

Welcome to ParaGard[®]



Like millions of other women,
you've chosen the birth control
that's hormone-free and
virtually hassle-free.

See inside for information on
getting started...

ParaGard[®] T 380A ♀
intrauterine copper contraceptive

Getting your ParaGard®

Now that you and your healthcare provider have decided on ParaGard®, here is some information on what you can expect

- You can eat and drink normally before coming in to have ParaGard® inserted
- You should be able to resume your normal daily activities after insertion, such as driving and returning to work
- During insertion, you might feel some cramping or pinching. Some women also may feel faint, nauseated, or dizzy for a few minutes during, or immediately after, insertion
- In the first few months after insertion, you may experience heavier, longer periods and some spotting between periods. Generally, this normalizes in 2 to 3 months. But if your menstrual flows continue to be heavy or long, or spotting continues after 3 months, please let your healthcare professional know

Each woman is different, so it's not possible to predict exactly what your period will be like after the first few months. However, you should know there are no hormones in ParaGard® that can alter your regular cycle.

What you'll love about ParaGard®

ParaGard® is

- **Safe and more than 99% effective**—without having to remember to take a pill, change a patch, or put in a ring
- **Totally hormone-free**
- **Virtually hassle-free**—no birth control regimens to fit into your schedule, just a simple monthly self-check
- **Flexible**—use ParaGard® for as long as you and your healthcare professional choose: 1 year, 3 years, 5 years, even up to 10
- **Long-term, but easily reversible**—as effective as having your tubes tied, but you can change your mind. Just have ParaGard® removed at any time by your healthcare professional

ParaGard^{T 380A} 
intrauterine copper contraceptive

You and your ParaGard®

ParaGard® is one of the most convenient forms of birth control. There are no daily or weekly routines to follow and no worries about forgetting your birth control because it's always there for you.

All you have to remember is a simple monthly self-check.

- Reach up to the top of your vagina with clean fingers and feel for the 2 threads; don't pull on them or you can dislodge ParaGard®
 - Call your healthcare provider immediately if you cannot feel the threads, if the threads feel much longer, or if you feel more of ParaGard® than just the threads
 - If ParaGard® is in the wrong position it won't work properly and you will not be protected against pregnancy
 - Be sure to use a backup method of birth control until you see your healthcare provider

Call your healthcare provider immediately if you

- Think you may be pregnant
- Have pelvic pain or pain during sex
- Have any unusual vaginal discharge or genital sores
- Have an unexplained fever
- May have been exposed to any sexually transmitted infections
- Find that you or your partner has become HIV positive
- Have severe or prolonged vaginal bleeding
- Miss a menstrual period

ParaGard^{T 380A}®
intrauterine copper contraceptive

Please see Important Safety Information on back.

Any questions?

Your healthcare professional is an important source of advice and information on ParaGard® — the birth control that's hormone-free and virtually hassle-free. You can also find out more about ParaGard® by:

- Visiting www.paragard.com, or
- Calling the ParaGard® Info Line at 1•877•ParaGard (727•2427)

Important Safety Information

ParaGard® does not protect against HIV or STDs. You may have heavier or longer periods or spotting between periods, which usually subsides after 2-3 months. Complications may occur from placement. You must not use ParaGard® if you have pelvic inflammatory disease (PID) or engage in behavior putting you at high risk for PID, have a history of certain reproductive cancers or infections, have Wilson's disease, or might be pregnant.

Please see product information at www.paragard.com.

ParaGard® is a registered trademark of Duramed Pharmaceuticals, Inc.



Duramed Pharmaceuticals, Inc.
Subsidiary of Barr Pharmaceuticals, Inc.
Pomona, New York 10970

©2008 Duramed Pharmaceuticals, Inc.
PAR-A71672B
March 2008 Printed in USA