

## Copper-T can be used

- Within seven days of last menstrual period
- After six weeks of child birth – This is the best time
- Only trained nurses and doctors should insert Copper-T
- Copper-T should be inserted only at health centres or hospitals
- Women can get Copper-T removed any time on demand

Copper-T is generally safe to use. However it is very critical that proper hygiene is maintained. Advise women to have check-up once after one month, then after three months and then once a year.

Copper-T cannot be inserted at home because stringent cleanliness is needed during Copper-T insertion. The woman can go home immediately after putting Copper-T.

Women should learn how to check the presence of Copper-T. Sometimes its gets expelled out of the womb. It is easy to learn technique of feeling the nylon threads in vagina. Copper-T cannot escape the womb and go up. It can be easily removed by a nurse with a gentle pull. Some women have pain and bleeding after inserting Copper-T. It stops after few cycles. If the condition does not improve then Copper-T can be removed. There are no after-effects if Copper-T is inserted after six weeks of delivery.

## Removal

Copper-T should be removed after 10 years or earlier if woman wishes to have a child, or when she develops heavy bleeding, lower abdominal pain, or severe backache. You should help women in getting Copper-T removed at an appropriate facility.