if inserted within 5 days of having unprotected sex
- Prevents pregnancy for 5 to 10 years depending on what type you get

Common side effects

Some women may experience side effects after getting an IUD. They usually go away after a few months and may include:

- Irregular and heavy periods
- Menstrual cramps
- Spotting between periods
- Abnormal vaginal discharge

...re-designed to fit your lifestyle

MEET THE UNIQUE FEATURES OF THE LYDIA IUD VARIANTS



lydia COPPER T

- The No. 1 IUD brand in Nigeria
- Moisture resistant packaging protects the copper part
- Calibrated insertion tube for provider's convenience and accuracy
- Offers up to 10 years of pregnancy prevention



lydia SLEEK

- The only small sized IUD in Nigeria specifically designed for smaller uterine depths of 4 to 8 cm
- Perfect fit for women with small uterus such as nulliparous women (women who have not given birth)
- The geometric design makes it a better uterine fit with lower expulsion rates
- Can be used in management of Asherman's Syndrome
- Offers up to 5 years of pregnancy prevention



lydia SAFE LOAD

- It comes with a unique device that offers superior no-touch technique
- The loading device perfectly folds the arms of the IUD into the insertion tube
- Can be loaded inside the tube within 10 seconds
- Offers up to 10 years of pregnancy prevention



lydia COPPER Y

- Flexible Y-shape offers perfect placement in the womb
- It requires only 1/3rd dilation of the cervix which makes it gentle during the insertion and removal process
- The special Y-shape limits chances of perforation or expulsion
- Nylon thread is softer and does not interfere during sex
- Offers up to 5 years of pregnancy prevention