



The copper ball

What does a copper ball look like?

A copper bead ball consists of a flexible, initially straight wire that forms into a 1.5 cm ball inside the uterine cavity. At the end, there is a retrieval string to pull it back out.

How does the copper bead ball work?

The copper beads release tiny amounts of copper ions, which provide the contraceptive effect. These ions significantly reduce the fertilizing ability of sperm cells. The small quantities are harmless to the body and do not affect hormone levels.

The copper bead ball is a hormone-free contraceptive method.

How effective is the copper bead ball?

The copper bead ball, like the copper IUD, the copper chain, and the hormonal IUD, is one of the most effective contraceptive methods available.

However, out of 1,000 women using the copper bead ball for one year, about 5-15 women may become pregnant.

Once the copper bead ball is inserted, you are immediately protected from pregnancy. Its effectiveness is comparable to that of birth control pills.

It cannot be forgotten and works only within the uterine cavity, without affecting your cycle.

How long does the copper bead ball provide contraceptive protection?

The copper bead ball is effective for 5 years.

How is the copper bead ball inserted?

Before insertion, a gynecological exam is performed, including an ultrasound of the pelvis and a cervical swab. Pregnancy, pelvic diseases, and



sexually transmitted infections must be ruled out. Additionally, the size of the uterus must be measured to determine if a copper bead ball can be inserted.

While it is optimal to insert the copper bead ball during menstruation, this is not mandatory. It can also be used by young women.

A follow-up examination should be performed 4 weeks after the insertion or at the latest after the next period. Afterward, check-ups should be done every six months.

When can I have a copper bead ball inserted after childbirth?

After giving birth, an IUD should not be inserted before six weeks, and after a C-section, not before 12 weeks, as this increases the risk of perforation or expulsion.

How is the copper bead ball removed?

The copper bead ball is removed by gently pulling the retrieval strings after an ultrasound check. If the strings are not visible and the IUD is still inside the uterus, removal may need to be postponed until after the next menstrual period when the strings are usually visible again. If the strings are still not visible, the IUD can be removed using a narrow instrument. After removal, fertility returns immediately.

If you wish to continue using an IUD for contraception, a new one can be inserted at the same time. If pregnancy is not desired, removal should ideally occur during menstruation, and an alternative contraceptive method should be used.

How can I check if the copper bead ball is still in place?

You can feel the retrieval strings to check if the copper bead ball is still in place. If you cannot feel the strings during self-examination or if you feel the IUD itself in addition to the strings, please see your doctor immediately.



It is likely that the copper bead ball is no longer correctly positioned in the uterus, increasing the risk of pregnancy.

If you have any doubts about the position of the copper bead ball, contact your doctor.

An ultrasound should also be performed if the copper bead ball suddenly causes discomfort.

Possible complications and precautions

You should see your doctor immediately if:

- You cannot feel the retrieval cords of the IUD
- You or your partner can feel the bottom of the IUD
- You think you are pregnant
- You have abdominal pain, fever or smelling discharge
- You or your partner experience pain or discomfort during intercourse
- Your period starts late. Please then take a pregnancy test.
- the IUD is to be removed and/or you want to become pregnant.

There have been isolated reports of IUD expulsion in women who use a menstrual cup. There is a possibility of suction, which can affect the IUD if the menstrual cup is not removed correctly. Please ask your doctor about the correct use of the menstrual cup. Tampons can still be used.

If you have severe period pain or heavy bleeding, we should talk about choosing a copper IUD. A copper IUD might worsen the symptoms.

Interactions

Previous experience with copper IUDs shows that, in general, it is highly unlikely that other medications will affect the contraceptive effect. However, published reports indicate reduced effectiveness with long-term use of non-steroidal anti-inflammatory drugs (particularly Acetylsalicylic acid (Aspirin ®, Ibuprofen, etc.) and corticosteroids (cortisone). Short-term use of non-steroidal anti-inflammatory drugs do not appear to affect contraceptive effectiveness. Let's talk about it.