Birth control side effect? I changed BC last week on Monday. I had my IUD removed and got the arm implant. Ive had the implant twice before when it was a 3 year deal. This time the NP put it in the back of my arm, where the previous one went on the inside. Same bruising as before. However, now that the bruising is gone it itches. I dont remember the other two itching. Its still just a little tender specifically where the stick is. I do have history of dry, itchy skin, but its usually my torso or legs and this is very localized. Is it just healing? Do I need to worry about allergies to it when I didnt have issues with the other two? When I got my first implant (Im currently on #4 consecutively) it itched like crazy for about a week while it was healing. Im fairly sure this is normal as your nerves heal from any injury.

Trying to decide what birth control to use My ( 25f)insurance covers all types of birth control. I did the pills when I was younger but kept forgetting to take them. I have the nexplanon implant ( in my arm)currently but it comes out In December. My insurance will cover getting my tubes tied but are there any side effects? I liked the nexplanon because it helped with hormones. Are you hoping to have kids someday If the implant is working for you, why not keep using it? Dont mess with a good thing. I love my 5 year IUD. Mine has hormones that help keep me sane and Ive been period free for 10+ years. Already have one whose 8 yrs old and hes autistic so I have my hands full. Im not truly sure about later in future but I know we wont have another soon Then dont get your tubes tied if you arent sure. Copper iud has no hormones but could cause heavy bleeding Oh it works I love it havent had a period in years but when I talked to my insurance they were saying it was more cost effective to get my tubes tied. But I just wanted to know from other women what was for yall I have the 3 and had no problems love it I would stick with Nexplanon if you like it and your insurance covers it. Tubal ligation doesnt stop your period and its not always reversible. IUDs are good for 7 years now. More cost effective for you or for them? They will always try to push you to whats better for them. I use Nuvaring and I love it. I only have to remember to change it once a month, and I dont skip a week so I dont get a period either. I dont feel it during sex and neither does my partner. Only one partner Ive had over the years using Nuvaring said he felt it but he liked it. Plus you can take it out for sex if you want. Pills dont work for me (memory) and I had an IUD that CAME OUT. 😳 It happened after a bad car crash and they said sometimes sudden physical stress can do something to make that happen.. idk. It was after that I switched to Nuvaring. I wanted the lower maintenance but high efficacy, but wanted to be completely in control of it because the IUD kinda traumatized me. I dont want to have children so I used to push for a tubal but no doctor would approve it due to age. That said, when I had periods they were always painful and dysphoric so now my #1 priority is not getting a period. As far as I know you do still get one if your tubes are tied. Ive had one doctor say yes and one say no. Imma be as cautious as possible. The Paragard (copper, non-hormonal) IUD is officially good for 10 years. Planned Parenthood says 12 and, realistically, one device could probably do its job indefinitely. Why would you consider getting your tubes tied if you arent sure you dont want more kids in the future? Tubaligation should be considered permanent. My gyno says 7 if for period control, 5 for contraception Well then your OB hasnt kept up to date with the latest evidence and is probably hoping youll come back more frequently so they can charge you for an unnecessary visit. See the website… https://www.mirena-us.com/ Im Australian and dont pay for his visits. And pay less than $10 for the Mirena itself. Its been a few years since I got my last one in so its possible hes changed his stance on that.

womens experiences with nexplanon? Hi, Im (19f) looking to ask my gyno about switching to nexplanon next week at my first ever gyno appointment. Im currently on the regular pill and its been great, but I occasionally forget to take it, plus my mother got pregnant (twice) while on the pill and I dont particularly want to risk it. Currently, the pill makes my periods lighter, shorter, and less painful. I havent experienced weight gain, acne, or any other side effects, other than vaginal dryness (which does negatively impact my sex life). What should I look forward to with the implant? Did your periods stop completely? If you took it out, what was the reason? Any and all advice is welcome. For two years it worked amazing for me. It stopped my periods. I never noticed any negative side effects. After two years I bled for 6 months straight until I was prescribed oral birth control (on top of my implant) to stop it. My insurance wouldnt pay to get it removed until the 3 years was up. Then I got an ovarian cyst that ended up rupturing. I like to share my experience but like any medication, everyone is going to react differently. The first two years were great though! thanks for sharing your experience! so question then, did the implant have anything to do with your ovarian cyst, like causing it or making it worse? or did it just happen to occur while on the implant? I had it for 12 months and bled basically the entire time, which my gyno at the time said was considered normal. Changed it for an IUD and havent looked back oof, that really sucks. had you taken any other birth control up to that point, or was that your first time using any? I kinda wish I could do an iud, because of the longevity, but because of my vaginismus, insertion would likely be much much more painful than average. I was on the pill for many years, different types trying to find something that didnt cause issues with my then undiagnosed bipolar. Then tried Nexplanon and have been using IUDs for over 10 years since. I have a tilted uterus for insertion isnt great but IMO its worth it for me. ah okay, thank you for sharing. Ive got it and I absolutely love it! I now get my period like 3 times a year and its super light, short, and quite painless. While the birth control part lasts for 3 years, the period control only lasts for 18 months for me, so I get a new one every 18 months. Ive been doing it for 5+ years and never had any issues. oh interesting! it didnt even occur to me that it might wear off at all. Ill make sure to monitor that, and maybe use a period tracking app. thank you! Ive been told the time frame is different for all women (some can go the entire 3 years!) but the first time it happened it scared the hell out of me! Talked to my doctor for irregular bleeding and had a bunch of tests done. Took a couple months before a female doctor figured it out. Got my implant changed out and hey presto everything was fixed. Ive have mine for 7 years now and have had it replaced once already. Only time I spot or have any period symptoms is when I get really stressed out with life. This was my experience exactly. It was amazing for about three and a half years and then about 6 months into my second one, I started bleeding and didnt stop until I started taking bc pills too. They did an a ultrasound to see if there was something wrong and I had a small uterine fibroid and an ovarian cyst. I ended up getting the implant removed. Which was a shame because I LOVED it before the bleeding started. For at least six months I bled heavily nonstop. Its a lot better now. My gynecologist thought that the implant had caused it but obviously there no way to know for sure. I would not recommend personally. I bled for 2.5 years straight,3 attempts at removing the implant including by the leading specialist who told me it had moved between an artery and a nerve bundle and if they were to perform surgery to remove it there was a high chance I would bleed out or lose the use of my arm.

Over 3 yrs ago, I had to surgically remove my Nexplanon from my arm muscle. Dr said the next stop was my bloodstream. Still coming to terms with the fact it could have killed me.

Ovulation bleeding or something else? Wanted some insight. BF and I had sex on the predicted day of ovulation, then again two days later. A day later I noticed some spotting that lasted 2-3 days. Surely this wouldnt be a sign of pregnancy, right? I have the copper IUD. It was rougher sex but I wasnt dry at all. A little concerned. implantation bleeding usually occurs 10-14 days after conception so you should be fine!! id watch for your period but it was more than likely ovulation bleeding Ah thank you! Ive just been paranoid because Ive never bled during or after ovulation before! But I supposed theres a first time for everything. I highly doubt it was implantation bleeding since it started the day after. Implantation bleeding usually takes longer to happen since it typically takes a few days for fertilization to happen to form the embryo before the embryo implants itself in the uterus, after which implantation bleeding might happen. It was probably ovulation bleeding or from minor injuries from the rough sex. Gotcha. Just wasnt sure since we had sex twice! [deleted] I have pretty bad anxiety, so i totally get psyching yourself out. Anxiety has delayed my period before, which is so stressful! Ill definitely get some tests. Thanks. with my iud, my period only completely stopped for the first year or so, then started spotting after that with the iud, which was normal. maybe spotting is just coming back naturally?

Birth control questions for folks that are hyper sensitive to it I(28f) want to be on birth control so I dont have to have a period. but every time Im on one it either immediately feels like I atea fist full of nails or after the initial first 4 months it starts to suddenly give me the immediately stop taking side effects. Ive been suggested the more permanent ones like, rings or implants ect. But Im worried that Ill just end up having these same problems and reversing/taking them out is just as costly. I live in America and have no insurance so its all on my wallet, so kinda wanna get some feedback/suggestions on this topic so I can run them by my doctor. The paragard IUD is non hormonal, so might mess with you less. Its side effects are more anatomical and less hormone based. Its made of copper which is a natural sperm... inhibitor? Killer? So it lasts longer than the hormone ones, too. I think up to 12 years under current recommendations Thank you for the info!!

Ive been on deop for 3 years. My doctor says I should consider switching to another form of birth control due to bone density concerns. Has anyone here switched from depo to the implant (nexplanon) with no time gap? Hey! So I (21F) have been on depo for 3 years. I just got another shot today and my doc says I should really consider switching to another form of BC. Im honestly super nervous, because I was severely depressed before starting my BC, but it seems to have evened out my hormones if that makes any sense. I feel more content and relaxed in my day-to-day life, and Im so scared that when I stop, my hormones (in addition to being over-produced to try and compensate for being absent) will go absolutely crazy. Im scared of returning to unhappy, depressed me. Im about to start graduate school, so I really need to just stay as I am with no major hormone changes. A bit of info about me rn on depo: Only 1 period since shortly after the first injection. It was light, 1-2 days about a year in. Other than that, no periods whatsoever. Light weight gain. Depression= Mostly gone. Sometimes it creeps back but it doesnt stay long. Im able to bounce back. Other than these, no symptoms. Ive narrowed it down to the implant because: The shot: Obvious, Ive been on it too long. The pill: I have ADHD and forget to eat breakfast. That doesnt bode well for the meds I need to take daily. This is what I tried before the shot and my inability to stick to a schedule hurt my hormones even more. The IUD/ Copper IUD: I tense up for normal exams, Im absolutely terrified Ill clench up and the pain will be unbearable. I recognize that this is a temporary problem, but its one I dont believe I can overlook. Maybe one day, but not now. Also, the copper one has no hormones? which is the entire point of BC for me lol Ive read that both depo and nexplanon function relatively the same, by releasing progesterone/ progestin (Except depo is all at once, and nexplanon slowly releases, losing potency over the years). As such, I hope this switch will be easy(ish) on my hormones and mental health. However, Id like to ask yall if youve switched from depo to the implant. How was the adjustment? Did you notice anything different about mood swings? I like how my body is now, with my hormones (seemingly) balanced and my mind free of depression. I can also recognize that maybe the BC only helped me to defeat depression and that I did it on my own. However, I feel this is unlikely, as whenever I get close to my shot day, I feel more emotional and blue (This is how I thought to check about when my next shot was due both most recent times). Anyways, please let me know if you have any advice for me. Feeling stressed rn :( I was on it for 8 years before anyone mentioned its possible link to bone density loss so I went for a dexa scan and sure enough I had osteoporosis really really bad. Ive been treating it with large doses of calcium and vitamin D for about 6 or 7 years and its improved SLIGHTLY!!. Was it worth it to not have my exs baby. Hell yeah but would I do it again. No. I tried the implant that went in your arm next, I went from 8 years of no period to 7 to 9 day periods and random periods. All over the place. Finally went on the pill to stabilize. Dont know if it helps but that was my experience Tldr: I rate Nexplanon 8.5/10 (hormonal and cry alot), pill is 3/10 (no enjoy regular periods), depo is 6/10 (ouchy bones and periods). I had bone pain while on depo for 3 years, hips knees and ankles, and painful periods every 3 months,, so I switched to a pill for a year-ish. Periods were painful once a month, and ADHD made it difficult to take the pill every day at the same time. Switched to Nexplanon and have been on it for 3+ years now, recently got my implant replaced 3 months before it was to expire to be safe. The implant procedure was really easy (asked for extra numbing!) It went into my non dominant arm. Nexplanon has definitely been my most preferred BC. The worst side effect I experienced was extreme mood swings, it felt more like a dump of hormones, but it smoothed out after 6 months. I have had maybe 4 light periods in the 3 years, but I did develop a large cyst on one ovary from the Nexplanon. The cyst does hurt a little once a month. Im not too worried about the cyst since I plan on a BiSalp before this implants 3 years are over. I wish you luck!! Everyone reacts different so I would definitely say try it for at least a couple months and if you dont like it you can always have it removed. Also if possibly maybe try to take a birth control break if it works for you. Both sis and I were on depo for over a decade each before things like that were mentioned. I took a 6 month break, then went to Marina and gained stubborn weight, but was able to manage. She immediately got some kind of implant and it had horrible side effects and was removed after about a month....ultimately she returned to depo. Between implant and depo, she tried Marina for several months, then something else. She now believes at least some of her symptoms are the result of not letting her body recover from the prior before trying another.

IUD vs Nexplanon Help please So my combo pill birth control is contributing to my high blood pressure. I am switching to progesterone only mini pill for the time being but Im not happy to hear that it is less effective. I dont really want an IUD because you have to check them, right? I dont think I can do that without seeing or knowing what the fuck Im doing. Id rather have the arm implant but my doctor said people tend to have unexpected bleeding and you wont know until its in. Why the fuck cant any of this be easy. I am so stressed out I cant even think. Someone just decide for me please. Checking for strings on IUDs isnt that time consuming. Its like 5 minutes every month. Also its not a disaster if you forget to do it. That said, IUD insertion is pretty painful. Im not worried that it will take a lot of time, I just dont know what Im checking for. I feel like I can certainly see my arm better. Its kind of what it sounds like. Two strings in your vagina that you can feel if you insert your fingers far enough. Most people dont check their IUDs and its fine. Youll know what youre feeling for if you do check, though. The strings feel a bit like fishing line, though they soften the longer you have them. Anecdotally, people have more side effects with Nexplanon than with IUDs. Im on my second Mirena. I rarely check my strings. Ive never had a single issue with either one of mine and I will be using Mirena as birth control for as long as I need it. Its seriously one of the best medical decisions Ive ever made and I would recommend it to anyone thinking about it. If you have any questions about the process or my experience, ask away! Im happy to answer. I have the depo provera injection, is that not an option for you? You only have to have it once every 13 weeks. I had a nexplanon implant for around 2yrs and for the most part it was fine with just some odd spotting here and there. Might be worth a try for you. Honestly the worst part was getting it removed because it had moved slightly deeper into my arm and was difficult for the doctor to cut out. Thank you I really appreciate this. Yeah my doctor said nexplanon has a lot of unpredictable side effects, I just felt like something I could see would ease my mind that its working properly. I will probably go with the mirena instead even though its not my first choice. In the last two years I had a LEEP and Colposcopy and bunches of paps. Im just kind of done being prodded down there. Couple that with every day seeing someone here with an IUD horror story and I just want something not terrifying. My husband has offered to have a vasectomy, but I feel like nothing is 100% and I just hate all of it. Thank you so much for being a nice perky person to me right now. Ive never had a LEEP or a colposcopy but I used to work on a medical office where they were done. If you do that, you can undoubtedly handle an IUD insertion, though I totally respect not wanting any more poking and prodding. About 40 minutes before the appointment, take whatever you take for period cramps. Good luck with whatever method you pick! Thank you I really appreciate it, as I dont know anyone who has had the nexplanon. Unfortunately the injection is not recommended for high blood pressure :/ but thank you again for your insight! Just friggen cut me in half already and get rid of the whole bottom lol I have Nexplanon. My period was nuts for 4 months and then perfectly fine. Ask me anything. The mini-pill isnt less effective. All pills are considered 99.7% effective with perfect use and 91% effective with typical use. [deleted] I chose Nexplanon personally, my cervix is very sensitive so I didnt even consider an IUD. Im on my 4th implant and am happy with it, havent had any side effects outside of unpredictable spotting during the last year of each implant. Some people do have really bad side effects on it, it varies a lot. I would recommend the nexplanon because the insertion is much less painful. Ive had both. You actually get pain management for the nexplanon, but you get nothing for the IUD. They use lidocaine to numb your arm. I was in the same boat as you. The estrogen spiked my blood pressure, and I couldnt consistently take the mini pill at the same time every day due to my lifestyle. I tried the IUD and bled every day for over 6 months until my doctor finally agreed to remove it. I havent had a period in over 3 years with the nexplanon. Wow thank you so much for this. From the comments it seems like this is all a crap shoot. I might bleed from the nexplanon, I might bleed from the iud. I lean towards the nex for that exact reason. At least I can physically see it and idgaf about pain in my arm for a few days as opposed to my insides, that already constantly hurt, hence the bc in the first place. When I was talking about this with my husband he said wasnt there news about a male birth control pill a few years ago? I said yeah, it gave men headaches 😒 I know a lot of women have issues with spotting with the nexplanon, but I think its worth a try at least! The insertion and removal are nothing compared to the IUD. The only issue I had with it was that my acne got so much worse. My skin is now clear thanks to medication from my dermatologist, though. I actually just got it replaced in December because I liked it so much. It can also be done under anesthesia im coming to this thread because im having a similar issue. I got the iud about 8 months ago and i havent stopped bleeding since and its getting unmanageable :/ im thinking about switching to nexplanon because im trying to avoid going back on the pill. I will say though the iud insertion was very painful for me so I probably would not do an iud again it just didnt work for me Hey I totally am right there with you. Unmanageable is exactly where I am. I put my foot down with my doctor and Im getting the nex implanted on Monday. After a LEEP and a colpo, Im done being poked in the cervix. Im happy to let you know how it goes after next week. Best wishes to you. what medication did you go on for the acne? im about a month in on Nexplanon and have bad acne on my chin even with a consistent skin care routine Spironolactone and Aczone were lifesavers for me. I have a few friends who are on the same regiment as well. It couldnt hurt to ask about them if you go see a dermatologist!

All Birth Control Seems to Suck :( I recently had gotten pregnant and had to terminate the pregnancy. After this experience, Ive been seriously thinking about getting on birth control again. In the past, Ive already tried the pill and the depo shot. My experience with the pill had absolutely killed my libido, constant yeast infections, and nightmare mood swings and worsened my pre-existing depression. The shot gave me 3 week long periods which lasted for 6 months straight. I dont think there were any other side effects but having my period for 3 weeks is just simply non-negotiable. After these two experiences I just never wanted to get on birth control again. But after terminating my pregnancy, it has me seriously thinking about going on it again. The thing is my mental health has probably been at the best place its ever been in my entire life. Ive done a lot of work to get this point mentally. Its not the BEST. But its so much better than where my mind has been in the past. And the idea that just experimenting with different birth controls to find the right one could bring me back to those dark places genuinely scares me. Ive looked into non-hormonal options. And even those seem to have side effects. It seems like every prescribed birth control have some of the worst trade offs. And you have no idea which side effect youre going to get until you try it. And then theres the option of getting your tubes tied, which has been sounding VERY appealing to me lately. But I think I will want to have a child in the future. Regardless of all of this, Im probably going to give Mirena a shot because at the end of the day, I really dont want to be pregnant right now or anytime soon. It just sucks that I have to choose between either terrible side effects, never having children in my lifetime or the risk of having a child when Im not ready for one. Out of the three options birth control seems to be the most obvious choice for me. It just kind of sucks because all 3 options feel like a punishment for me having a uterus :( It really does suck. Ive tried all the BC and now weve just accepted that it doesnt work for me (or I wont tolerate life feeling like shit?) After I had to beg and cry to get my Mirena looked at and eventually surgically removed; Im done. I cant live a life of pain anymore. Have you considered a paraguard IUD? No hormones and I havent had any problems. The insertion and cramping afterward hurts but thats my only complaint. Everyone has different experiences though. I recommend asking any female relatives what worked best for them! What side effects strangers on the internet get may be different than someone who shares similar genes. Even though it was better than no BC, I will say that I had the mireena for about 2 years, encountered constant yeast infections, imbedded into the uterine wall once and always felt it poking when I twisted or bended (perhaps due to the fact I am a smaller person). I got the implanon after hearing nothing but good things from my sister, havent encountered any bad side effects yet! Wishing you the best in finding what works for you! Im sorry this happened to you. They suck because they are freaking synthetic hormones in high dosages pumped in your body that naturally shouldnt be there. Ive never been using birth control since I dont have a womb, but in the last few years Im struggling with a nasty autoimmune diseases that is messing heavily with my hormones and metabolism. Anger, anxiety, crying, depression, apathy, all kinds of shit. Hormones can be a bitch to your mood like nothing else. Take care. im sorry that you had to experience that. not all forms of birth control are hormonal though? theres the copper (paragard) iud where the most common side effects are perhaps longer, heavier periods and maybe worse period cramps. and its more than 99% effective and can be left in for up to 10-12 years, i believe. and its literally just a T-shaped piece of copper and plastic that sits in your uterus. copper kills sperm. however, the process inserting it seems to be painful for a lot of people. sounds worth it though. im surprised at the amount of people who believe that non-hormonal, highly effective birth control isnt a thing. your doctor should have mentioned it after hearing about how your body reacts to hormones. My daughter tried something like 6 different hormonal types and ended up deciding on a copper IUD (paraguard) because the hormones messed with her too much. Once its in and settled it seems to be basically the least disruptive. Plus, shes going into the military and needed something that was as foolproof as possible. Though it was an absolute \*nightmare\* the first insertion, then it was inserted wrong, was too low and had to be removed, then I exerted mother pressure on the medical facility and made sure she had painkillers, a nerve block, the cervical softener, and an antianxiety/relaxing med; and the second insertion was a thousand times better. Yeah I did look into non hormonal options like Paraguard. But despite the fact its hormone free, it still affects existing hormones. Im just very cautious because it seems my hormones are quite fragile. Im still looking into to getting it though because at the end of the day I wont know how it will affect me until I try it. But experimenting is so stressful😭 Yeah Ive been looking into it. Ive just always been the different case when it comes to birth control so experimenting is quite stressful. The insertion process is also kind of scary to me. But its incomparable to birthing a whole baby so Ill have to choose my battles XD yeah, some peoples bodies are just extremely sensitive to any changes. i hope it works out for you. having the ability to get pregnant is stressful af. ill pray for all of us 😭 Why not use condoms? There are so many different latex and non-latex options.. Theres also the female condom. Yeah, we already use condoms. I just want an extra layer of protection. The time I had got pregnant the condom had broke and I used plan B the next day. But even if I found the perfect condom that could never break, I could easily promise myself to never have sex without a condom until Im ready for a baby. But in a long term relationship where we dont plan on having a baby until like 5-6 years, thats unrealistic.

I medically gaslit myself. Since last fall I have been feeling less and less like myself. No motivation to get off the couch. Hard to get out of bed. Cannot focus on anything. All my hobbies are just too much work, ect. Since getting my IUD my whole body has felt off and I cannot get it out for another couple of months. (Long story) so I assumed it was just normal birth control side effects and possibly seasonal depression. I didnt go see a Dr about it because I was sure I would be dismissed, its happened to me frequently through my lifetime. I had to go to my yearly check up a week ago to get my BP meds refilled. And the tests came back and showed close to severe anemia. All this time, no energy, heart racing (I thought it was panic attacks), why my nails have been looking worse than normal, the headaches, dizziness, the depression like symptoms. All of it explained in one test. Im going to follow up next week with a hematologist to find out why but Im so mad at myself for not getting help and so mad at all the drs in my life that have dismissed me so much that I didnt think to get help. Like it really never crossed my mind. Thank you for reading my small rant. (Also if you feel like crap, it is worth risking dismissal to check on) Im glad that you found the root cause of your health problem. It sucks that youre dealing with this issue with your iron levels. Im sorry you have dealt with doctors who dismissed your health concerns in the past. Yes!! This happened to me a few years ago. Theres \*so\* many things we can write off feeling off for, I went through the same thoughts oh its just the pill/stress/SAD. I was barely functioning- just about able to make it to work, but I thought there must be nothing medically wrong with me, and didnt want to waste a doctors time, as I was able to mostly complete my marathon training… and do nothing else but sleep on the days I ran. Eventually was pushed by my boyfriend (he was frustrated by my lack of motivation/excessive napping) to go get a blood test which showed my haemoglobin was at hovering just above when they need to intervene with blood transfusions. After about 6 weeks of huge iron supplementation I started to feel better and now I get by on just normal multivitamins. Hope yours is an easy fix too! Its nice to see Im not the only one this has happened to! That perfectly describes it, barely functioning but still completing tasks. (Ableit poorly lol) I hope its also an easy fix. I very much so appreciate the hope!

Is the Clue Plus paid version worth it? I already have a Fitbit for general period tracking. I downloaded Flo and started to put stuff in but got annoyed with the constant pop ups asking me to sign up for a paid membership. I just downloaded Clue. Wondering if the paid version is at all worth it. But now thinking if Im willing to pay for Clue I should just go back to Flo. The reason I was looking for more period tracking is I got a Mirena in July and I dont think Im vibing with it. I never had PMS type symptoms before in my life and now Im experiencing bloating, cramping, constipation, breast tenderness, irritability, sleeping for 12 hours a day...Trying to find out if theres a pattern. Ive been using the free version of clue for years and its been fine.

Mirena Expired Early? Its common with mirena to get your period after 3y or so. That doesnt mean its not still working as contraception though - its still fine for that. The progestin levels just drop over time slowly. Eventually, they drop too low to prevent you from having a period, but are still high enough to prevent conception. You can get it replaced if you want to suppress your period again though. I would only replace mainly to help with anxiety and panic attacks! Not too concerned about anything other than that. Just didnt know if anyone had a similar experience too with mood changes. If you think its the drop in hormones, you could ask your gyn to prescribe you the mini pill to see if that helps first. Thats definitely something I looked into. My only concern is having a lot of synthetic hormones in my body and being a nicotine user also. I am trying to minimize the risk and I know the amount of progestin in the blood with the iud is much less than that of the pill, but I definitely did consider it. My other worry is if my body doesnt respond super well to the type of progestin in the mini pill also. Most of them use a different synthetic form than whats in the mirena and my body is super sensitive. I did SO well the first 2-3 years on the mirena through. Its definitely a tough decision, but I need to do something so I can feel better again! Also, another issue Im running into is my OBGYN is booked out months at the moment. Wont even take a phone consult… so fun! They are all really short staffed around where I am at lately.

Is this implantation bleeding?

I swear my Kyleena IUD has made me gain weight. Has this happened to anyone else?? Ive (21) had my IUD for a year and a half. When I first got it inserted I weighed 135 lbs. Now I weigh 165 lbs. I never used to exercise and I still dont, but I have not changed a thing about my diet and I honestly eat less than I used to. Its driving me crazy. Im not chubby, but the 30 pound weight gain makes me feel like im losing my mind because I just dont understand how that happened! I also have much bigger boobs than I used to. Thats probably due to the weight gain. Its frustrating and confusing. Doctors always say it wont cause weight gain but Ive seen some women on tiktok saying they gained a big amount of weight from it! Possibly? Ive seen the same thing, but one of my medications also causes increased appetite. Its pretty common side effect with all hormonal birth control. The degree on which it shows up is highly dependent on the person taking it. Yes, birth control causes weight gain. I had an issue with birth control making me hungry and causing me to snack, so I restricted myself to 3 healthy meals a day with two low calorie snacks in between and it helped a lot. The only method of birth control that has been directly linked to weight gain is the depo shot. Literally google birth control side effects and weight gain comes up. [https://www.medicalnewstoday.com/articles/290196](https://www.medicalnewstoday.com/articles/290196) Original birth control worked by tricking your body into thinking it was already pregnant and guess what you need to do when pregnant gain weight. Google isnt a reliable source of information. No birth control method, aside from the depo shot, has been \*\*\*directly linked\*\*\* to weight gain. BC can cause changes in appetite or changes in fluid retention which can impact weight. [Not Google](https://www.ncbi.nlm.nih.gov/books/NBK441582/). Also, no birth control works by tricking your body into thinking it is pregnant. I encourage you to educate yourself on how various hormonal contraceptives work. Yup, Ive gained a lot of weight too and am constantly bloated. Ive had it for almost 2 years. Im back to working out 4x a week and I eat decently healthy. However I do feel my stomach mid section seems to be an area that I see no difference in. In fact lately Ive been so bloated I look pregnant. I do believe it causes weight around the mid section due to hormones. I had my IUD inserted on January 11th and Ive gained 30 pounds so far. I had a baby in September (2021) and came home from the hospital weighing 216. Now Im 251. Im so angry and depressed. Nothing has changed other than getting the IUD. My eating habits and exercise is still the same. I know this post is a bit old, but wanted to share that I have experienced weight gain as well. No matter what I do, it wont come off. Even in 1000 calorie deficit every day, I either stay the same or GAIN. Im up 20 pounds since insertion. I also just look swollen every where. The water retention is horrible. Im having it taken out next week, hope the weight comes off! Yes!! Ive also gained 20 lbs since incertion back in April! Any update on losing weight? Did you lose the weight once you got it removed? I might have mine taken out It took about 3 months but Ive lost about 10 lbs now. Its coming off slowly, but at least my body is letting me lose it!! I feel better overall without it. Even the nurse nodded her head when I told her I wanted it out due to weight gain. Good luck!!!

Switching from the pill to an IUD. Why did you and whats your opinion? [deleted] [deleted] I get migraines with aura and my doctors said BC with this is a higher rate of strokes so they yanked me off of BC, but Ive also been experiencing really heavy periods. So IUD with hormones was suggested. And with the hope it will stop my periods. I had it placed in December so Im still in a transition phase. Another friend had one placed at the same time - though she had just given birth- shell had no side affects so far but that could be masked by her body recovering in general. Ive never been pregnant and can deal with pain pretty well. Placement was uncomfortable bordering on painful but manageable. The next month I felt uncomfortable - kinda crampy off and on. My doctor explained it as its the largest thing your uterus has had in it. Then that just disappeared. Then I had hormonal side effects- acne and a lot of breast tenderness. A lot. After 3-4 weeks the tenderness disappear was and the acne started to fade. Thats still hanging around a bit but is less. There are IUDs without hormones but those can cause longer periods. (The hormones in IUDs are supposedly safe for migraine sufferers). My period has been very wacky but fingers crossed it will disappear completely soon. Another friend has had IUD for years already - no desire for kids- and she loves it and hasnt had a period in years. Thats my hope. . Good luck! And just in case they can do it in the same appointment (mine didnt) - take 600 mg of ibuprofen before your appointment. I was never on the pill. I have history of stroke in the family so when discussing birth control my doctor suggested a hormonal IUD instead. Besides the peace of mind, the mirena reduced the duration and flow of my periods—and after about 6 months of having it, the cramps that plagued most of my life disappeared. I know other women have negative experiences, and it really is case by case, but IUD will forever be my preferred birth control IUD stopped my periods all together and is much more convenient My triglycerides were 444 due to oral contraceptives. I had a copper IUD first, which was fine. After it expired I switched to the Mirena. I loved it because eventually my periods stopped. My insurance covered it, so at the time it was nice to save the money. Placement was definitely not fun. Once the Dr let me lie there with my cervix open while she waited for the MA to go get something. It was very painful. My natural period is incredibly heavy and painful with no cause (apparently). The pill causes massive mood instability. Nexplanon made me bleed for 12 months. Im on my 3rd Mirena because they work so well for me. Yes, placement is unpleasant and painful. However for me the pain is 100% worth it. I was 36 and got a blood clot in my leg from taking YAZ bc pill. They said it would be safer to stay off any contraception that had estrogen. At first I tried depo shot, that was horrible and didnt work with my body. I got a Mirena IUD at that point and its been a dream! I on my second Mirena and I wish I had gotten one in my 20s! No periods, no PMS.. its amazing.

Nexplanon Side Effects [deleted] So I had nexplanon and bled for about 4 out of every 5 weeks, so after 25 months I gave up. But stick it out for a bit, and see if it settles for you. Irregular bleeding is the most common side effect of the implant, and it is the most common reason for removal. It can take 3-6 months for your body to adjust to any new birth control method, but if its negatively impacting you in any way you have right to have it removed at any time.

Can I change the date of my period while on the pill? Ive struggled to find many answers to this, so I thought to I would give reddit a go. I skip my periods usually for 3 - 4 months at a time. Any longer and I find I get spotting. So instead of taking my pills for 21 days in a row, I take mine for up to 63-84 days in a row. From my understanding, taking the pills for 21 days in a row essentially puts your ovaries to sleep, and the 7-day break is not long enough for them to wake up and release an egg. So heres a scenario: I skip my first two placebo weeks and take my pills for 42 days in a row. I decide I will have my period next month, but during that placebo week, I am going camping. So, I decide to bring my period forward and have my placebo week in the second week of my next pack (where its active pills). So I have taken my pills for 49 days in a row before I took a 7-day break. If I was someone who had a period every month, this would obviously be unsafe. But since I skip my periods, it should be fine right? Although its not during the dedicated placebo week, since Ive taken my pills for 21 days or more, I shouldnt be affected at all? I really hope that made sense 😂 Also, usually I wouldnt do this because it ends up confusing me in the long run. However I am getting the IUD very soon so Im not too worried. I would call your doctor to confirm. But I did a deep dive into this a few years ago when my doctor put me on continuous birth control several years ago. The medical consensus was that the risk is fairly minimal to utilize the pill to skip/change around the dates of your period. As long as youve taken at least 21 pills in a row, and you dont have a break of more than 7 days you should be fine. When I went off the pill one time after taking it continuously for ages, I didnt get my period until when the placebo week would have been anyway. If I were in this situation I would probably just keep taking it continuously until after the camping trip and deal with the potential spotting. Personally Id happily do what youre suggesting and have done so many times, but if youre nervous use a barrier method for a week or so. Ive also not found official advice for your question, but there is this from my leaflet on how to generally shift the day it starts. > If you take Rigevidon correctly, you will always have your monthly period on the same day of the month. If you want to shift your period to another day of the week, rather than the one you are used to with the present pill intake, you may shorten (but never lengthen) the forthcoming pill-free interval by as many days as you like. For example, if your monthly period usually starts on Friday and you want it to start on Tuesday (i.e. three days earlier), you should start the next pack of Rigevidon three days earlier. The shorter the pill-free interval, the greater the possibility that you will not have a withdrawal bleeding, and that you may have breakthrough bleeding or spotting during the second packet Maybe check if your leaflet has something similar, but if youre also on a combined pill Id expect it to work the same as mine. So you could do multiple iterations of shifting it as described above until your period doesnt fall on that camping week. Shortening your break rather than skipping it altogether shouldnt mess with its contraceptive protection - mine is always 5 days as agreed on with my doctor, even though the leaflet assumes a seven day break. Ive heard of 4 days being common length too. I think 7 days is just the max safe one and is the default one advised since it results in a very consistent experience (ie every period starting Monday) Yes you can do this. In my home country (Belgium) doctors actually actively recommend this and its normal for women on the pill to plan their period at their convenience. Its one of the common reasons teenage girls will start the pill as soon as they hit puberty and before even being interested in sexual activity. My GP recommend the pill for this when I got my first period at age 12. As soon as youre past 21 days you can plan your period any time you like. You can also shorten it by starting to take the pill again as soon as your period starts. Doing that might actually cut down on break through spotting because it makes it so the lining doesnt build back as thick. So it might be possible to go even longer between periods. I got mine down to once ever 7 months, back when I was on it.

Questions for advanced Clue app users/IUD users [deleted] I dont know anything about the app but based on current politics in much of the world (I dont know where you are) I suggest getting a cheap calendar and keeping track on that, or another calendar app that isnt related to periods. I use to use a small pocket-book personal planner, now Ill use Google calendar (but Ill admit I use a different both control, Google calendar reminds me). I get it- I am Canadian and Clue seems fairly trustworthy in terms of safeguarding data. I was in the same boat until I deleted Clue this summer after Roe was overturned. The app was designed most for people who use non-hormonal contraceptives or for bc pill users, not those of us with IUDs. They have not fixed this and I dont think they will since they used the early threats to contraceptive access in the US as an opportunity to launch their natural cycle tracking biotech. Also go look through their privacy policy. They store user data on servers hosted by Amazon, which as we all know is not an ethical company. Clue as a corporation is protected by EU data privacy policies, but the managers of the Amazon servers are not in the EU and if subpoenaed would have to share data with governments or law enforcement. I agree with the other commenter that we need to ditch these apps and pay attention to our cycles and the patterns within on paper. As an IUD user, can I ask what you track on paper? Maybe I just need to figure out how to track cycles, absent of bleeding.

My IUD is driving me crazy. [deleted] I tried a kyleena iud and had constant issues with cramping, spotting and frequent endometriosis attacks. I switched to a Mirena one after a year. They both use the same hormone but Mirena is a higher dose and has lower % of overall side effects. I found I get more migraines and every 3rd period is an emotional theme park of rollercoasters but everything else is great. Now Im on my 5th year and I can definitely feel the drop in hormone level and will be getting another Mirena to replace it.

Ive been cramping for a while Ive been cramping for like 6 to 9 days with no period. I just got off the pill and I am about to switch to the arm implant. Is it normal for cramping when you stop the pill?

Is This Strange? So some context: Im 20yo and Ive had the nexplanon implant since late 2018 (getting ot replaced soon, COVID has sucked but research shows its still super super effective even after the 3y mark) The strange thing: I miss having periods. As a teen before I got the implant I had HORRIBLE periods. Extreme cramps, bleeding through pads in a couple hours, had to stop wearing tampons, crying on the floor at work kind of horrible periods. Ever since I got the implant, Ive had maybe 2 periods in the last 3 years? And as grateful as I am Im not having these horrible periods anymore, part of me feels.... incomplete? Missing? Im not sure really how to describe it, I just dont feel... whole, I guess. Im thinking about alternate BC, but I have Factor V Liedens and cant have estrogen based implants or it will cause severe blood clots. My doctor told me nexplanon is one of only safe options for birth control for me, other than condoms (which I hate with a freaking passion, Im in a committed long term relationship for the last 3 years, we live together etc, I have no concerns about stds) Do you gals have any advice on, idk, dealing with not having periods? Or if you have the same disorder as me, what youve done with birth control? Or womens whove had copper implants, how much worse did it make your cramps? EDIT: I should be more clear, Im Factor V Leiden homozygotes, so I have both genes, meaning Im at extremely high risk for clots with ANY hormonal birth control There are multiple methods of hormonal contraception that do not use estrogen. This would include Nexplanon, all hormonal IUDs, the depo shot, and progestin only pills (aka mini-pills). If estrogen is your only concern any of these should be a suitable option. Sorry, I should be clearer, most hormonal bc will cause the blood clots I have both genes for it, meaning Im Factor V Leiden homozygotes Heres a brief thing about it: Risk of a Clotting Disorder in People with Two Abnormal Factor V Genes People with two abnormal Factor V genes are known as Factor V Leiden homozygotes. These people have only the Leiden protein. Factor V Leiden homozygotes have an 80-fold increased risk of developing a blood clot compared to the unaffected population. Blood clots are a risk factor with estrogen containing birth control as far as I am aware. Thats why progesterone only methods are considered safe to use by those with other risk factors, like the one you describe. I have never heard of there being an increased risk with different progesterones used in hormonal contraceptives. Def gonna look into that more, ty! Definitely talk with your doctor or another medical professional as well. Im obviously not a doctor or an expert, it may just be something Ive never heard or considered as its never been a concern of mine personally! Yeah, Im trying to find doctors that are familiar with it in the area, but its really difficult, I live in a fairly small city and its a fairly rare disorder xD

Weight gain from Nexplanon I just got my Nexplanon implant after the Mirena IUD and I was curious about the weight gain side effect I have taken the pill and done the IUD and the side effects were fine for me but I am a little worried about possible weight gain. For those of you who have had the implant, did you gain weight? If so, how much? Ive never gained weight on it, Ive had three of them now.

Help with birth control options? POP/mini-pills is what Im deciding. (i posted this on r/childfree &amp; r/birthcontrol but i want all the possible help i can get) for context: im 18F in high school and ive recently been researching birth control options for myself since im sexually active with my partner. im a daily smoker (i know its bad for my health but i have my own reasons) and i have anxiety on my end, so recommending IUD or the arm transplant is something im not comfortable with (fear of medical modifications). im not allowed to drive myself anywhere without my parents knowing where im at 24/7 nor what im doing without photo updates (so in-person doctor visits are off the table for me). ive researched a lot so far but im still coming at a closed door for whats a good option for me in my situation. ive narrowed it down to either ordering from NURX for the shot (albeit im scared of injecting the shot incorrectly) or ordering POP/mini-pills from a reasonably affordable online service (WISP, FAVOR, SimpleHealth, Lemonaid are my options for affordability from what ive read). the only thing im really fretting about is whether or not POP is a good option for me, and my skin as ive heard that it can make acne worse. i dont mind if i gain weight, im fairly active in my life (going to the gym, swimming daily, etc) so id balance myself out on that. i also want to just not constantly switch on brands finding the right one, id like if i could just get it and stick to that one specifically. id also like if you guys could share personal experiences with POP/mini-pills, what you had to deal with (eg. migraines, menstrual cycle changes, mood shifts, etc.) and/or what brand you take (if that makes any difference). thank you so much if you reach out and help Look into Copper IUDs first. I would highly advise against getting on exogenous hormones - even at the recommendation of your doctor - especially whilst so young and still developing. BCP are highly over-prescriped and their side-effects on actual health markers in blood work under-emphasized I did have a short while that I was taking the mini pill! It worked absolute wonders to stop my period, which is why I took them. I was on them for about a month and it didnt have any other side effects other than it made me a tad suicidal. Ive been diagnosed with depression and a mood disorder so this isnt exactly new, but I was forced to stop taking them for the sake of my emotional safety. What my doctor told me is that the mini pill is progesterone only so you NEED to take them at the same exact time every night in order to have pregnancy protection, and a second BC method is recommended to have on top of the mini pill. Im lesbian so for me taking them to avoid pregnancy wasnt the goal, so I definitely cant speak to that end. thank you for insight :) i just ordered a consultation from SimpleHealth and hopefully im able to find the right brand for me. im mainly curious about the mood shifts and possible biochemical-psychological effects it has. ive been diagnosed with BPD and ADHD, so its tough trying to balance it all out for myself and figuring what could work best because im my mind, i want the perfect contraceptive in one-go than trial and error. I think the more reasonable answer is that it will most likely be trial and error rather than perfect the first time. What happened to me was took it for a week, forgot 2 days doses, then started back up again. I think i was in a general funk with just a little depressed mood that was slowly getting worse, so slow I didnt even catch it at first. But those two days I missed my mood was absolutely great, and thats when I started to put two and two together and realize what it was. I have the IUD in now and while im going to wait a little longer to see if its effective at stopping my period, Im really wary to see if its also going to affect my mood. I have a little inkling it is, but right now im just being extra careful to track my moods and being on top of getting therapy and making sure I take my psych meds im happy you found the root of what was causing it! and glad to hear you found a better alternative that might work better for you :) ive come to the conclusion that even thought i want it to be perfect first time, ill likely have to go through trial and error. im hoping to stay on the pills for a couple years or so and then switch to an IUD or arm transplant later when i move out from my parents house! The mini-pill works great for some people, terribly for others. You just dont know until you try it. It was god-awful for me, constant bleeding. For months. My OBGYN kept telling me to keep taking it, it takes time to normalize, but finally my iron was so low I was on the edge of needing a blood transfusion and she finally agreed to look into other options. I did not gain weight, acne stayed the same. Just endless bleeding :/ This is not to put you off it! Again, it works GREAT for some people. I know a lot of people end up not having a period at all on progesterone only. Just dont be afraid to ask for something different if it isnt getting along with you.

Experiencing spotting on the pill, scared it could be implantation bleeding I always bleed a bit after sex. Like, I can count on one hand how often it hasnt happened. Apparently my cervix likes to bleed at the slightest touch. Ive also had spotting when switching pills and when skipping periods. Towards the end of my birth control pill time of life, changing anything but my 24on/4off schedule made for spotting. Please keep in mind, that although the generic pills might have the same active ingredients, the non-active ingredients may change how your system processes them. They still work as birth control, but your experience taking them might change. If youre worried about the efficacy of your pill or the possibility of being pregnant, speak to your doctor or pharmacist, theyll be able to help you. Thats just breakthrough bleeding. Its normal. This submission was removed: Rule 4 Relevance: Posts must be relevant to our experiences as women, for women, or about women. [more](http://www.reddit.com/r/TwoXChromosomes/wiki/rules#wiki\_relevance) Please see a doctor, nurse or pharmacist. Nobody commenting here is qualified to give you advice. [Medical Advice on 2XC](http://www.reddit.com/r/TwoXChromosomes/wiki/moderationpolicy#wiki\_medical\_advice) --- [2X FAQ](http://www.reddit.com/r/TwoXChromosomes/wiki/faq) | [2X Rules](http://www.reddit.com/r/TwoXChromosomes/wiki/rules) | [2X Moderation Policy](http://www.reddit.com/r/TwoXChromosomes/wiki/moderationpolicy) | [reddiquette](https://www.reddithelp.com/en/categories/reddit-101/reddit-basics/reddiquette) | [reddits rules](/rules)

Effective and pain-free non-hormonal birth control? My copper IUD gives me lots of pain and I want it removed, but I also dont want to go on a hormonal birth control. I know condoms and non-IUD methods have much lower effectiveness rates, which is why I am keeping my IUD in. Any suggestions? Ugh. I feel it. This was me a few years ago! You could combine condoms with cycle tracking. Natural Cycles is an app that tracks your daily temperature to estimate ovulation/fertile window. (Although I understand if you dont want that data floating around) Using combined methods increases the efficacy. So you could add cycle tracking, spermicide, pull-out (with a condom), etc to condoms to decrease the likelihood of pregnancy. Its scary though Im not gonna lie. But I will say I got pregnant on the Paragard but I never got pregnant with condoms so YMMV! Also, just noticed your username… lol I am backing away slowly. Seconding all of this. (Except I didnt get pregnant on the copper IUD, it just nearly killed me.) But like... As long as there is a comfortable condom for the guy, its a decent method.

Birth control recommendations? I currently have an IUD and I love it… however I recently started bleeding outside of my period and Im paranoid that its rejecting. Ive had one reject before. If it does reject I think Im going to switch things up. Im thinking nuvaring. I would really like to use something where I can skip my period. I was last on Junel Fe 1/20. I could skip my periods with it. And out of the other pills Ive been on, it had the most gentle side effects. Every other hormonal birth control pill made me batshit crazy. EDIT: I also was prescribed through GoodRX Care. The doctor gave me suggestions with the side effects and let me pick. Former nuva ring user, I loved it. I only stopped recently because I wanted to see if the reasons I went on it in the first place had resolved (I started as a teenager due to acne and irregular cycles). I cant be trusted to remember to take a pill at the same time every single day, so this was a great option. Skipping a period is easy enough, although sometimes I did get a little break through bleeding (like spotting) if I went too long without allowing myself to have a period. I will say it has the same potential drawbacks as any other hormonal birth control (I have noticed a slight reduction in depression since stopping, not that it was ever terrible in the first place) but everybodys body reacts differently. I say give it a try. I loved nuva ring

How long after getting an IUD did you want sex? How long until it wasnt uncomfortable? [deleted] My IUD wasnt ever painful during sex, but it caused severe cramping at random and during menstruation. My uterus just hated it, but it didnt affect my libido. Four days isnt long! Id say give yourself some more time to let your body adjust, then talk to your doctor if your libido hasnt returned. It is hormonal, after all.

Just removed my iud myself after being gaslit by doctors I had the Kyleena for 5 years and tolerated it quite well. When it became time to replace it, my doctor recommended the Mirena instead as it would likely stop my periods. Thats nice, I said, but I didnt have any issues with the Kyleena so maybe I should continue that. Plus, on file, I have a major depression diagnosis and a hospitalization for a near successful suicide attempt. I said I didnt want to mess with more hormones because I wasnt willing to risk my mental health, which is the best its been in years. Her exactly words I promise its impossible for an IUD to affect your mental health. Well guess what? It did. Two weeks after getting it I had spent 2 separate 72 hour periods without sleeping. Anxiety so bad my chest hurt. Migraines everyday. I fell into a deeper hormonal depression than I have in years. My (female) doctor told me I was just adjusting. No one would listen or take me seriously. She tried to prescribe antidepressants, which I havent needed in YEARS. So guess what I did? I squatted down, got a firm grip on the strings, and removed it myself. Some cramping later, but its out. Sometimes if you want patient centered care you gotta do it yourself. You need a new doctor. Damn. You know your body. Well done. \*I promise its impossible for an IUD to affect your mental health.\* No, but the hormones in THAT PARTICULAR IUD will fuck a bitch up! I got the copper IUD for the same reason - history of depression and PMDD, didnt want to screw with hormones when I didnt need to, and my doctor agreed that was the best course. You need a new doctor! Holy shit, woman! You sure youre a woman? cause that took some balls! Seriously, though, you need to find another ob/gyn and make sure you didnt do any damage to yourself. Its not easy vetting doctors unless you know people who actually work with them. The best you can do is try them out. Im not a doctor, but Ive dealt with a lifetime of depression. If theres one thing I know, its that if you think something is going to be a problem, it probably will. Some doctors dont listen to their patients. Did she give you solid reasons why the type of IUD you had shouldnt be used? While hindsight is 20/20, next time, dont sign the consent form. Dont let anyone do anything you dont feel comfortable with. For all you know, the doc could be getting kickbacks for using one brand over another. Theres an old saying that applies here. If it works, dont fix it. I hope you manage to find a doctor who hears you. From a former Mirena-haver and fellow severe depression-sufferer: that is so fucked. Every form of hormonal BC has made my depression infinitely worse, and no doctor has ever warned me nor taken me seriously. Good for you for taking care of it yourself; Ive heard its safe to self-remove. I recommend the copper IUD, if you decide to try something different. Saved yourself $230. Thats what they charged (after insurance coveting 70%) when my Kyleena failed and it had to be removed, $230 to pull some strings. That shit absolutely affected me, just like I told the doctor pushing it that it would and just like I told her it did when I went back a few months later for her to replace it with another Paragard \*like I asked for in the first place!\* I got a copper one because it was my only option besides tubal ligation. I was advised not to take hormones anymore. I have liver issues that hormones contribute to it and no one told me ever. Also, hormones mess with my mental healtn. So if a doctor tells me to use hormones, it is a Big NO for me. Im so sorry that happened to you. I dont understand why she couldnt just give you the IUD that you asked for. Ive never heard of Kyleena but Im guessing that it must be copper and hormone free like Paragard. Definitely find a new doctor. You have to be adamant about what you want. I remember ten years ago they tried to put me on hormonal birth control because my cervix was very tight. They tried to put me on pills or Nuvaring; but I insisted on a non-hormonal IUD and they finally agreed to dialate my cervix for the IUD. So I see now that this is a common practice of overriding the patients decisions about their bodies. Smdh. Kyleena has the same hormones in it as Mirena, but at a lower dosage, especially at the front end Wow! Ive never heard of it! I learn something new every day on Reddit! Went through Nexplanon &amp; Mirena, but both worsened my depression &amp; I was suicidal for most of the time I was on them. I switched to paraguard &amp; literally within a week I started feeling clearer headed &amp; more like myself. Hormonal bc 1000% did not agree with my body Wow! That makes me feel way better. If anyone else is in a financial hard place and needs to remove their iud: squat with your feet flat on the ground (being over a toilet can help, but making sure to actually support yourself on your feet moves your uterus back), clear the mucus out of the area as much as possible, grab the strings and twist them around a finger to get a firm grip, then pull with a firm singular motion. It was like a mild period cramp. Minor resistance. Honestly surprised people dont mistakenly pull them out more often. And now I have a cool earring! Me but with the Kyleena! Why dont doctors listen to us more, were best situated to be experts on issues that clearly affect every human differently The sad part is I felt like this doctor really did hear me! My 15 minute appointment turned into an 1hr 20 because she really seemed to care about my mental health. I have to wonder if maybe the issue lies in the research or within production A lot of doctors in private practices get paid by pharmaceutical companies and then tend to favor their products. Could be why she was pushing Kyleena. Bayer has been accused of this and does engage in various forms of funding doctors. It makes me angry knowing so many women live with this, but the mens BC trials get cancelled because some get acne or a little depressed… Not understanding that a hormonal iud has mental health risks and then attempting to prescribe medicine to treat a problem instead of addressing the underlying problem. This is just bad medicine. Time for a new doctor. :/ Holy Shit. Mad respect, girl. What are you talking about? Illegal and has been for decades. Before spreading Facebook-style misinformation maybe do some research. As if pharmaceuticals obey the law https://federal-lawyer.com/bayer-paid-doctors-millions-for-questionable-birth-control-device/ Bayer kinda has a repeat problem here too https://www.healthcarefinancenews.com/news/bayer-healthcare-pay-975m-settle-kickbacks-case And this is an ongoing issue https://www.icij.org/investigations/implant-files/us-medical-industry-urged-to-reassess-paid-events-amid-doctor-kickback-concerns/ Girl! Youre fucking metal! And now I have a cool earring! Had me cackling! Did you even think to do some research yourself before commenting? \*took some ovaries. Testicles can barely be touched without men recoiling in pain. Wtf? Anything hormonal can fuck you up. What a POS doctor. Or did she think all IUDs were non-hormonal? Which is just as disturbing?? I just cant even. Youre telling me that I, a non-doctor, whos never had an IUD, knows more about IUDs than an actual, medical doctor?! What is this world even If she promised you I think the cost of her putting in what you original asked for now that its clear it did affect you is on her. Mirena messed me up royally physically and emotionally. Im not sure the doctor believed how bad I had been with it but agreed to remove it. The little sod lasted 10 months before I had it removed. I was offered medication to counteract the effects but I just wanted it goooooooone. I went back to the copper iud soon after. I had very little after effects, some cramps and huge clots!! I would LOVE Paraguard, but my uterus is apparently too small for it. I got the mirena and the first two months were fucking horrific. Crying up to 10 times a day, incredibly short tempered and irritable. I messaged my doctor about it and she said the localized hormones wouldnt cause any problems. I told her that something had happened then, either I had had a damn stroke or something during anesthesia or maybe I got possessed by a depression demon? After the 2 month mark, almost to the day, I was back to normal. And report that doctor! Report that doctor. Holy fuck my internal lady bits (the ones that are left, anyway) just curled up in horror. Also, WTF medical school did your doctor even go to? The hormone (levonorgestrel) is the same in Mirena and Kyleena just a slightly higher release rate. That is how I felt with the Mirena as well! Ive personally had to take orders for the free lunches the pharma reps give doctors offices. How thousands in free food every week isnt considered a fucking bribe is beyond me. And of course all the while I have to friendly and polite to this parasite of a human being and then they usually give a crappy tip for my driver. Ok I am CONVINCED that IUDs can cause depression. I had a Paraguard for 9 months and it was hell. Periods would last 2 weeks with a heavy flow, intense cramping, fatigue, migraines and even a loss of appetite. All of this made me feel dark and hopeless. I went to get it removed and just wanted answers. When I said that I thought my depression was caused by the IUD the female doctor looked offended and said no, theres no evidence to suggest that copper IUDs can cause depression. I was honestly so angry at her. I took two years off of any birth control because of how afraid I was to try anything again. Now I have a mirena and it works perfectly for me. There needs to be more research on IUDs and mental health. Im assuming the lower dose of levonorgestrel is why I tolerated Kyleena over Mirena Before (or after, you do you) your uterogenic arts and crafts, Id suggest waltzing into that doctors office and slapping that thing

Reddit sex ed: Plan B, morning after pill I keep seeing posts about plan B and other morning after pills here. I say that with all the love in the world, but it seems like a lot of lovely ladies out here didnt receive the sexual education they deserve and shouldve had in school. So, for your convenience, Im going to explain a few things about the morning after pill, directly from the Plan B website and other reliable sources that Ill link, so that at least some women mindlessly scrolling Reddit can get some info: &#x200B; \*\*Is plan B effective? Yes, but only in VERY specific instances\*\* Here are some informations about it taken from the Peel region public health website: Plan B is approximately: \- 95% effective if taken within 24 hours of unprotected vaginal sex. \- 85% effective if taken within 25-48 hours of unprotected vaginal sex. \- 58% effective if taken within 49-72 hours of unprotected vaginal sex. and, the most important fact: # Plan B is less effective in women weighing between 165 and 176 pounds (75-80 kg) and NOT EFFECTIVE in women weighing over 176 pounds (80 kg). \*\*Can medicine affect Plan B efficacy? YES, YES IT CAN\*\* From Planned Parenthood website: These medicines or supplements can make Plan B and other levonorgestrel morning-after pills not work as well: • The antibiotic Rifampin (other antibiotics dont make Plan B less effective) • The antifungal Griseofulvin (other antifungals dont make Plan B less effective) • Certain HIV medicines • Certain anti-seizure medicines (these are sometimes also used to treat psychiatric disorders like bipolar disorder) • The herb St. Johns Wort &#x200B; \*\*Does Plan B protect you for the rest of your monthly cycle? No, it does not.\*\* From Peel public health: Plan B wont protect you from getting pregnant during the rest of your monthly cycle. \*\*You must use another form of birth control\*\*, such as condoms, until you get your period. Your next menstrual period should begin at its expected time. Call for an appointment with your health care provider if its more than 1 week late or much different than normal. &#x200B; \*\*Is Plan B an abortion pill? No, it is not. If theres a clump of cells already attached to your uterus, it will stay there and continue growing. If you took Plan B and didnt get pregnant, you didnt have an abortion, the pregnancy never happened.\*\* From the American college of obstetricians and gynecologists: Abortion pills and morning-after pills (also called emergency contraception) are two different types of medication: \* Abortion pills end a pregnancy. \* Morning-after pills prevent pregnancy from occurring. Morning-after pills do not cause an abortion. They only work if you are not already pregnant. They must be taken soon after you have sex to be effective. \*\*Can I take plan B multiple times without long term risks: Yes, but it is not recommended. Long story short: there are way more side effects than a regular contraceptive pill, it can make your cycle irregular (which is inconvenient and makes it harder to figure out if youre actually pregnant). If you dont want to take contraceptives but regularly use Plan B, youre technically on a way more hardcore hormonal treatment.\*\* From Planned parenthood website: You can use the morning-after pill whenever you need to. But its not a good idea to use the morning-after pill as your regular, go-to method of birth control. This is because: \* The morning-after pill doesnt prevent pregnancy as well as other types of birth control like the [IUD](https://www.plannedparenthood.org/learn/birth-control/iud), [implant](https://www.plannedparenthood.org/learn/birth-control/birth-control-implant-nexplanon), [pill](https://www.plannedparenthood.org/learn/birth-control/birth-control-pill), [shot](https://www.plannedparenthood.org/learn/birth-control/birth-control-shot), [ring](https://www.plannedparenthood.org/learn/birth-control/birth-control-vaginal-ring-nuvaring), or [condoms](https://www.plannedparenthood.org/learn/birth-control/condom). \* Taking the morning-after pill over and over again is usually more expensive and less convenient than being on a regular method of birth control. \* Morning-after pill side effects — like bleeding between periods or nausea — are temporary and harmless, but they can be annoying. \* The morning-after pill might make your periods irregular and hard to predict when youre using it a lot. So its totally safe to take the morning-after pill as many times as you need to — its just not the best way to prevent pregnancy long-term. [Birth control](https://www.plannedparenthood.org/learn/birth-control) that you use before or during sex is way more effective, affordable and convenient. \*\*Can you buy Plan B in advance just in case? In theory yes, you can store it at home, but I cant really answer with sources because its availability and the possibility to buy it in advance can change depending on where you live.\*\* \*\*My period is late and I took plan B, should I take a pregnancy test? Probably if youre 1+ week late. Also, better safe than sorry.\*\* From Plan B website: Plan B® has no long-term effect on your menstrual cycle. Most women will get their next period when expected, and their cycle will continue as normal. For some women, their period can come earlier or later than usual and be lighter or heavier. \*\*If your period is delayed more than a week, or if you have any other cause for concern, contact your healthcare professional.\*\* More than occasional use (more than once within a menstrual cycle or more than once a month) may impact your menstrual cycle. You may also experience a few days of spotting after taking Plan B®, which is normal. &#x200B; So yeah, I think this covers the most important points, hopefully this info will be useful for some people. Maybe youll learn about it right now and use the pill in 2 years, who knows? But the most important thing to remember is: # Plan B is less effective in women weighing between 165 and 176 pounds (75-80 kg) and NOT EFFECTIVE in women weighing over 176 pounds (80 kg). Plan B website (canadian): [https://planb.ca/en/faq/](https://planb.ca/en/faq/) Peel region public health: [https://www.peelregion.ca/health/sexuality/birth-control/methods-emerg-pill.htm#:\~:text=Plan%20B%20is%20approximately%3A,hours%20of%20unprotected%20vaginal%20sex](https://www.peelregion.ca/health/sexuality/birth-control/methods-emerg-pill.htm#:~:text=Plan%20B%20is%20approximately%3A,hours%20of%20unprotected%20vaginal%20sex). Planned Parenthood: [https://www.plannedparenthood.org/learn/morning-after-pill-emergency-contraception/whats-plan-b-morning-after-pill](https://www.plannedparenthood.org/learn/morning-after-pill-emergency-contraception/whats-plan-b-morning-after-pill) American college of obstetricians and gynecologists: [https://www.acog.org/womens-health/experts-and-stories/ask-acog/what-is-the-difference-between-abortion-pills-and-morning-after-pills#:\~:text=Abortion%20pills%20and%20morning%2Dafter%20pills%20](https://www.acog.org/womens-health/experts-and-stories/ask-acog/what-is-the-difference-between-abortion-pills-and-morning-after-pills#:~:text=Abortion%20pills%20and%20morning%2Dafter%20pills%20) [deleted] Do you have sources for those informations? I fact checked pretty much everything I could, and the consensus is that its way less effective for heavier women. Ill edit if you provide me a reliable source :) [deleted] You need a prescription for ella, and it still loses effectiveness after 195 pounds. The only emergency contraceptive that isnt dependant on weight is copper IUD insertion. [deleted] Yeah here in the US you need a prescription unfortunately. Only plan b (levonorgestrel based) is available OTC. I did not know a lot of that. Thank you for educating us! Appreciate this post!

Ladies with Paraguard IUD, which vaccine did you get? Basically the title. Im a little worried about getting the J&amp;J one, but also would like to get 1 shot instead of 2. Well Im a bit late to the party but I ended up getting J&amp;J. I have a history of deathly allergic drug reactions and I had no reaction to this vaccine.