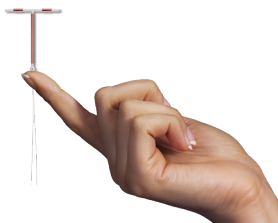




**Paragard**<sup>®</sup>

intrauterine copper contraceptive

simple, honest  
pregnancy prevention™



*Birth control  
that's*  
**ABSOLUTELY,  
POSITIVELY  
100%  
HORMONE  
FREEEEE**



Paragard is a hormone-free IUD (intrauterine device) that's over 99% effective at preventing pregnancy. It works differently using one simple active ingredient—copper—instead of hormones.


Don't use Paragard if you have a pelvic infection or certain cancers. Less than 1% of users get a serious infection called pelvic inflammatory disease (PID).

Please see additional Important Safety Information throughout this brochure and accompanying Full Prescribing Information in pocket.

## What is Paragard?

Paragard is a small, 100% hormone-free IUD (intrauterine device) that uses just 1 simple active ingredient to prevent pregnancy over 99% of the time.

It's placed in your uterus by a healthcare provider during a routine office visit in just a few minutes. Once in place, it provides continuous pregnancy prevention for as short or long as you want—up to 10 years.



Paragard is made of soft, flexible plastic wrapped with a thin layer of copper. Once in place, you shouldn't be able to feel it at all.

## Why Paragard?



Absolutely, positively **100% hormone free**



**Over 99% effective**—more effective than any other hormone-free birth control method\*—and most hormonal methods



Works differently using just **1 simple active ingredient**—copper



No hormones, **no hormone-related side effects**



**No hassle** and **low maintenance**—no daily pills or monthly refills



**Lasts up to 10 years** but can be removed at any time sooner if you decide you want to get pregnant†



**Quick nonsurgical placement** done during a routine office visit in just a few minutes



The only IUD **FDA approved for over 30 years**



**May cost \$0** under most insurance plans‡

\*Excluding sterilization.

†Must be removed by a healthcare provider.

‡Check with your insurance provider to confirm coverage related to your individual plan. Fees for the Paragard placement procedure may apply.

### Important Safety Information

- If you miss a period, have persistent abdominal pain or if Paragard comes out, tell your healthcare provider (HCP). If it comes out, use back-up birth control.

**Please see additional Important Safety Information throughout this brochure and accompanying Full Prescribing Information in pocket.**

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intrauterine copper contraceptive

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pregnancy prevention™

[Paragard.com](https://www.paragard.com)

# How Paragard Works



Once in place, Paragard starts working immediately



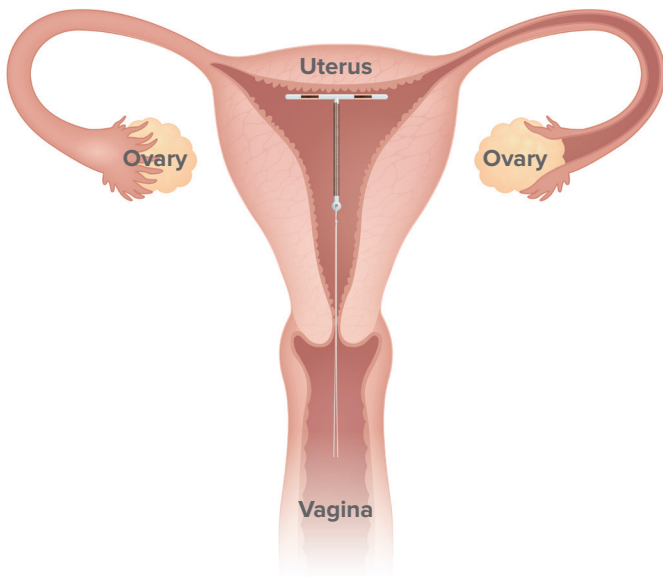
The copper in Paragard works to prevent sperm from reaching the egg and fertilizing it and may also prevent implantation



Because Paragard is 100% hormone free, it does not interfere with your body's natural cycle or stop you from ovulating each month



Ovulation comes with all sorts of wellness and beauty benefits—affecting your mood, skin, bones, heart health, and even your sex drive



## Did you know?

The copper in Paragard has been FDA approved for over 30 years and is clinically proven safe and effective.

### Important Safety Information

- In rare cases, Paragard may attach to or go through the uterus and cause other problems. Pregnancy with Paragard is uncommon but can be life threatening and may cause infertility or loss of pregnancy.

Please see additional Important Safety Information throughout this brochure and accompanying Full Prescribing Information in pocket.

 **Paragard**<sup>®</sup>  
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simple, honest  
pregnancy prevention™

# What to Expect with Paragard

With Paragard, there's...



**daily  
routines**  
or refill  
hassles



**monthly  
thread  
check**  
you do  
yourself



**appointments**

- one for placement
- one about a month afterwards to make sure Paragard is in the right place\*



## Paragard placement

Paragard placement is nonsurgical and done by a healthcare provider during a routine office visit in just a few minutes. Some women may experience cramping, pain and/or dizziness during and after Paragard is placed. To help minimize the cramps, ask your healthcare provider about over-the-counter pain medications.

## After placement

Once in place, you shouldn't be able to feel Paragard at all. You can continue to use tampons and you or your partner shouldn't be able to feel it during sex.

Bleeding and spotting may increase in the first 2-3 months but usually decreases over time. If side effects continue, contact your healthcare provider.

## Following up

Visit your healthcare provider for a check-up about one month after placement to make sure Paragard is in the right place.\*

It's a good habit to check that Paragard is in the uterus by doing a monthly self-check of the threads. To do this: reach up to the top of your vagina with clean fingers to feel the threads making sure not to pull them. If you have trouble finding or feel more than just the threads, call your healthcare provider right away and use backup birth control.

\*Depending on your experience, additional appointments may be necessary to ensure Paragard is in the correct position.

### Important Safety Information

- Paragard does not protect against HIV or STDs.

Please see additional Important Safety Information throughout this brochure and accompanying Full Prescribing Information in pocket.

 **Paragard®**  
intrauterine copper contraceptive

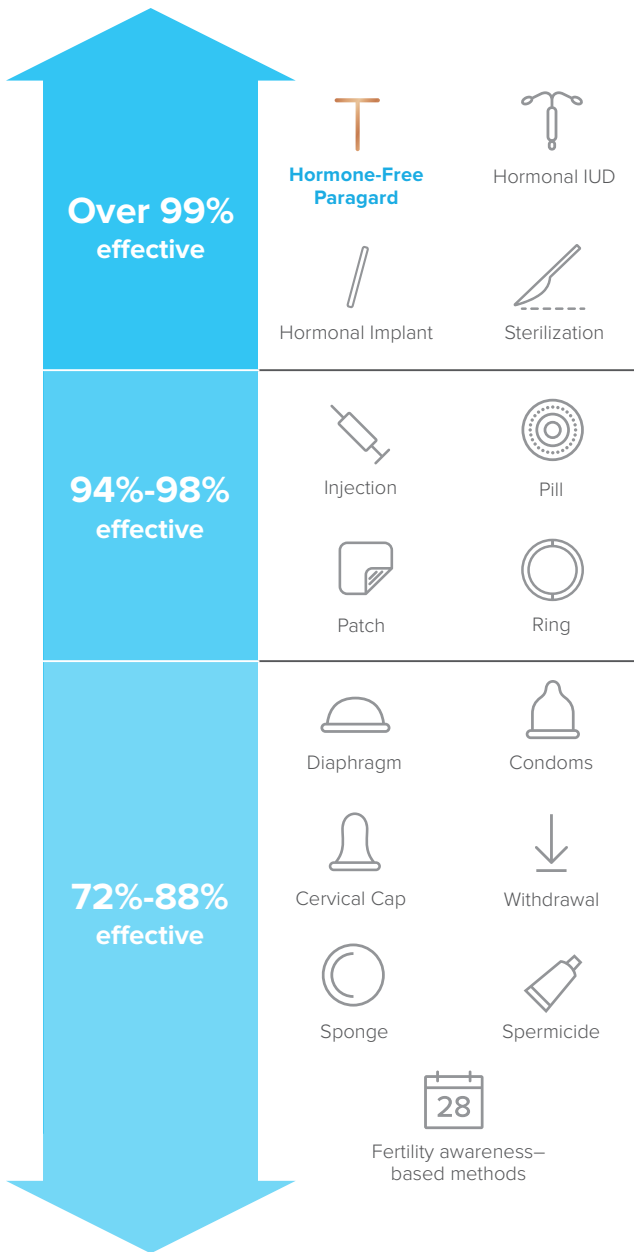
simple, honest  
pregnancy prevention™

Paragard.com



## How Does Paragard Compare?

Paragard is over 99% effective—one of the most effective methods of birth control available.



### Important Safety Information

- Bleeding and spotting may increase in the first 2-3 months but usually decreases over time.

Please see additional Important Safety Information throughout this brochure and accompanying Full Prescribing Information in pocket.

## Is Paragard Right for You?

If you answer “agree” to any of these statements, talk to your healthcare provider about whether Paragard is right for you.

1. I'm interested in a birth control that's **100% hormone free**  
☐ Agree ☐ Disagree
2. I want a birth control method that's **highly effective**  
☐ Agree ☐ Disagree
3. I've **experienced negative side effects** from hormonal birth control in the past  
☐ Agree ☐ Disagree
4. I want to give my body a **break from hormonal birth control** because I've been using it for many years  
☐ Agree ☐ Disagree
5. I want a birth control that's **low maintenance** and doesn't require a daily routine  
☐ Agree ☐ Disagree
6. I want a birth control that's the **longest lasting but reversible** if I change my mind  
☐ Agree ☐ Disagree

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# Cost & Insurance Coverage



## Most women with insurance pay \$0

Most insurance plans cover the cost of the Paragard IUD in full—this may mean no co-pay, deductible, or out-of-pocket costs.\*

You can check your insurance coverage for Paragard in 2 ways:

### 1 Request a free Paragard Benefits Verification<sup>SM</sup> Report

or

### 2 Contact your insurance company directly

#### By phone:

1. Call **1-877-PARAGARD**
2. Our benefits verification specialists will assist you in confirming coverage related to your individual plan

#### Online:

1. Visit **Paragardbvsp.com**
2. Complete and submit an electronic Patient Authorization Form
3. Ask your healthcare provider to submit a Patient Referral Form
  - Once both forms are received, you will be sent a detailed report that shows your insurance coverage for Paragard
  - If you have any questions or need help with this process, call **1-877-PARAGARD**

1. Call the customer service number on the back of your insurance card
2. Tell them that Paragard is a healthcare provider-administered method of birth control
3. Ask them to check if Paragard is covered under the Affordable Care Act
4. Provide them with the J code for Paragard: **J7300**
5. Ask if you will have any out-of-pocket costs, or if Paragard is only partially covered under your plan



\*Check with your insurance provider to confirm coverage related to your individual plan. Fees for the Paragard placement procedure may apply.

Please see additional Important Safety Information throughout this brochure and accompanying Full Prescribing Information in pocket.

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honest  
pregnancy  
prevention™

Want hormone free?  
Insist on Paragard.

**100%  
HORMONE FREE**

**OVER 99%  
EFFECTIVE**

**1 SIMPLE  
ACTIVE INGREDIENT**

Visit [Paragard.com](http://Paragard.com)  
or call 1-877-PARAGARD.



Only you and your HCP can decide if Paragard is right for you.  
Available by prescription only.

You are encouraged to report negative side effects of prescription  
drugs to the FDA at [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.

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## Patient Package

Este panfleto también lo hay en español

## INFORMATION FOR PATIENTS

### Paragard® T 380A

#### Intrauterine Copper Contraceptive

**Paragard® T 380A Intrauterine Copper Contraceptive is used to prevent pregnancy. It does not protect against HIV infection (AIDS) and other sexually transmitted diseases.**

It is important for you to understand this brochure and discuss it with your healthcare provider before choosing Paragard® T 380A Intrauterine Copper Contraceptive (Paragard®). You should also learn about other birth control methods that may be an option for you.

#### What is Paragard®?

Paragard® is a copper-releasing device that is placed in your uterus to prevent pregnancy for up to 10 years.

Paragard® is made of white plastic in the shape of a "T." Copper is wrapped around the stem and arms of the "T". Two white threads are attached to the stem of the "T". The threads are the only part of Paragard® that you can feel when Paragard® is in your uterus. Paragard® and its components do not contain latex.



#### How long can I keep Paragard® in place?

You can keep Paragard® in your uterus for up to 10 years. After 10 years, you should have Paragard® removed by your healthcare provider. If you wish and if it is still right for you, you may get a new Paragard® during the same visit.

#### What if I change my mind and want to become pregnant?

Your healthcare provider can remove Paragard® at any time. After discontinuation of Paragard®, its contraceptive effect is reversed.

#### How does Paragard® work?

Ideas about how Paragard® works include preventing sperm from reaching the egg, preventing sperm from fertilizing the egg, and possibly preventing the egg from attaching (implanting) in the uterus. Paragard® does not stop your ovaries from making an egg (ovulating) each month.

#### How well does Paragard® work?

Fewer than 1 in 100 women become pregnant each year while using Paragard®.

The table below shows the chance of getting pregnant using different types of birth control. The numbers show *typical* use, which includes people who don't always use birth control correctly.

### Number of women out of 100 women who are likely to get pregnant over one year

Method of birth control	Pregnancies per 100 women over one year
No Method	85
Spermicides	26
Periodic abstinence	25
Cap with Spermicides	20
Vaginal Sponge	20 to 40
Diaphragm with Spermicides	20
Withdrawal	19
Condom without spermicides (female)	21
Condom without spermicides (male)	14
Oral Contraceptives	5
IUDs, Depo-Provera, implants, sterilization	less than 1

#### Who might use Paragard®?

You might choose Paragard® if you

- need birth control that is very effective
- need birth control that stops working when you stop using it
- need birth control that is easy to use

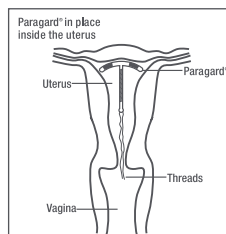
#### Who should not use Paragard®?

You should not use Paragard® if you

- Might be pregnant
- Have a uterus that is abnormally shaped inside
- Have a pelvic infection called pelvic inflammatory disease (PID) or have current behavior that puts you at high risk of PID (for example, because you are having sex with several men, or your partner is having sex with other women)
- Have had an infection in your uterus after a pregnancy or abortion in the past 3 months
- Have cancer of the uterus or cervix
- Have unexplained bleeding from your vagina
- Have an infection in your cervix
- Have Wilson's disease (a disorder in how the body handles copper)
- Are allergic to anything in Paragard®
- Already have an intrauterine contraceptive in your uterus

#### How is Paragard® placed in the uterus?

Paragard® is placed in your uterus during an office visit. Your healthcare provider first examines you to find the position of your uterus. Next, he or she will cleanse your vagina and cervix, measure your uterus, and then slide a plastic tube containing Paragard® into your uterus. The tube is removed, leaving Paragard® inside your uterus. Two white threads extend into your vagina. The threads are trimmed so they are just long enough for you to feel with your fingers when doing a self-check. As Paragard® goes in, you may feel cramping or pinching. Some women feel faint, nauseated or dizzy for a few minutes afterwards. Your healthcare provider may ask you to lie down for a while and to get up slowly.



#### How do I check that Paragard® is in my uterus?

Visit your healthcare provider for a check-up about one month after placement to make sure Paragard® is still in your uterus.

You can also check to make sure that Paragard® is still in your uterus by reaching up to the top of your vagina with clean fingers to feel the two threads. Do not pull on the threads.

If you cannot feel the threads, ask your healthcare provider to check if Paragard® is in the right place. If you can feel more of Paragard® than



just the threads, Paragard® is *not* in the right place. If you can't see your healthcare provider right away, use an additional birth control method. If Paragard® is in the wrong place, your chances of getting pregnant are increased. It is a good habit for you to check that Paragard® is in place once a month.

You may use tampons when you are using Paragard®.

### What if I become pregnant while using Paragard®?

If you think you are pregnant, contact your healthcare professional *right away*. If you are pregnant and Paragard® is in your uterus, you may get a severe infection or shock, have a miscarriage or premature labor and delivery, or even die. Because of these risks, your healthcare provider will recommend that you have Paragard® removed, even though removal may cause miscarriage.

If you continue a pregnancy with Paragard® in place, see your healthcare provider regularly. Contact your healthcare provider right away if you get fever, chills, cramping, pain, bleeding, flu-like symptoms, or an unusual, bad smelling vaginal discharge.

A pregnancy with Paragard® in place has a greater than usual chance of being ectopic (outside your uterus). Ectopic pregnancy is an emergency that may require surgery. An ectopic pregnancy can cause internal bleeding, infertility, and death. Unusual vaginal bleeding or abdominal pain may be signs of an ectopic pregnancy.

Copper in Paragard® does not seem to cause birth defects.

### What side effects can I expect with Paragard®?

The most common side effects of Paragard® are heavier, longer periods and spotting between periods; most of these side effects diminish after 2-3 months. However, if your menstrual flow continues to be heavy or long, or spotting continues, contact your healthcare provider.

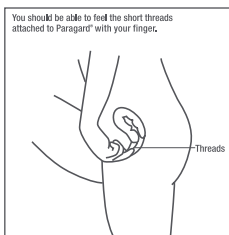
Infrequently, serious side effects may occur:

- Pelvic inflammatory disease (PID): Uncommonly, Paragard® and other IUDs are associated with PID. PID is an infection of the uterus, tubes, and nearby organs. PID is most likely to occur in the first 20 days after placement. You have a higher chance of getting PID if you or your partner have sex with more than one person. PID is treated with antibiotics. However, PID can cause serious problems such as infertility, ectopic pregnancy, and chronic pelvic pain. Rarely, PID may even cause death. More serious cases of PID require surgery or a hysterectomy (removal of the uterus). Contact your healthcare provider right away if you have any of the signs of PID: abdominal or pelvic pain, painful sex, unusual or bad smelling vaginal discharge, chills, heavy bleeding, or fever.
- Difficult removals: Occasionally Paragard® may be hard to remove because it is stuck in the uterus. Surgery may sometimes be needed to remove Paragard®.
- Perforation: Rarely, Paragard® goes through the wall of the uterus, especially during placement. This is called perforation. If Paragard® perforates the uterus, it should be removed. Surgery may be needed. Perforation can cause infection, scarring, or damage to other organs. If Paragard® perforates the uterus, you are not protected from pregnancy.
- Expulsion: Paragard® may partially or completely fall out of the uterus. This is called expulsion. Women who have never been pregnant may be more likely to expel Paragard® than women who have been pregnant before. If you think that Paragard® has partly or completely fallen out, use an additional birth control method, such as a condom and call your healthcare provider.

You may have other side effects with Paragard®. For example, you may have anemia (low blood count), backache, pain during sex, menstrual cramps, allergic reaction, vaginal infection, vaginal discharge, faintness, or pain. This is not a complete list of possible side effects. If you have questions about a side effect, check with your healthcare provider.

### When should I call my healthcare provider?

Call your healthcare provider if you have any concerns about Paragard®. Be sure to call if you



- Think you are pregnant
- Have pelvic pain or pain during sex
- Have unusual vaginal discharge or genital sores
- Have unexplained fever
- Might be exposed to sexually transmitted diseases (STDs)
- Cannot feel Paragard®'s threads or can feel the threads are much longer
- Can feel any other part of the Paragard® besides the threads
- Become HIV positive or your partner becomes HIV positive
- Have severe or prolonged vaginal bleeding
- Miss a menstrual period

### General advice about prescription medicines

This brochure summarizes the most important information about Paragard®. If you would like more information, talk with your healthcare provider. You can ask your healthcare provider for information about Paragard® that is written for healthcare professionals.

### Checklist

This checklist will help you and your healthcare provider discuss the pros and cons of Paragard® for you. Do you have any of the following conditions?

	Yes	No	Don't know
Abnormal Pap smear	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Abnormalities of the uterus	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Allergy to copper	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Anemia or blood clotting problems	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bleeding between periods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cancer of the uterus or cervix	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fainting attacks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Genital sores	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Heavy menstrual flow	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
HIV or AIDS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Infection of the uterus or cervix	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
IUD in place now or in the past	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
More than one sexual partner	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pelvic infection (PID)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Possible pregnancy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Repeated episodes of pelvic infection (PID)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Serious infection following a pregnancy or abortion in the past 3 months	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Severe menstrual cramps	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sexual partner who has more than one sexual partner	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sexually transmitted disease (STD) such as gonorrhea or chlamydia	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wilson's disease	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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