Did they get rid of government funded sterilization? I just read that birth control isnt free anymore along with the Roe V Wade stuff. Is this miscommunication? I was about to schedule an appointment to have my tubes removed because Im having issues with terrible menorrhagia and I have a copper IUD that increases bleeding. I was told in the past that the ACA should cover it as long as its billed to my insurance company correctly. Has this changed? Nothing is gonna change till June. But I would make that appointment soon. Thanks, I will. I can only imagine how booked they are going to be. I knew I shouldnt have procrastinated.

YSK: You can get a hairball stuck to your IUD strings. Ive had two! AMA [deleted]

Another consequence of RvW So, let me first say that I am fully aware that this is completely irrational, and I am working through it with my therapist. I had a hysterectomy on June 15, 9 days before Rowe went down. They removed my uterus, tubes, and my IUD. Here is the kicker. I cant get my brain to stop the thought of I cant see it to prove they did anything. What if they just SAID they removed everything, but all they did was cut me open and then leave it to force me to get pregnant?. I have seen the pathology reports, I KNOW that they did what they said they did. But since Rowe went down, that is a random thought I cant shake. I am doing my damndest to make sure it doesnt take root, but that was the horrifying thought that Ive been wrestling with. I know if I give them free real estste in my head, they win, so Im doing everything I can to evict the bastard just like the damn uterus. Maybe you could have a doctors office give you an ultrasound? Coming in with a nonspecific complaint could give you the peace of mind youre searching for by seeing it for yourself. Im not sure what other reasons people need ultrasounds beyond pregnancy, but theres certain to be others, and you can always try being honest with them if that seems like too much. My doctor showed me pictures of my insides pre and post op. I suspect they likely took photos of you too because its often needed when they submit the documentation to insurance to prove the procedure was done. I seriously never thought of this. Thank you. My doc does ultrasounds to check ovaries too, so I can talk to her. Thanks! Tagging OP: /u/schroedingersnewcat I have absolutely never seen an insurance company require intraoperative pictures to confirm that a procedure was done. If the hysterectomy included the cervix, you might be able to feel the difference with two fingers in the vagina. Did you ever do string checks with your IUD? Remember the squishy mini donut that the strings came out of? Instead there should now be a cuff up there where your vagina was sewn shut (at the top, not at the bottom!). Dont do this until after your follow-up appointment! Give everything a chance to heal up very well. At your follow-up they should take a peek at the cuff with a speculum. You could even explain your anxiety and ask them to take a picture of the cuff with your cellphone! Ive had abdominal ultrasounds, and Ive never been pregnant. I was referred after an MRI for suspected Crohns also showed ovarian masses. Turns out I had fibroids. Oh, fun. June of 2020, my uterus, ovaries, and everything came out because of the adhesions. I left my cervix sadly. I was too worried about the additional recovery so I left it. I literally had this exact same train of thought when I got my tubes tied. When I went to my follow up appointment a month later, my doctor had pictures of everything, and even boasted about burning a few more cm that required to help me feel reassured. I think its common practice now to take those pictures so THEY have documentation of what your insides looked like before, so if something goes wrong they can compare. You can have ultrasounds done to check for many different ailments to your stomach, liver, kidneys, anything. Men get them too! So hopefully you can get yours 🙂 They showed me my tubes after my salpingectomy because I wouldnt shut up about it in the recovery room. Wouldnt let me take em home in a jar though. This is my fear for sterilization. I know its unlikely at an NYC planned parenthood but still what if some fundie does the surgery and it doesnt take 🤪? I had my hysto the same day! Looking at the pathology reports did help me, as it felt like ah yes, someone looked at this thing and dissected it and showed the slides at the intradepartmental conference per the notes here. I also am having a hormonal cycle right now, since I kept my ovaries - theres no bleeding. When you hit that mark, that should also help! Im actually really looking forward to when I can check things out manually and feel that I no longer have a cervix - I think that will feel the most real. Youre not alone, just keep reminding yourself that youre free! You have the paperwork, right? If you get pregnant, you get rich from the lawsuit. Lawyers will fight each other, in the pudding flavor of your choice, to take your case. The catholic church will be forced to give you sainthood &amp; a weekly tithe. You could build your own theme park with a roller coaster shaped like a baby that shoots out of a birth canal tunnel! Call it the Magic Vagina Express! Oh. My. God. Seriously, I just nearly peed myself reading this. Thank you. [deleted] Honestly bringing a buddy into the room seems necessary and justified for any medical operation on women particularly those performed by male surgeons and anesthesiologists. Not all men bla bla bla but enough psychopath men to create this statistic. https://www.theguardian.com/society/2022/jan/04/women-more-likely-die-operation-male-surgeon-study Another post I saw recently specifically said you could request your organs following a hysterectomy, not sure why it would be different for yours, fuck that. Wow. My brother just asked how theyll ever make another season of The Handmaids Tail because what else could you even imagine them doing? That. Fake surgery. Fuck. Sorry. I didnt mean to give anyone a new nightmare. I took a sister-in-law for a minor procedure involving her reproductive organs. This was at least 10 years ago. The surgeon showed me a photo of before and after when he came out to tell me that the procedure was successful. I think we can go ahead and blame the GOP for this one too. My wife just had a growth removed from her uterus and the doctor showed photos with a teeny ruler for scale. Fucking golf ball sized. They should have photos. Honestly, especially in these times were living in, I dont blame you for wanting to see concrete proof it was actually done. A lot of operating rooms are required to have cameras in them to record surgeries. If you wanted to I believe there is a way to request to review a copy. Doctors do ultrasounds to check for growths. Ive had ultrasounds of my uterus, ovaries, and breasts. Turned out to just be some benign, fluid filled cysts. Hi there, did you have full anesthesia? It has just been a month. These irrational fears might be a side effect of the medication you had during the operation. Are you currently taking medication? Perhaps they are having a strange interaction with the anesthesia. The good news is, this might pass on its own in time. &amp;#x200B; best of luck. Oh yeah, I was completely knocked out. I was off all pain meds by day 3 post op, mostly because whatever pain I felt after was less than a regular period and less than what I was feeling right beforehand (which is bullshit, but another rant altogether). Thats a good point though, working out the full anesthesia. Thanks for the perspective. [deleted]

Urgent care?? Hospital?? Im unsure what to do about this weird shit Im experiencing Lord this last month-ish has been something else. The week after Christmas I (21f) was feeling like shit. I chalked it up to food poisoning because my stomach felt funny and was having random stomach aches, which was checking out because my mom and brother were experiencing similar symptoms after the family dinner mumbo jumbo. This was right after my period ended and I started this months round of BC. About a week afterwards my bf and I do the horizontal tango. He used a condom but idk like a dumbass I fell asleep without taking my pill that night. I am so bad at taking them damn pills I think Im just gonna get an IUD shdhsgagshdhfa. Im trying not to worry about it but Im terrified of getting pregnant so I start tweaking myself out - Ill throw myself into a pit of anxiety every time I miss a pill I stg. Stomach problems are persisting and seem to be getting worse this week. I feel like throwing up every time I eat. Best I can describe it as is heartburn, but too low to be heartburn?? Just a funny almost like I just inhaled too much tree pollen feeling below my diaphragm. I was having this issue before the sex but it seemed to intensify once I started tweaking out and this past week at work has been stressful with rush orders and all that jazz - my one coworker suggested I might have a stomach ulcer (tbh would not be surprised with the way my stress levels are)? Theres no aversions or cravings for food, usually Ill be like damn Im starving proceed to eat a decent meal and then Ill be like damn now I feel like shit. But like now Im noticing random cramps right around where my right ovary is and I keep getting random shoulder twinges. Which is like ectopic pregnancy symptoms but my anxiety ridden ass cant tell if Im just tweaking or if it really is something wrong?? I havent had any bleeding or spotting or anything like that where its like visible. The only other thing is that I have been getting random bouts of headaches and minor lightheadedness but I have had low-ish blood pressure since the age of 13 and experience that semi frequently anyways. (Also being an anxious ball of nerves doesnt help either) My period is due next week. An average period for me is light to mild cramps, two days of moderate bleeding, two days of light bleeding, and then a day where it putters out. I dont usually PMS but I was in a strange mood today (everything was simultaneously hilarious and fucking infuriating) Because my birth control has me pretty regular it usually starts between monday and Wednesday morning My OBGYNs clinic is closed until Monday. Ive been thinking about going to an urgent care for a while because my health is just a hot mess rn, I may be anemic/hypoglycemic/IBS ridden idk. Im just not sure if they will take my insurance because Im getting it through the state/welfare so I keep getting switched between Aetna and UPMC, with this year being a UPMC year. Getting an appointment with my actual doctor(s) is like trying to pull teeth and the one doctor I used to see I just cant trust after she almost got me misdiagnosed with lymphoma. I really dont want to go to the hospital if Im not having an emergency, especially the local one because the one thats literally down the street from me has been in decline and treats its patients like crap. I can go to the next town over (~20 minutes away) to go to the hospital if I really absolutely have to though. Sorry this is happening. Why dont you start with a pregnancy test? Pee on the stick, youll know pretty immediately if you are or you arent. Honestly, I would be shocked if you are, and just think of the relief youll feel if its off the table! If you are feeling well enough, call your PCPs office first thing Tuesday. They should have sick visits set aside for people like you. After a long weekend, there will be competition to get a spot, so call literally the minute they open. Besides the ongoing physical issues, think about asking if a med like Zoloft might help you. Spinning in anxiety is a terrible way to live. If you are not feeling well enough to wait, urgent care is better than the ER. Call ahead to see if they take your insurance. Hope you feel better! If I were you I would find an urgent care that takes your insurance and go. Your health is important. Most of the likely possibilities are not terribly time-sensitive, but some of them are. Better to get some professional help sooner rather than later. You may had picked up (or caught from your partner) h. Pylori or have the beginnings of reflux. You probably need a general practitioner or gastroenterologist. Today I learned what h. Pylori is, Ive never heard of that in my life. Wouldnt surprise me TBH The pains in the right ovary area and the other symptoms you described could also be your appendix. Thats how it went for me. I had been through years of the starving then feel like shit after eating before that. Was tested for everything, did elimination diets, no ulcer, an endoscopy turned up a hiatus hernia, but nothing that really fit all the symptoms I was complaining about. Then, the pain on the lower right side started. At day 3 I went to a walkin clinic. The dr there didnt think it was appendicitis because I didnt have the usual symptoms beyond the pain - no fever, no puking. She told me to go to emerg just in case as it could be atypical appendicitis or an ectopic pregnancy, but either way, I shouldnt wait too long. Long story short - it was my appendix. Once it came out, the theory was that all the years Id been doing the eat/feel like shit rounds, my appendix was leaking (thats the word they used) just enough after eating to make me feel like crap, but not go acute. Until it finally went acute. The maddening part was that I initially got the typical female/hormones/that time of the month treatment, like I was wasting their time. When the pregnancy test came back negative, I was told it was likely ovarian cysts as I was a few days away from starting my period and they can be very painful for a girl your age. (I was mid 20s). They would have sent me home if it had not been for the 8 year old in another bed in emerg who had all the classic signs of acute appendicitis. The surgeon was on his way to check that kid out, so hed check me out too. Three pokes in the side and I was curled up in the fetal position and on my way into surgery shortly after. I hope you feel better soon! Well, I know for a fact it cant be my appendix because the little bastard shit out not even two days before my 15th birthday LMAO That was a traumatic experience, Im glad I only had to go through it once - and this pain doesnt hurt as bad as what I experienced when I had appendicitis. My mother thinks it might be an ovarian cyst because she had them when she was my age and Im describing what she went through as a kid. I told her even though unlikely the only other thing it could be was ectopic pregnancy and she kinda just went quiet on me but we had just had a really awkward conversation a few days prior about me being vehemently against getting pregnant so uh.... yeah. That paired with the fact that I used to have similar pains as a teen but wasnt sexually active its pointing more towards the stress from work last week and my irrational thoughts causing me to panic. I feel a lot better today, no pains and havent had the stomach issue yet, but Im eating different foods and snacks than usual. I felt absolutely awful yesterday though, I had a migraine but I actually typically get migraines right before my period starts - so heres to hoping its actually is just a cyst causing me the random pains. Im due for my yearly appointment with my OBGYN so Im going to have her go beyond the normal check if she can get me in pretty quick. I still plan on seeing a GP/my PCP (thanks to my insurance being weird I actually have no idea who that actually is) or go to an urgent care some point soon though just due to a few other issues Ive had for a while that I should probably at least get tested for (like potential anemia and/or hypoglycemia - I should have seen someone as a teen but my mom didnt want to accept there was anything wrong with me, and I \*just\* moved out of her house a few months ago so now Im free to go get looked at without her interfering) Hey sorry for not getting to this sooner. No pregnancy test yet just because I had a really bad migraine yesterday and when I made this post Friday it was really late and everything was closed. I feel like I was thinking irrationally and panicking due to stress and other outlying factors. I feel kind of embarrassed now lol. The migraines, both fortunately and unfortunately, are a typical sign that my periods about start so heres to hoping that it does, its normal, and I was freaking out over nothing. Thats not to say Im not going to go see a doctor, I still have other issues I definitely need checked but have been putting off.... I \*am\* due for my yearly OBGYN appointment, if she can get me in to see me fairly soon Im going to have her check out everything with a fine toothed comb or at the very least set me up with a course of action. My mom thinks I might have a cyst since she went through something similar at about my age. Id at least like to know for sure. Im usually alright with managing my stress and anxiety - I just think it really got to me this time. Youre right, I should probably ask a doctor about it or at least get therapy (if I can afford it) Im just not sure how to go about it :) Ive been stressed and anxious for years but my mom refused to acknowledge it so here I am. I just hit a really bad spot and freaked myself out and went into a spiral. Im feeling much better today at the very least and havent experience the pain nor discomfort in my stomach. I stg if this is all stress related Im just gonna go crawl under a rock for a few days....

Mirena and pregnancy [deleted] Hey! I have the same IUD and have had the same symptoms. Go get a decent pregnancy test ASAP, and to avoid scaring you Im just going to say… go see an OB asap. Especially if those cramps youre having are giving contraction Thank you for your response! If I may ask, what did the symptoms turn out to be for you? For me, pelvic floor inflammation. For my friend, an STI which didnt show up in the labs at first. For my cousin, her daughter was born in December! My friend has Copper IUD tho, different situations I got pregnant 2x on mirena. Definitely test asap.

Pregnancy scare Hello. My boyfriend and I had sex on the 10th day of my cycle, and the condom broke but was able to pull out majority of the sperm. However, we werent sure how much it went inside me. I was on day 6/7 of my birth control and decided to take plan B. I bled a week later for a minute and then stopped, which freaked me out. However, I knew it was too early to test. 3 days ago (3 weeks since that condom incident) I bled light and I have been bleeding light since today. I went to the urgent care 3 days ago due to stomach aches and confirmed that I was constipated and test was negative. They told me that it was early since it has been 2 weeks. Im just freaking out since Im still bleeding light and period isnt due till next week. I hate how implantation bleeding exists. Im gonna take a test again in a couple of days, but what do you guys think so far? No one here can give you a clear answer. Wait and take the test again. Its really not hard. Not a big deal. You are on top of it and can always get an abortion. Ive has 9. Shout it from the roof tops girl! I took Plan B recently and one of the side effects is that it can make your period early, late, or just wonky in general. I would bet youre ok. By 14 days post conception over 90% of people will see positives on some tests. Theres a very high probability youd be getting positive HPTs by now, but if youre still really worried you could get a blood test at a walk-in lab. They typically cost $40 or $50.

IUD expelled. Could I be pregnant?

My experience with getting my fallopian tubes removed Hello all, I want to write about my experience getting my fallopian tubes removed. I wont be discussing the process of getting approved for the surgery in much detail, as I have already written about that in previous posts; Ill just be discussing my experiences with the surgery itself and recovery. To start, Im a 24 year old childfree woman with no health conditions except type 1 diabetes. I got my fallopian tubes removed solely for the purposes of sterilization, and I live in the same state trying to pass abortion bans. My doctor and nursing staff were really great, highly compotent, and completely non-judgmental. If anyone is seeking surgical sterilization and lives in the Central Texas area, I would be more than happy to share the name of the clinic and the doctor who cared for me. Anyways, the day of surgery, I checked into the hospital and sat in the waiting room. When I was called into the preparation room, I was weighed and had to give a urine sample just so the surgery team knew for sure I wasnt pregnant. Additionally, two days before the surgery, I had to get my blood drawn to confirm my blood type and to check other information about my blood, such as my cell count and iron level. Because I have type 1 diabetes, I was also required to have an appointment with my diabetes doctor a month before the surgery, and needed to medical clearance faxed to my surgeons office. In the preparation room, I undressed, put on the hospital gown, and laid down on the bed. I had to sign some consent forms about the risks of the procedure and risks of anesthesia, and I had to answer some questions a nurse asked me. The questions were to make sure I didnt eat or drink 8 hours before the surgery, make sure I didnt have Covid symptoms, ect. A cannula (flexible tube) was placed in my arm during this time by another nurse so they could easily give me the anesthesia and draw my blood. They drew some blood to again check my blood type before the surgery started. Its not expected to need to give blood to a patient during this surgery, its just in case of an emergency. They also checked my blood sugar because Im diabetic. My doctor asked me to give myself some more insulin because my blood sugar was a little high (I wear an insulin pump so giving insulin is very easy). I gave myself some insulin and the hospital staff promised they would monitor my blood sugar the entire time I was in surgery. Then they wheeled the bed to the operating room and gave me the anesthesia. After giving me the anesthesia, I was also intubated, just to be safe. When I woke up, the hospital staff had put a pair of shear underwear on me. I had three extremely small incisions in my abdomen, each probably just a few centimeters long. One was on the left side of my abdomen, one on the right, and one just under my bellybutton. My abdomen was sore after I woke up, but I wasnt in pain. In fact, my throat hurt more from being intubated than my abdomen hurt from the surgery. The amount of pain people feel after this type of surgery probably varies a lot, but I never needed to take any type of painkillers during my recovery. Nothing was ever more painful than just an annoying soreness that lasted a few days. Anyways, after the surgery I got dressed, and the nurses seemed very surprised at how quickly I was able to walk after the procedure. I was allowed to walk to the restroom, then I got wheeled in a wheelchair to my mothers car and my mom drove me home. My sore throat from the intubation went away after two days, the the soreness in my abdomen went away completely after about five days. Interestingly, I was due to start my period about the same day as the surgery. I didnt start my period before the surgery, but I could tell it likely would have started soon. However, after the surgery, it took an entire week to start my period. I think its likely the surgery temporarily delayed my period. Also, I think my emotions were a little messed up until about a week after the surgery. I think its likely the physical trauma of getting my fallopian tubes removed may have messed with my hormone production, which could also explain the delay in my period. I did feel unusually sad for about a week after the surgery, even though Im ecstatic that I was able to get my tubes removed. Fortunately, these feelings were just temporary, and I was 100% back to my typical mood about a week after the surgery. Two out of the three of my incisions have healed perfectly and are hardly noticeable. I have dissolvable stitches, and there was medical glue over the incisions for the first week or so after the surgery. One of my incisions, the one on my left side, had the stitches slightly come out before it was ready. The healing is still fine, I didnt get any infection, but because of this, my left incision will have a slightly bigger scar. Still, considering how small each of the incisions are, the scar is still going to be pretty small. And thats about all I can think to share of my experience. Please let me know if you have any questions. While the surgery experience is going to be different for everyone, Im really happy that this was such a simple procedure for me. I love having my fallopian tubes removed. I love it. Every day I wake up feels like a breath of fresh air. My anxiety has decreased a lot since getting this procedure. Im so much happier living this way. I would definitely recommend this procedure to anyone who is sure they dont want to have any kids/anymore kids in the future. Im so happy that I dont have to mess up my hormones with birth control (I actually have never used birth control before because I didnt want it messing with my hormones). Im so happy I dont have to worry about getting an IUD that might cause physical trauma or fail. My future husband and I actually decided to postpone penetrative sex until after this procedure. I told him I want our first time to be without a condom. Im so excited, my dream is coming true. Im really, really happy. Do you mind sharing the cost in your state and if you had insurance? I was under the impression before my salpingectomy that it was covered by insurance, but afterwards i ended up paying almost $12,000. That was with insurance in NC. Im still happy i did it though but i wish i would have known about the cost. Sure thing. Since Im under the age of 26, Im on my parents insurance. We have Blue Cross Blue Shield, but I dont know the plan details. Our insurance was accepted and the cost was $1,030 for the surgery. Later we were also charged $600 for a biopsy of my fallopian tubes after the surgery. So it was $1,630 for everything. Do you mind sharing the doctors name? I am in Austin and know someone who would be interested. Ill PM you.

Why are abortions so freaking expensive? Now that my (already expensive) IUD has failed me after less than two months of being inserted I have to not only go through the physical pain of an abortion but also pay 525€ for the procedure. I make 850€ a month. Both my bf and I dont really have that kinda money. I am lucky - a few months ago I started saving for a sewing machine. Now I gotta drain all my savings just to cover a procedure my insurance doesnt cover because abortions here are illegal. Again, Im lucky. What do women do that do not have this kind of money? Im lucky to have a partner supporting me through this whole thing. But I know my pro-lifer family. Ill never be able to tell my mum or my sister who is desperately trying for a baby. I am so sorry for everyone else going through this. You are so strong. Also: Not bonding with a might be baby in this whole time it takes to find someone to do the procedure (about three weeks for me) is hard. While there is some way to get it out of my body I feel like my country is really trying to stop me from not having a baby at 19, currently not really employed. I am so sorry youre going through this. Thank goodness your partner is supporting you. I dont feel I could tell my folks, either. I have an IUD, too I feel this so much. Its ridiculous the hoops people who need an abortion have to jump through to just get medical care I also had my IUD fail a couple years ago (right before my 23rd birthday) — once I went to make an appointment, I had to wait two and a half weeks for my first appointment. And then after paying ~$150 and having to go through the emotional weirdness of an ultrasound, etc I had to wait another week for the appointment actually to get the abortion. Which the abortion itself, bc I had to wait a total of a month, cost $1000! Luckily I also had a partner that could help me with it all but yeah. Most people dont have that kind of money and its absolutely ridiculous that abortions cost as much as they do. Just wanted to share my similar story as a way to say that youre not alone, and that it is a really hard thing when it feels like everything is working against you. Youre a strong person &amp; youve got this — hope everything works out for you without too much extra stress ✨ Prevents poor people from getting them. Welcome to the dumbest dystopia. also came here to say I went thru this a few months ago. I am in my 40s and my paragard iud failed me and I became pregnant. Im sorry you are going thru this and dealing with the physical, emotional, mental, and financial stresses of the situation. You are betrayed by your birth control and now you have to deal with the consequences of its failure. dont internalize and dont believe its your fault, its not. I live in a Blue State in the US and going thru this was no picnic. The drs almost didnt believe me bc IUDs are touted as the holy grail of contraceptive devices. I had 2 invasive transvaginal ultrasounds, 2 drs office visits, 6 blood draws, 1 ER visit where I waited 7 hrs for the dr to say they saw 2 cysts- one in my uterus, one on my ovaries and gave me the choice of taking a very strong drug to stop a potential ectopic pregnancy or remove the IUD. Im glad I trusted my gut and felt like I had an ovarian cyst so I asked the dr to remove my IUD. But then that was another hell bc after 3 hearty coughs to try to expel the IUD, the dr determined it was embedded in my uterine lining and could not be removed at the ER bc they didnt have the tools to do it. So back to the Drs office where I finally had the IUD removed and pregnancy tissue removed, but that was not without a counseling session before the procedure with 3 drs ganging up and asking me to pick another form of bc. I said after this experience...I needed a break! And then the medical bills started to hit me. Thankfully I have decent insurance, but now after all of that I owe $1000 USD. I never did pick another BC. Im reading Toni Weschlers Taking Charge of Your Fertility , bought a basal body thermometer and will start tracking my cycles. Stocked up on condoms and spermicide strips, too. After my experience...the IUD is just not worth it. So glad this did not happen to me during the omicron surge...that would be a whole nother hell. Big hugs go out to u, OP. Just focus on you and what you need to do to get the healthcare you need. Do not focus on what others will think about u. Just tune it out and reach out for support with people you know who will back you. My husband is not in support of abortion, but luckily I had my mom and dad who were supportive of me. Thank you so much for sharing this with me! I was already so confused to why my doctor would show me the ultrasound pics even though I told him from the very beginning I wouldnt want to keep it (did a blood test first so I knew before the ultrasound). Seeing it on the screen was just another burden added and I feel like they did that on purpose, especially since it took two weeks too to get that abortion appointment scheduled after having to go to sth similar to planned parenthood in America for a short therapy session, otherwise it wouldnt have been allowed. I think its a shame that insurance doesnt even cover at least a part of the bill. I mean, it would be more expensive for them to have me pregnant and go to all these appointments, right? Make it make sense Hey! Thank you so much for sharing your experience and your kind words. I hope youre recovering well, I cant imagine the stress you mustve been in. Gladly my IUD removal was easy and quick but like yours, my Dr didnt believe me at first. Understandable, considering I had my last check up only about a month and half before I found out. I too dont know how to proceed now. My cycle has luckily always been very regular, thats how I found out I was pregnant at 5 weeks already. However I cant take hormonal birth control due to medication and am currently stuck between going back to condoms or another copper IUD with hooks to secure it which just sounds even more painful especially during removal. I used to do tracking cycles with my ex boyfriend and I know that worked out for two years however it always had me afraid that I mightve miscalculated or that a sickness mightve influenced my cycle. The most recent disturbance in my cycle was after the covid shots - I always had a delay of a week. Arent you afraid of that? Tbh Ive never used a thermometer though, only examined discharge and tracked the days Im in my 40s, waiting for menopause, I dont want to use hormonal bc and Im not inserting another IUD. My husband doesnt want to get a vasectomy, and I respect his wishes...and I dont want to remove or alter my reproductive organs....so that leaves us with condoms and spermicide. I got lazy tracking my cycle on the iud and now Ive decided that knowledge is power..so Im going to follow the Fertility Awareness Method in combination with condoms and spermicide. In this method from the book Taking Charge of Your Fertility[Taking Charge of You Fertility ](http://www.tcoyf.com), you track your basal body temperature when you first wake up, along with tracking your cervical fluid to determine when you are ovulating. I will be using condoms and spermicide each time I have sex, but on the days when Im most fertile, Im going to abstain. Ive just started reading the book, so I dont have any experience with it yet, but this is the only option that will best work in my situation. The book has many encouraging reviews and Im not afraid of using this method as a way to determine when Im fertile. Im embarrassed to admit, after this experience with birth control failure, I really feel I did not learn much about my body from when I was taught sex ed almost 35 yrs ago. It was the height of the AIDS epidemic and my peers and I were shamed into not having sex. We truly did not learn about how our bodies functioned. I had one class taught by a nervous 50 -something male gym teacher who would just show us VHS tapes about the AIDS epidemic. Because the six rich dudes who own the world want us all to keep being poor and keep having babies so they can keep making money off of us. If youre in the U.S., some states are required to perform an ultrasound and show the results before performing an abortion. Its because law makers think women are stupid and if theyre reminded that theres a fetus involved, theyll go, Oh, I didnt know that. Never mind. Dont pay no heed to silly ol me, Ill continue this pregnancy. I live in a country where abortions are legal and \*free\*. I cant imagine it any other way, and I wont stop speaking out that it should be this way in all first-world countries, or they shouldnt hold the designation as such. ✌️ USA I assume? In most developed countries basic healthcare is free or almost free.... Germany, actually. We generally have free healthcare but I guess thats where they draw the line Ahhh Germany. Seems to be all about free healthcare, and the moment you start dealing with contraception the costs add up. The abortion process is so unnecessarily long that it makes the woman actually suffer. Especially during COVID... You need the get the fucking counselling approval, then insurance approval, then doctors appointment... So much delay, which adds to the tension and stress of the woman. The official reason is to make sure you are aware of your decision, and that you took enough time to decide... But not everyone wants to wait until non-invasive methods are out of question. The surgical ones are ridiculously expensive, and are by default not covered under insurance. If one lives in a catholic dominant area, the social counseling is also hell to go through. Höre ich da den/die Deutsche/n raus? Damit etwaige Nachleser das aber auch verstehen: Yeah, the process of getting to where I am was very exhausting and I was actually lucky to find that my OB was the only dr to perform abortions in my area

could i keep my iud? when i have to have my iud taken out, do you think i could keep it? just as a little souvenir :) Its unlikely, these things are usually destroyed as medical waste. but it cant hurt to ask :) You can certainly ask, I know they typically go straight to the biohazard bin I asked my doc. She said yes :) thank you!! thank you :)

Had a pretty bad OB experience and tired of being unheard and disregarded Back in January I found out I was pregnant after my husband and I started trying. We were very excited. I had implantation bleeding a few days after finding out, which is normal but freaked out and went to urgent care. They referred me to OB the following Monday. Met with OB and told her multiple times that I have PCOS and have concerns for miscarriage, which I get I cant control. I asked to have progesterone checked, she said thats only done for women doing IVF or have had multiple miscarriages. I started having pinkish brownish clear discharge on Thursday, called the OB they said it was normal. Called again Friday, they still said it was normal. Had bleeding Sunday and went to urgent care. Ultrasound saw no baby but sac. Had OB appointment this morning she said everything was normal. Now Im having full blown miscarriage, bleeding and all that shit. Im heartbroken, angry, frustrated and shit. That is horrible, I am so sorry youre experiencing this. I cant even imagine what youre feeling. I dont know what legal routes to take here, whether you have a solid malpractice case or you should report it to a licensing board, but I hope youre able to get some sort of justice. I am definitely going to report it. Im pissed that we were told it looked normal and healthy, and then 12 hours later I miscarry. Physically and emotionally painful. Miscarriages are both tragic and common. Im sorry for your loss. It is very likely nothing could be done. I agree, and Im pretty mad about the false hope I was given at my appointment yesterday. I grieved it on Sunday when the ultrasound tech said there was no fetus but only a sac, got my hopes up Monday morning and then 12 hours later in the worst pain I have ever had, so much blood, etc. [deleted] I am 100% advocating harder for myself now. Right now they OB wants to do Hcg tests and ultrasound as needed. Nah, Im still requesting an ultrasound because I this is my fertility and I dont want to develop an infection due to negligence. I am so sorry to hear about what happened to your friend. The health care we receive is absolute shit and this is the third time Ive dealt with shit care from doctors. Im so sick of my concerns being disregarded, and given false hope and crap. Shitty part is, Ill still have to pay for all of this along with dealing with the emotional processing. [deleted]

My iud fell out and Im pregnant!? Has this happened to anyone? Apparently there was no IUD identified on my ultrasound but I am in complete shock as I cant remember ever feeling it fall out. I had the paraguard and now Im 10 weeks pregnant lol! Its okay, Im happy about this, but just want to know if anyone has experienced a similar situation. Im worried if an internal ultrasound is not enough evidence that it did fall out. TLDR: has this happened to you? I need some stories to keep me sane Thats nuts! I almost had to have surgery to get my IUD out. It was embedded. 😬 Really?!! Was your embedded iud visible on an ultrasound? Yep. When they tried to take it out the first time the strings broke. So then the doctor had to use an ultrasound to find it and extract it with some sort of tool. I had my IUD come out but no pregnancy. Then again my IUD came out with a great deal of blood and pain. Omg Im so sorry that happened to you Girl, you need to get that rechecked asap!! That happened to me too. I was shocked when I found out I was pregnant. I had an x-ray done after the ultrasound didnt show the IUD. It really did just disappear quietly one day. Omg. I was thinking of getting an X-ray done but after today I am realizing its more common than I thought. Im still worried that its still in there somewhere but I highly doubt if the ultrasound couldnt find it, its not in there… I might. But all evidence points to it falling out 😭 I know someone else it happened to so Im scared to be the 99.99% this happens to. It is rare but it can happen. Let this be a reminder to all of you IUD-havers to check your strings monthly!

Insurance Help I think Ive run into an Insurance issue with my birth control and was wondering if anyone has gone through something similar: I recently ordered a Paragard IUD—it was cleared, payed for, and shipped via my health insurance. My appointment for insertion is in 3 weeks. However, I decided to switch to Kyleena for health/lifestyle choices. When I called about making the switch, my gyno office voiced concerns that insurance may not cover the Kyleena because the Paragard has already been paid for. Any advice, help or expirences? Im going to advocate for my body and dont intend on settling because my insurance is being finicky. Call your insurance and explain the situation. I went through a very similar experience, only I originally ordered Kyleena and switched to Paragard. It took a lot of phone calls between my doctors office, the insurance company, and pharmacy, but I was able to get it switched no problem since I was able to cancel before the Kyleena shipped. Before the cancellation was confirmed, my doctors office had said that if it shipped then they would turn the package away and have it returned so that there wouldnt be any issues with insurance, since if it was accepted and opened I would be stuck with it (or something like this that). Id start by calling your insurance and be prepared to spend lots of time on the phone. Be proactive with follow-ups and absolutely hound every party involved. Youll most likely have to re-fill and send a new order form, which will delay your insertion but itll be worth it to get the IUD you want. Like you said, you know what is best for you and are your own best advocate! Definitely call insurance and see what they think. Sometimes you can ask for reimbursement afterwards for procedures if you have a diagnostic code.

Coochycoo Pandas NFT || Preparing For Takeoff!!

My IUD broke inside of me and I was scheduled for surgery to remove the piece left inside. It came out today with my period If you are in the US just saved thousands of dollars 💪 Oh. My. God. That is fucking horrifying, im so sorry it broke and then came out like this! First, congratulations on avoiding surgery! Second, OUCH! Im glad it came out. Make sure to get an ultrasound to ensure theres nothing else up there and no damage. Im sorry this happened to you. If you want another long-term firm of birth control and havent tried the arm implant yet, I highly recommend it. Of course, birth control is different for everyone but this wont break in your vagina. Thank you for rinsing it 😆 Congratulations! Its a piece of plastic. What are you going to name it? I had a similar experience and I named mine Sir MakesMeCramp. Damn, how did that happen? I hope theres no damage inside and Im glad the piece came out on its own. I actually chose this IUD (Copper paragard) to avoid using hormonal BC because of mood swings and depression. Now Im thinking of just getting my tubes tied bc no more IUDs for me. I dont want to risk this happening again Im surprised it was plastic bc this was the copper IUD (paragard). I guess the rest of it was copper except for the arms. I will name it Brokey McPiecey. Go for it! Fight for your right to not have children!👍🏾😤😊 If your gyno talks crap, us ladies will beat them up. I went for a routine check up at the ObGyn, she was done and wasnt even going to give me an ultrasound but I asked bc Ive always gotten ultrasounds at my other OBGYN when getting a check up. So she did an ultrasound and it turned out the IUD migrated south and was not lodged in my cervix the way it was supposed to be. The doctor said I needed to remove it bc it wasnt in the right spot anymore so she went into remove it and it was broken (an arm was missing). She said thats why it probably migrated. So I went to get another ultrasound and sure enough the piece was still in there. We scheduled surgery for January to remove it but she said my period might make it come out and sure enough it did! I sure am! I was also scared of surgery bc they were gonna put me under and Im a weed smoker so Im ambivalent about being put under anesthesia Thanks for that! Fortunately she seems open to having that discussion although she was pushing me to get the Mirena IUD which is a no go for me. Im ready to not be a mom - permanently. Thats good! And thankfully you didnt end up getting pregnant when it migrated. Ive said it before and will say it again: Id rather just have a baby than get an IUD Why is this getting downvoted? Its literally my opinion lmao If you do go down that path, I highly recommend looking into a bilateral salpingectomy. Basically, instead of tying your tubes, they remove them. Its a bit more effective but also reduces risks of ectopic pregnancy and ovarian cancer. You still keep your ovaries btw, but most ovarian cancer starts in the tubes and migrates towards the ovaries. As someone who tried both the copper and Mirena IUDs, I highly recommend a bi-salp for those who are certain they dont want kids or have already had as many as they want. Surgery recovery was actually easier than my IUD insertions and it has been so much easier on my body. Interesting, but could be horrifying in Texas. Oh no lol, I didnt know this could happen. How long was it since you first got it? I think I might be overdue for a new one… if they can break over time I better get on that haha Its copper wire wrapped around medically safe plastic &gt;Why is this getting downvoted? Its literally my opinion lmao because its irrelevant and kind of insensitive? Thanks for the recommendation, that seems right up my alley! Im definitely sure I dont want kids and Im sure I want to lower my risk of ovarian cancer so that might be what I end up doing. The one I had (copper Paragard) was supposed to last 10 years but Im on year 3. The doctor said theyve never had this happen to them at the clinic before and had to consult with her supervisor about doing the removal surgery. [deleted] Yes, IUDs come with a risk of downright unpleasant outcomes, and you might not choose them for yourself because of that. But to respond to a person with something that sounds like a better fit for r/unpopularopinion about the lengths you would go to to avoid the situation they are in while they are in the midst of having (what I assume is) a very, very bad and scary and painful time... there is an appropriate time and a place for this reaction. People might be downvoting you because this might not be the time or place. In the future, just let the doctor/anesthesiologist know about ALL your drug use, even if its legal. Its HIPPA to keep it confidential (unless youre &lt;18). Im not invalidating OP in any way though? Just stating my own personal desire to not have foreign objects in my body because of things like this…dont like tampons or cups, either. It just wigs me out is all. Not really? Thats my reaction to seeing these things regarding IUDs. Its good to keep some reactions to yourself. Im sure OP is going to be fine and not too damaged over offhand comments from internet strangers 🙏 Defensive, unwilling to consider what others are telling you, and invalidating OP outright. Youre a real peach. How the fuck am I invalidating OP? Literally explain that instead of just patting yourself on the back. I literally said Id rather have a fucking baby because the situation OP is in is terrifying, how is that invalidating? Show your work, draw the line from point A to B instead of just saying shit. Like until you actually make sense then youre just self aggrandizing. Edit: lmao after looking at your post history it looks like you make a regular habit of policing other peoples comments you dont deem proper enough. Gtfo. Can you just stop taking about yourself for a second? Jeez. This is about OP here. As for invalidating, read your last reply to me. Youre fully centered on yourself and throwing this fit when someone else is sharing their story. This is Reddit, not a therapist session. Maybe youre not familiar with this website? Sorry, you dont actually get to control what other people post or the flow of discussion. I know thinking you have that power gives you a fleeting feeling of control over your own life, but soon thatll be gone and youll be the same self-sanctimonious person you were before. I hope one day you can figure out how to be kind to others. Until then. Save that piece of the IUD and look for a lawyer. there are many women who have had the Paragard break and migrate to other parts of their bodies. There are several class action lawsuits against Paragard. I had the Paragard on for almost 4 yrs until 2 months ago when I fell pregnant. It dropped down in my uterus and embedded in my uterine lining. I had it removed, as well as the pregnancy tissue. the dr showed me that she removed it intact. Im still very angry about it and started doing research online. I even talked to a law office in CA about it, but since my iud didnt break, they wouldnt represent me. they told me they had heard of a case where a part of an IUD had migrated to a womans brain and would be too dangerous to remove. then my husband told me how his mother had the copper IUD and it broke and part of it migrated near her heart. super scary stuff. you are quite lucky OP. glad you are feeling better. Just wanted to hop on here to say that my wife was in a similar place, minus it breaking. She was on a copper IUD for the same reasons, had to fight to not get the hormonal, had issues with the copper and went for a tubal. She opted for the procedure /u/MistaMoustache suggested, and couldnt be happier. Shes fully healed with no complications, and only a pair of tiny scars on her belly. Is that definitely all of it? Nothing about my comment was unkind. Literally nothing, and Im not going to let someone manipulate me into thinking there was. You couldnt even draw the connection between the two. Hopefully one day you can learn not to be such a self sanctimonious asshole. Youre still going, huh? How unfortunate. Im thinking fight fire with fire. Sue the IUD company because it definitely shouldnt be breaking inside of someone. Then you can afford the ultrasound to check for any missed bits &amp; can avoid infection. Sorry to hear about your experience, that is just awful! I feel like you shouldve definitely had grounds to sue but our laws are fucky like that. I just went through my trash to retrieve the piece bc I had thrown it away so thanks for the advice! yeah, the drug companies make it hard for people to go after them, but you should look into filing a lawsuit since it broke in your body. you never know, you might get some compensation. I just looked it up; apparently this has happened to many women and some ended up having to have major surgery to correct this. This product is still being sold! There are employee testimonials that the IUDs being made are from inferior materials which make it prone to break. Its infuriating that women are still subjected to this without concern for their safety or wellbeing. Can I ask, what was your first indication that it broke? When the doctor was elbow deep inside of me. She was removing it and noticed an arm had broken off, which is probably why it had migrated south. She couldnt find it and didnt want to make me bleed more so she left it and said Id need surgery to remove it. yes, which is why you should file a lawsuit. the more lawsuits against this company, maybe it will be taken off the market or will be mandated to have more warnings or maybe they will design a better IUD. How many different people need to tell you the same thing before you accept that you are wrong? (Or at the very least keep these thoughts and comments to yourself.) Because they dont want a Pregnancy, your comment doesnt align with the post. You might be okay with

Just had a transvaginal ultrasound that was unpleasant to say the least TW: medical exam unpleasantness? Im usually totally unbothered when it comes to medical stuff; Ive had two decades worth of pap smears, four IUDs, and never really feel the least bit anxious about any of it. So when I showed up at the diagnostic imaging center to have my IUD placement checked at my doctors recommendation, I was feeling totally fine. Ive had one of these done before and it wasnt a particularly memorable experience. The ultrasound tech was male, which I felt a little weird about but I trusted him to be professional. He asked if I minded if there was a trainee in the room during the procedure, which I always make a point to agree to since Ive been a trainee in similar situations myself. The trainee was also a man. At some point between the external and internal parts of the exam, I started feeling pretty uncomfortable with the whole thing. Neither of the men were unprofessional at all, but just being alone in an exam room with two men while semi-exposed started to make me feel anxious. The tech explained that either he or I could insert the camera, that it was typically more successful if he did it but that it was my choice. I let him do it, but he wasnt right on the mark the first time and I kind of wish I had opted to do it myself. The exam lasted a lot longer than I was expecting, and probably was drawn out a bit longer than normal as the tech was explaining different troubleshooting techniques to the trainee, all while I was just staring at the ceiling wanting that thing out of me and trying to keep it together. I dont really have any sexual trauma, and I dont know where this reaction is coming from at all, but I came home and immediately had the urge to shower and have just been in a funk about it all afternoon. I know its old news, but Im incredibly angry at all of the various legislation from state to state that has ever mandated this procedure for women seeking an abortion. I was just there for a routine check up and it felt horribly invasive, I cant imagine how it would compound trauma on someone in an already difficult situation. Where do you live that they allowed 2 male individuals in to do a transvaginal U/S with no female present to observe????? Thats unacceptable. Is that unusual? In my experience you get the doctor/tech/nurse you get (unless you request female only) and then can have a chaperone (usually nurse just because of availability and you can request female, or you bring someone) if you want. But Ive turned down chaperone before and its not a problem. The patient should have ultimate control of who is in the room. I wouldnt want any more people than necessary, regardless of gender. Ugh...yeah, having two men in the room for that procedure with no woman present? Thats not a very well run office. Id send a note to the office telling them that this is an issue they need to rectify. Here, bc the U.S is such a litigious place, they normally require a female present to at least observe from a distance that nothing untoward is happening. Im sorry you experienced this and yes, I agree with you, thats incredibly awkward to have 2 men present during your TV Ultrasound, while youre vulnerable and alone. I also would find it awkward that the TV ultrasound technician was a man. Its such an invasive exam, that to have a man perform that on a woman during a very vulnerable time in her life, I think that adds further trauma to an already tense situation. I have had 2 TV ultrasounds in my life- once when I had a hemorrhagic ovarian cyst in my early 20s back in 2000 and the second time was a few months ago when my IUD embedded in my uterus and I became pregnant and they needed to rule out ectopic pregnancy. Both times, thankfully, I had women technicians. I would have emotionally &amp; mentally been pushed to the edge if I had men as the technicians. It would have been very traumatic for me. If I were you, I would write a complaint letter to the medical clinic/hospital, to let them know how they could improve on this situation. It exposes women in a very vulnerable way, and the very least they could have done was to have a woman nurse or staff member be present to ensure no wrongdoing would be committed. [deleted] He did have me sign a form indicating whether I wanted a female observer present. It was a little awkward with him standing there waiting for me to check the box, and I was still under the impression that it wouldnt be a big deal, so I declined. Its possible I would have chosen otherwise if I knew there would be a male trainee in the room as well, but he didnt ask me about the trainee until after I had signed the form, and honestly I may have still turned it down. Im still working on the whole overcoming conditioning/advocating for myself thing, and telling a medical professional Yes, I dont trust you, please pull someone else away from whatever important work theyre probably doing to come stand in a corner and make sure everything is above board would take a lot for me. I understand the struggle. Ive definitely agreed to things so as not to cause waves in my youth. All I can say is Im sorry you experienced that and hopefully we all get better at standing up for ourselves bc fuck the status quo. I think your reaction was totally normal tbh. Even if they did nothing wrong professionally, its an invasive procedure with two male strangers. It would have bothered me too. I guess women are just expected to not bat an eye at these things but we are human beings and it feels weird. Thats why states in the US have passed laws requiring women to have transvaginal ultrasounds before they can get an abortion. The goal always was to make the process as difficult as possible. Now of course, theyre just going to ban it altogether. I have had sexual trauma and I would have left. Let me rephrase, at this point in my life I would not have had it done by a male. When I was younger I would have been too afraid to speak up, suffered through it and been traumatized for a long time after I had a TV ultrasound in 2020 and it was awful. I hated it. I was nauseous for days afterward. It can fuck up your pelvic floor if they have to root around, which the did for me because I was early stages of diagnosis for endometriosis. It is 100% invasive and the scenario you describe sounds horrible honestly. It is ok for situations can be upsetting to you even if no one did anything explicitly wrong. It sounds like a bad case of medical treatment forgetting the human element and that isnt ok. ESP dealing with something like a TV ultrasound. If you think it would help get it off your chest, I would encourage you to write an email saying how you felt. Especially if it is a smaller hospital or clinic. My husband works for a small medical group and maybe hes just lucky but the CEO would take this seriously and genuinely try to change procedure. He (CEO, not my husband) still practices and nearly fired a patient for being verbally abusive to one of his staff. They were a big donor too. He did not GAF.

pretty sure I have endometriosis of an incision. has anyone else dealt with this? I had a c section 5 years ago. 2 years ago, I started having pain on the right side of the incision. It worsened with my period. I had an ultrasound and cat scan done and both showed nothing. I can feel a mass on the painful area. It hurts to touch on the outside too. Doc recommended the mirena to alleviate the symptoms. I got the mirena 6 months ago and have still had random painful periods with it. I currently have my period and am in excruciating pain in that area. Its radiating into my stomach and across my abdomen. I can barely walk. I called the doc today and they want to see me Tuesday to discuss the next step. Im assuming surgery would be the next step? just wondering if anyone was diagnosed with this and what it was like. Ive never felt pain like this. It has caused me to have zero energy, irritability, and I feel like I cant even take care of my child because Im in so much pain. help! :( They may want to image it with MRI, that is the most sensitive modality for finding these. This isnt very common, Ive seen only one case about 10 years ago. In terms of intervention, surgery is the ticket I believe. You might find this article interesting: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5741084/ MRI is considered the superior imaging modality to fully characterize an endometriotic lesion, rule out other differential diagnoses, as well as to aid in preoperative planning. My only daughter is about to turn 17 and my C-section scar still hurts every day. No doctor has ever cared even the tiniest bit about this. Yes, I have this! Pain every month on the right side of my c-section scar just before and during my period. The scar also feels thicker at that time (as confirmed by my husband - I feel kinda queasy touching it!) I also feel pain in the same spot during sex, to a lesser extent. My pain is bearable - yours sounds much worse and I am really sorry about that. My doctor also sent me for an ultrasound (normal), but I havent pursued any further diagnostics. I think having a good doctor is key, though - 100% trust that mine would be pushing for more diagnostics/treatment if I was in the same level of pain you describe. I hope youre lucky enough to have or find a doctor you can trust to help you, too! You deserve better &lt;3 Thank you for your comment

My IUD failed me after four years, Im currently six weeks pregnant I got my copper IUD four years ago, it was supposed to last five years. Now I suddenly skipped a period for the first time in my life. Took a pregnancy test on saturday (ten days after my period was supposed to start) and found out I am pregnant! I consulted my doctor, and he was just as confused as I was. He said that the IUD I have is one of the best forms of birth control currently on the market, very reliable. Mine is also still perfectly placed inside my uterus and not interfering at all, so were leaving it in. My boyfriend of five years and I have decided that we want to keep the baby, it was a mutual decision that were both happy with; hes over the moon. I never expected something like this to happen to me, I didnt really want kids to begin with, but now that Im pregnant Im actually really excited. So, let this serve as a warning to all of you! No birth control is ever 100% effective, I had a 0.1% chance of getting pregnant and I still did Congratulations on your pregnancy! That must have been quite the shock to have happen, under the circumstances. I did want kids, but even then when I finally got pregnant too, it was such an odd and uncertain feeling, and the instant excitement wasnt there, but it did come. That moment of seeing the positive test and the first few days or so afterward was very surreal. Wishing you a happy and healthy 9 months! Im happy youre happy with the outcome! Congrats to you and your boyfriend [deleted] Thank you! Thank you so much! Im glad you had a good experience, and it sure does feel surreal! Edit: spelling because Im an idiot lol You need to go back and talk to your doctor again. One or both of you has bad information. The copper IUD is supposed to be protective for &gt;= 12 years, not 5 (5 years is for a hormonal IUD); and it \*should\* be removed before the end of the first trimester. https://www.healthline.com/health/pregnancy/pregnant-with-iud#diagnosis https://www.plannedparenthood.org/learn/birth-control/iud Edit: it was brought to my attention that there are alternative copper IUDs outside the US, which have different lifetimes, so Im just flat-out wrong on that part and possibly the rest as well. Apologies. Congrats on the beginning of your family may it be a joyful and happy journey. Im glad youre happy about it. Please confirm with your doctor that its not ectopic which is the high pregnancy outcome with IUDs Not all IUDs work that long. There are different kinds and brands on the market. For example mine only lasts for 3 yrs You have a \*copper\* IUD that only lasted three years? Yes! Im on my second right now. I live in Germany and the other choice was 5yrs but it was too big for my uterus. There are also other versions of copper IUDs like copper ball or a chain but my doc isnt a fan of those so yeah, I got the one for 3yrs There are a bunch of copper IUD types. Also, different countries may have different guidelines for their usage. First, Im so sorry! Second, I thought the copper IUD lasted ten-twelve years? Yikes. Edit: you guys, I said yikes because I cant imagine having mine replaced every 3-5 years, thats all. Once every 10 is enough for me. Im sorry what? Why Yikes I have the chain! Tysm! This was a big concern of mine too, but nope - my baby is perfectly healthy inside of my uterus, I even got an ultrasound picture Yes- its supposed to be removed for the duration of pregnancy! Just commenting to boost your comment- I hope this person sees it. Oh thats cool! May I ask, did your cramps get worse in the beginning? Isnt it stichted to the upper uterine wall? Like didnt that hurt like crazy? Not the one I have Thank you so much! Not at all! I had zero complaints, I actually went to work right after I had it put in lol I did see it, but I dont have a regular IUD like you might know it, and I completely trust my doctor with this. I couldnt find any information for the particular type/brand I have, so Im going with what my doctor told me My copper IUD failed me too. It was quite a huge shock to me as well. Im glad this experience, albeit probably a shock, is happy for both of you. It needs to be removed ASAP And here I am after almost a year without any protection and still nothing to show 🙃 Happy that you are excited about it even though you took protections 😀 good luck to you and your family Theres is about a .6% failure rate with the copper iud. (Varies dependent on type) Yup. This happened to me—she is 9 now. It was a helluva shock since I didnt want to ever have kids as well. If it helps, I am glad that I did. I only had my IUD for 10 months I almost passed out from the pain when putting it in and I panic, if I only think about the day I have to remove it. But a friend of mine just felt a little pinch. It depends on the person i guess. I was conceived with an IUD. Awesome to get teased as a kid I couldnt go thru airport security because its stuck in my head or something (my mom said she nor doc ever found it) Im the result of a copper IUD failure, lol. Nothing is 100%. Im glad youre happy with it, congratulations! Im the result of a copper IUD failure, the IUD came out with me! Dont let people scare you, youll most likely be just fine. They had to hold me down to get mine in. I have a new doc, and they said they can knock me out for it, or give me serious painkillers. My original doc said take advil, youll be fine. I was not fine. That said, I am working in getting a hysterectomy. Hoping it will be done late April/early May. This comment has been removed, the subreddit(s) you have linked to dont want to be linked to publicly. Perhaps youd like to send it via PM instead? \*I am a bot, and this action was performed automatically. Please [contact the moderators of this subreddit](/message/compose/?to=/r/TwoXChromosomes) if you have any questions or concerns.\* Where I live, hormonal IUDs last typically 3yrs and copper IUDs 5. I also have a copper one that lasts 5 years, its called novaT380 if you want to look it up! My 5 month old turned up despite my copper iud. It had slipped down tho. Luckily very much a wanted baby, maybe just not quite so soon but life uh finds a way. Hes got the biggest smile and cutest laugh, his big brother loves him, and hes just started rolling. Same, they told me to take some ibuprofen before coming to the doctors office, which did absolutely nothing. I dont understand why so many doctors dont use proper painkillers for this kind of stuff Sometimes it is too risky for the pregnancy to remove it because removing it can induce a miscarriage. Add to it that I am a natural redhead with the genetic mutation. Pain killers do nothing for me, and I have a higher sensitivity to pain. Lucky me... Interesting- so what happens to the IUD when the fetus gets larger, or when labor starts and the cervix dilates? It just kinda hangs out in the uterus like a womb-mate. It is usually naturally expelled or removed during labor. Congratulations!! 🥰🥰 Congratulations!! Im glad this turned out to be a happy occasion for both of you. You should tell your baby that they were like the kool-aid man, busting through walls to start the party. What one do you have? Someone mentioned stitching it into the uterus?! I want to learn about it. Congrats! Try not to worry...I know it sounds ridiculous to say but its pretty much the best thing you can do lol. Congrats! IMO NO other explanation needed, just meant to be. Im sorry, wtf??? I have personally known three people whove gotten pregnant despite having their IUD - two Mirena and one copper. Its a lot more common than youd think There is one that is used in the US Yeah I had a copper iud. Guess who is pregnant now My copper IUD is 5 years as well! Your post actually made my stomach drop because Im on year 4 too. Thank you for sharing and congratulations! Best wishes to you and your partner, OP! [deleted] Ive gotten pregnant on almost every form of birth control 😃 Trying the implant as my last option. Otherwise hubby needs a vasectomy which makes both of us sad cause we wanted another in 3-5yrs. If we got pregnant now it would be over for us financially tho, so the vasectomy would have to happen. 2 babies 3 miscarriages 1 abortion Its... stuck in your head? Thats terrifying. I am happy youre happy! Its a good warning that no bc is 100% effective. I wish you all the luck for a normal pregnancy, a safe delivery, and a healthy baby. Its funny, I always thought I \*might\* want kids; my husband and I took reasonable steps to prevent pregnancy, but I always thought if it happened Id be ok with it. Turns out I was very wrong the first time I missed a period; I felt nothing but dread, terror, and an overwhelming sense of despair. It turned out to just be a hiccup in my cycle, I was not in fact pregnant, but my maybe kids mindset took a \*\*hard\*\* turn into NO KIDS territory real damn fast. I told Hubs to schedule his vasectomy at his leisure. 😆 Absolute same story over here. Wife had an IUD, suddenly pregnant, decided then to become parents. IUD removal while pregnant made it an at risk pregnancy, but no issues beyond that. Best to you! Wow congrats!! Sounds like it was meant to be This is why we always should use two forms of birth control, condoms + IUD is the best in my opinion. Ive never had a pregnancy scare. I think so too. Especially because my grandpa passed away in january and i got pregnant pretty much immediately after that 🥺 Lol..teased about it. Not sure where it is. If you dont mind me asking, what made you decide to keep it? Either way I hope your pregnancy goes smoothly. The failure rate is 0.1-0.4%. Its really not common at all. Happened to me too! Luckily I miscarried after 6 weeks. It was one of the worst experiences of my life. Im sorry, girl. Make sure to get lots of emotional support - you might be surprised how the loss hits you. Edit: Just read that youre looking to stay with the pregnancy (sorry I comme

Am i pregnant? Ive done everything and i cant help but be so anxious that i am. just as an fyi, i am not trying to conceive and very actively trying to avoid. I just recently started being sexually active (december) and have used condoms as a main form of contraception. The last time I had sex was on the 28th of december and I took plan B afterwards just because i felt super paranoid that day. I had my period on december 24 then had it again a week later, January 3. Then i stopped having sex after the 28th just because of the paranoia and anxiety ill get pregnant. I already got my period, and it was a heavy flor so im sure it wasnt implantaion bleeding. But now my period is late and I am scared i might be pregnant because I am hearing stories about women not knowing they were pregnant until they were in labor! I took 3 pregnancy tests and they were all negative but Im also worried theyre false negatives because of the hook effect. I feel so stressed and anxious about this I cannot sleep. Based on what youre saying, its highly unlikely. Plan B is also known to mess with your cycle, so if its late it could simply be because of that. If you want to be a hundred percent sure, get a blood test at your doctor and she/he can tell you for sure. Its very unlikely. Id recommend going to the doctor to get tested to put your mind at rest and starting on contraception. If youre a paranoid person, being on your own contraception and having partners wear a condom is the best option to feel safe. Its also the safest way to have sex outside of monogamous relationships. (Even in them sometimes!) Your anxiety is painful to witness. Plan B is hard to take. It can mess with your cycle for months. Go see a doctor to comfort your pregnancy fears and learn about what Plan B does to your body Theoretically unlikely for pregnancy based on the timing, and based on some guidelines can exclude pregnancy depending on the context. Most likely youre probably having menstrual irregularities and delayed menses from levonorgestrel use - which can delay cycles by up to a week. If youre so concerned then consider pregnancy testing or your PCP. Okay, so those horror stories about women not knowing they were pregnant are a) very, very rare and b) about women who had mental health issues. 99% of women who are at all tuned into their bodies would 100% notice a pregnancy LONG before \*labor\* started. What can you do: Get on birth control for yourself. This might mean an IUD, the pill, the shot, the ring, etc. Start tracking your period on a paper or a program thats air gapped and not connected to the internet. Do some research around how the cycle works and where you are likely to be in your cycle and avoid having sex on fertile or more fertile days. Arm yourself with information. All the anxiety and reading horror stories in the world doesnt prevent unwanted, unplanned pregnancies for cis het women having sex with cis het men. Speaking bluntly I see some magical thinking in your post like if I freak out enough SURELY I cant be/get pregnant. Well sister Im here to tell you your body has ONE job as a younger cis het woman: get you pregnant. Full stop. So you have to fight nature hard core for 20+ years. Spiraling and freaking out and frantically scrolling does \*nothing\* about your ovaries and womb, and only serves to hurt you so focus on what DOES work. The information I mean is where can I safely and affordably obtain the care I need should I get pregnant. You dont want to start looking and planning once youre already pregnant with a ticking clock. Set aside money, have a plan, get a map, etc. Ive been pregnant multiple times and heres my 2 cents: If you think you could be, you could be. That doesnt mean you are, but a doctors office blood test can put your mind to rest. \*\*Typically\*\* one doesnt get a full period, let alone two, while pregnant. Usually the first sign a woman has that shes pregnant is a \*\*missed period\*\*. So while I hesitate to make a ruling, Id say its very unlikely given all the facts. Doesnt sound like a pregnancy, when i took plan B it wrecked my hormones so much my next period was 3 weeks late, 3 pregnancy tests without even a very faint second line also means you probably have nothing to worry about and i know it sounds annoying but worrying and stressing about it can delay your period even further. More than likely not. Ill give you some advice for the future though. Buy a bulk box of pregnancy tests and take one each month, same time each month. I have been doing this since I have been sexually active and it 💯 helps with anxiety because you know when you last tested negative and dont have to spiral.

Doctor told me cysts dont rupture I was having multiple gallbladder attacks over 3 week period. They found the problem really quick and told me Id need it out. No big deal. Im out of town working and get another gallbladder attack. Only this time its so so so much worst. Throwing up because of the pain worst. I go to the hospital and it took the nurses longer to process my out of province health card than it did for them to get me on morphine. I get a CT scan done since its a holiday and ultrasound is backed up. Lo and behold Im having a gallbladder attack PLUS two ruptured ovarian cysts. Female doctor tells me that I need that gallbladder out ASAP and gave me the option to stay in this hospital for three days and have surgery or go back home and have surgery where family could take care of me. I decided to go home after it was determined that I wasnt going to die of an infection from the ruptured cysts. Surgeon back home skips lunch to take my gallbladder out (thanks so much!) and I schedule an appointment with an OBGYN cuz ovarian cysts arent normal. OBGYN is male and middle eastern. Tells me that the female doc was wrong. Ovarian cysts dont exist let alone rupture. He said this while holding the CT scan report. He does diagnose me with PCOS tho. He tells me immediately that he could make sure I can have a kid. I tell him get me a IUD now since the female doc said it could help. Why are babies always the first thing on male OBGYNs minds ? Saw him again and he confirmed I have endometriosis begrudgingly after an ER doc diagnosed it. Yeah he thankfully doesnt work there anymore. Town only has 2 OBGYNs and theyll ONLY see pregnant women during the pandemic. Never mind that I need my IUD out and I want to get a hysterectomy to get rid of this pain. e-e who let that man become a doctor?!?! I know. Im so glad hes no longer working at the one hospital our town has I know. Im so glad hes no longer working at the one hospital our town has theres a lot of really bad doctors out there. Usually because the practice they work at has incredibly low standards. Youre better off avoiding that kind of place if you can. a lot of people at my hospital drive for hours to get to this hospital because they just really like it here. What an idiot. Doc says you have polycystic ovary syndrome at same time he says cysts arent real? \*facepalm\* How did that guy manage to get a degree, \*especially\* with spezialisation on gynecology? [deleted] I saw a female doctor when I had the copper spiral and was having real, real, real bad menstrual pain (common side effect). She asked if I was married, I said yes. She then asked if I had considered having a child as a solution to the problem. The problem that came as a side effect of having a copper spiral... that I had because we did not want kids. I was like lady, I just want some stronger Ibuprofen. The lightning rod was in there for a dang reason. You should try to find out who this doctor is and expose him online. This guy is obviously a danger to people. Saying that X-well-established-thing-with-plenty-of-evidence doesnt exist never ends well I wish I remembered his name. Hes no longer in Canada I think he went back to either India or Pakistan Im not sure. Can you ask the place where he worked in? They should still have that information The Pembroke Regional Hospital. I found him online. Dr. S. Mukherjee

When I was 22, I had an ectopic pregnancy. It burst my Fallopian tube, and almost killed me. This is my story. My partner (M25 at the time, now fiancé) and I had been together for a few years, and went to visit his mother at her home. That morning, I had a strange bout of nausea and puked. We mentioned it to her, and she said, Are you sure youre not pregnant? We looked at each other like Oh! Uh maybe… He works away for weeks at a time, and unfortunately had to leave that same evening for work. So we got home, and I took two pregnancy tests - both were positive. I had never been pregnant, and he had never impregnated anyone, so were both kind of excited in a oh shit we ARE fertile! Our equipment works! kind of way, but neither of us felt anywhere near ready to start our family just yet. That was on a Friday. I made a doctor appointment that same day for the following Monday. Sunday afternoon, I was at home alone when my left Fallopian tube burst. I didnt realize it, of course - I thought I had come down with a crazy stomach bug or something, and just needed to sleep it off. I laid around with steadily increasing pain, trying to manage it myself for 10 hours before I was in such severe agony, I couldnt move a muscle in my body. I mean, I couldnt wiggle a toe without a wave of excruciating, searing pain rolling through my body. It felt like I was being set on \*\*fire.\*\* Every nerve in my body was firing white hot, searing waves of pain. The wave of pain would start in my toes, and roll up through my entire body to to top of my head in cycles. I was passing out/coming to in cycles as well, but I thought i was just falling asleep and it was the pain preventing me from sleeping soundly. Moving seemed to trigger the pain waves, so I did my best to lay absolutely still. Eventually it got so bad, I could no longer breathe without triggering an excruciating wave. I was trying to take as shallow breaths as I could, just so the pain would stay manageable. Eventually there was no break in between the waves - the pain was just constantly everywhere. I dont remember deciding to call the ambulance, but I do have flickers of crawling down my stairs on my stomach in agony to get to my phone. I somehow managed to call and tell them my address while blacking out and coming to. I crawled to the door and waited for the paramedics to arrive. Once they did, I was blacking out/coming to so fast I couldnt tell them complete sentences. When the female paramedic asked if I was pregnant, I said no at first - I didnt even remember that I had found out I was 2 days ago. I passed out, came to immediately and was like no wait, I am pregnant and passed out/came to again. The female paramedic said something like I think I know what this is; ectopic and I will \*\*forever\*\* be grateful to that woman for recognizing what was happening to me almost immediately, and saving my life. Just expanding my lungs was excruciating at that point - the bumpy ride in the back of the ambulance was like pure hell. I cant remember the details, but I believe they couldnt give me any serious pain relief in the ambulance because I would likely need surgery. I recall crying out in pain; the paramedics apologized profusely for every bump. Once at the hospital, I was finally given some pain relief while they waited for my surgeon to arrive. Its crazy how well that stuff works. They told me I should call someone and tell them Im going into surgery. I didnt want to disturb my fiancé at work, so I called my parents and asked them to call him. I was rushed into emergency surgery and on my surgeons report, it said they vacuumed 3 litres of blood from my abdomen. Apparently there are 5 litres in the human body. When I met my surgeon the next day, the first thing she said to me was You lost a lot of blood last night! They were not able to save the tube. My fiancé left work immediately, and drove 12 hours at the end of a 12 hour shift to be there by my bedside, holding my hand when I woke up. My parents were there too. The scariest part of the whole thing was how oblivious I was to the severity of my situation. \*\*I had no idea I was dying.\*\* For hours, I literally thought if only I could make myself puke/poop, Id feel better. It felt like my body needed to expel \*something\*, but I didnt understand what or that my body couldnt do it without medical intervention. I think my survival instinct took over, and my brain called the ambulance on standby-mode. That was an experience I would never, ever wish upon anyone, and it happened so fast. Way too fast. I had never even heard of an ectopic pregnancy before that, or how common they are. I was on the pill. One of my sisters got pregnant on a copper iud. My other sister got pregnant on the pill, and once on the implant. My mother was told she wouldnt be able to conceive due to her health issues - she had 4 daughters. In my 9 year relationship, my fiancé has impregnated me twice while on the pill, taking it within 2 hours every single day. Not perfect usage, but in no way was I irresponsible either. I had a Mirena iud in between, but I was suicidal, lost my libido, and it made sex physically uncomfortable. The first pregnancy was the ectopic, the second happened on 1 Fallopian tube. Since he works away, we dont even necessarily have sex every single time I ovulate. I dont know if we have some super fertility gene or if these rates of birth control failing are standard, but please be aware - it can and does fail. \*\*There was nothing I couldve done to prevent this from happening.\*\* Thankfully, apparently losing a Fallopian tube doesnt significantly effect your fertility. \*\*But losing the other would make me unlikely to conceive naturally, and once you have one ectopic - you are more likely to have another.\*\* I take a pregnancy test every month to make sure I catch it early if it happens, before another ectopic could rupture my remaining tube. You are also more likely to have an ectopic pregnancy if you get pregnant on an IUD. Monthly testing does help - I buy the cheap strips in bulk, nothing fancy. Years later - I got pregnant again during the height of the pandemic, but my monthly test caught it extremely early. Im on medications that are unsafe for pregnancy and need to be slowly tittered off before we start trying - since we want the healthiest possible start for our child, for us that meant deciding on a surgical abortion. I do not mean to be insensitive, but for me personally - my surgical abortion was an absolute walk in the park compared to the hell that was the ectopic. The ectopic aka my natural abortion was genuinely traumatic - my surgical abortion was not even a little. I walked out feeling good - minor cramping that evening, bled for two days and then was 100% back to normal. The worst part of it was the overwhelming terror i felt in between seeing the positive and my appointment. I had no idea if this pregnancy was normal, or if it would suddenly explode my insides with zero warning. I knew I wasnt far along - but I hadnt been far along last time, either. I was on high alert for every stomach twinge or unusual feeling - genuinely terrified that all my pregnancies (current and future) would be ectopic, and that Id never get to experience a wanted pregnancy in the future without fear. The relief I felt when they told me it was properly implanted in my uterus (woo!) and extremely early, so my procedure could proceed and would take less than 5 minutes was indescribable. It was such an intense feeling of relief, like a massive weight had been lifted off my shoulders. There was nothing I couldve done to prevent any of this. Biology is unfair. Ive read too many pro-life comments this week saying you can always prevent pregnancy from happening and that women need to take responsibility for our actions. Please, explain to me in detail what exactly I couldve done to prevent this. Explain to me exactly how I was in any way irresponsible in my decisions - I was not. Punishing women to death, forcing us to give birth, and enter motherhood against our will, or prematurely of our personal schedules because of the natural functions of our biology is fucking cruel and unusual. I am so disgusted just typing the words pro-life considering I very nearly died… but it couldve been worse. If my rupture had say, been partial instead of full, and I lived in Missouri prior to March of this year instead of Canada - I wouldve died, while doctors and lawyers figured out whether they were legally bound to attempt a medically impossible procedure, by trying to force the clump of cellular assassins into my uterus, before they could proceed with saving my life. This war on women has to stop. Thank you for your story. Sadly, the only reason the war on women has ever even been slightly paused is by collective, feminist protest and organization. Im so sorry you had to go through that. Thank you for sharing your experience. Most people have absolutely no idea what an ectopic pregnancy is and how fast it can kill you. Im honestly terrified of having an ectopic pregnancy while traveling through a red state. Living in California wont help me if I am traveling in the wrong place at the wrong time. What a truly terrifying experience. Thank you so much for sharing so eloquently (and Im very glad youre still here to do so). Im saving this post to draw on for info the next time someone dismisses ectopic pregnancies as an issue as youre right about how little people know about them.

Birth control is only my problem I guess I had looked into getting my tubes tied, but due to scaring and complications with my last C-section my doctor is hesitant to move forward with the procedure. If we did do it the procedure is 100% covered my insurance, as was my C-section and the IUD I currently have. My husband decided to look into a vasectomy since it seemed like a safer option. Our insurance doesnt cover it because it isnt a necessary medical procedure and is considered elective. Even without my complications a vasectomy is a much simpler less invasive procedure and sure as hell costs a lot less than a C-section so you would think for the insurance company it would be a better deal to just pay for it. Thats rough. So sorry. Are you not eligible for the Essure procedure (inserts placed into your fallopian tubes that make your body seal them shut)? I asked my doctor and she said the dont do that method anymore. Oh, thats too bad. Essure wasnt safe and was pulled from the market in 2018 I see. I hadnt kept up with it. Thanks. They dont make essure anymore because it was so damaging to so many women. Were both snipped. My bilateral salpingectomy was covered by insurance, cost us less than $200 out of pocket. His vasectomy was partially covered and cost us $400 out of pocket. Yikes! Well, I wondered about that... You make a great point. There are states that have legislation requiring insurance to cover vasectomies. Its required in maryland, for example. I bet there is a similar effort wherever you live! Check out your states NARAL website. I bet they would love to use your story to help their campaign.

Reminder: IUDs can fall out Im post-menopausal but had IUD inserted about 3.5 years ago for HRT reasons. Started having heavy bleeding. Lots of exams, tests, ruling things out. During one exam the tech said Your record says you have an IUD - I dont see it... Follow up with X-rays to make sure it didnt wander off somewhere. Nope - its totally gone. Several doctors and techs all asked me Didnt you feel it when it came out? Not at all. Not a clue. For what its worth, I dont engage in any activities that distort my senses in any sense (so its not like I was high or blacked-out while engaging in rough sex with a huge penis or anything...not that theres anything wrong with that \[well, blacking-out isnt good\]). Im also very aware of my body - Im in good shape, conscious of every twinge and irregularity (family medical history includes scary things Im always on the look out for). Just wanted to share my experience. I find the other sharing of medical experiences on this sub really interesting and useful. Did you check your strings regularly? Good point! The doctors did not emphasize that! I have no recollection on anyone telling me I should! Thanks! damn, i would be very mad at my doctor if I were you Getting a new one soon so will specifically ask. Just glad Im menopausal and an accidental pregnancy was out of the question. But yes, very glad you brought it up. Thanks!

tried getting the silver-copper IUD inserted today, keyword : tried

(RANT) So my birth control isnt available anymore... Im so pissed, I wanna cry. Im 33f, have tried many types of BC - I took pills for years until I realized they caused my monthly hormone shifts and after trying a few brands/dosages decided it wasnt worth it; tried the copper IUD and it gave me periods from hell to where I was crawling on the floor, sweating, almost puking from pain; then found Nuvaring and totally love it.... so for the past handful of years Ive been using that with minimal issues. BUT NOW they dont make the thing anymore and the generic ($90/month with discounts) somehow isnt covered by my insurance because they still only cover Nuvaring! Ive spent \*\*THREE WEEKS\*\* without my prescription, on the phone talking to my pharmacy, my gynecologist, my insurance, just to keep getting the run-around on who needs to approve what. Turns out, no one can do shit because the insurance company doesnt recognize that the only vaginal ring they pay for is no longer available for people to get. Congrats to those fuckers for finding a way out of helping women fund their birth control! I guess Ill have to shop around again and fuck with my body for the next however many months until I find one that works for me - again. Maybe the shot? Maybe a different IUD? The annual ring is $2,000/yr before any bullshit discounts. UGH. I dont know if anyone else is going through this after suddenly finding out that Nuvaring isnt available anymore, trying to find an affordable alternative. If there is - I feel your pain and Im furious for you. Wait, thhey dont make Nuvaring anymore? You could try the hormonal IUDs. My SO has a very similar situation to yours. Oral hormone based is just simply not an option. Copper ended up comming with what could be described as a monthly week of bleeding out. The hormonal one seems to produce less (but not zero) of the psychological side effects. Ive had the mirena IUD and havent had any issues with it. My periods have all but disappeared but sometimes I do get a little crampy, I think this is when my period would come if I did have it. They last 5-7 years depending on what your doctor says and what your BMI is. So I use the nuvaring also (although I just checked and Ive been switched to generic) and I agree its wonderful. But heres the thing, I just checked the FDA drugs database and Nuvaring is not listed as discontinued. Who told you its not made anymore? I worry it was a lazy person in the pharmacy who wanted to give you an easy excuse. If thats who told you, please try another pharmacy (preferably in another chain). Or contact the manufacturer (organon) customer relations https://www.organon.com/contact-us/ to see if they can verify this or advise you on where to get it. Maybe youve already done this stuff, in which case I apologize. And if the drug is truly no longer available, your insurance is legally required by the provisions of the ACA to cover one form of each type of birth control. So if Nuvaring is truly unavailable, they must cover the generic. They may need to be reminded of this, but again, I will be surprised if you werent lied to at the pharmacy. I know Ive been. Hope this is helpful. Edited to add that drug companies pay a product fee to FDA for each marketed drug they have. So it behooves them to officially change the status to discontinued in a timely way. Nope, my gynecologist didnt even know until I told her. Apparently they announced it last year. If youre currently on that Rx please start looking for an alternative before you and your pharmacy run out of it. Weird! I actually had my tubes tied last year but I was on it for a couple of years. I wonder what happened Yeah, I am confused about that - I looked it up but there doesnt seem to be anything about it being taken off the market? Maybe its a regional thing? Maybe? I dont use it anymore as I dont need it but I have friends who use it and know nothing of this Yeah, the NHS website still lists it as the \_only\_ vaginal ring brand available in the UK too so it doesnt seen like its actually been discontinued or everyone in the country who uses them would be screwed! All I can find is that the applicators for Nuvaring were discontinued [deleted] Me neither- but you can purchase them separately from the company that produces nuvaring. Or at least you could until this year I hated both, but since you had good experiences with the nuva ring you might consider getting the nexplanon implant. They both use etonogestrel, although the nuva ring includes ethinyl estradiol and the nexplanon doesnt. A lot of women experience excessive spotting and sometimes it can be hard to get it removed really, so keep that in mind. Thanks for the suggestion, I didnt know there was something else with the same active hormone. I do have a hard time with the idea of getting an implant under my skin that I cant control once its there (aside from making an appointment for removal), which is why Im also reluctant to try another IUD. The only way I found out was when my CVS tried renewing my Rx and after a week and a half of no success they finally called someone and found out its no longer being made. The only info I can find online is [this from Good Rx](https://www.goodrx.com/conditions/birth-control/birth-control-ring-side-effects-cost-effectiveness)... \[edit\] I didnt know someone made an applicator for it and \*that\* got discontinued. I have no fucking clue why my pharmacist told me its discontinued. Im getting more and more mad at them right now. Yeah, I dont blame you. I had a horrible time with the nuvaring and stopped using it after a couple of months, then I got the nexplanon years later not realizing that it uses the same synthetic progestin. For me etonogestrel gives me horrible migraines and mood swings, plus a whole bunch of other side effects. I tried to get it removed after 6 months, but all the doctors I saw kept insisting that I give my body more time to adjust even though I had already had it longer that the 6 month adjustment period. Finally found someone to remove it after having it for 2 years, should have just lied and told them that I wanted it removed to try to get pregnant. It looks like EluRyng was introduced by Amneal as an alternative. Your pharmacy might be able to get it. You also might want to double-check with another pharmacy- sometimes my pharmacy will flat out tell me that their supplier doesnt have a drug and I need to go to a big store for something uncommon (I use a small local pharmacy normally and they know Im okay with that) This is super helpful, thank you! Im going to ask my GYN to send the Rx to another pharmacy first thing tomorrow and then Im also going to call Organon about it and see what they say. I had no reason not to believe my pharmacist, plus my GYN spoke with them multiple times, but if thats what it turns out to be then Im going to have some real damn words with my local CVS... I even found something on GoodRx saying the company was discontinuing applicators, but I just assumed that meant the whole thing because I didnt know there was a separate applicator some people use. UGH. I also know that there legally needs to be one available option for the ring which is why Im so pissed at my BCBS for not even offering the generic as default now that there is one. Thanks, I do plan on going through another pharmacy tomorrow since nothing seems to line up about what CVS told me. EluRyng wouldve cost me $90/month through them so I opted to go one month without while I figured things out. Thanks, glad to hear your SO is happy with theirs. I have a hesitance to use a BC that I cant control day-to-day, especially after the copper IUD. Please look into Good Rx. I am on an asthma medication (same as Advair - AirDuo, but $100 instead of $275, and my insurance covers the brand name at $50, even though it doesnt yet cover the brand new generic, which is still $100). With GoodRx, I am able to get the generic equivalent for less than $50. It actually makes a huge difference in price, and standard pharmacies take it as co-insurance. The discount varies WILDLY from pharmacy to pharmacy, so just do a little back research. Good luck. Im sorry you are going through this. Thats awesome. Ive heard so many good things about Mirena and have been tempted. But after my experience with Paragard I just really dont want a birth control that requires a painful procedure to insert (I almost passed out from the pain) or an appointment remove. I understand that. The last one I had put in was the most painful for sure. Additionally, I had one in and the string got wound around the IUD so I had to have an outpatient procedure to remove it. Ugh! But despite the few issues Ive had, Im happy with it and its worked well. I hope you find something that works for you and your needs :) Holy shit, thats outrageous. Im so sorry you were forced to have that affecting you for so long! My Gyn looked through the site while I was there for my annual on Monday and none of the options were what Id consider affordable long term. It does sound like I was fed some BS by my pharmacist and I might have better luck going to another. Im so sorry the medication that helps you \*breathe\* costs you so much! Healthcare is a sham. I know its a giant pain in the ass to do this but before you ask your gyn to transfer the Rx, you may want to call around to the pharmacies and see if they have it/can get it. That way you only have to ask the gyn once. And make it clear you mean the branded drug and cannot take a substitution. If you really cant access Nuvaring, then BCBS should help you locate it, or adjust their coverage. SHOULD being the key word, of course. I would be escalating within their customer service for this. Maybe CVS stopped offering it. Try Walgreens! I saw the thing from GoodRx too, but I didnt see a press release from Merck (who Organon just split off from) or Organon. Now maybe they had some sort of private communication but I doub

I have clear/milky discharge coming from my breast when squeezed. I have an iud but I still took a pregnancy test, it was negative. Its freaking me out. Just messaged my GYN and they recommended coming in for a breast exam. I have my annual in a few weeks so I might just go then. [deleted] Might? Go. Better to eliminate doubt. Should I make an appointment sooner? My annual is March 1st This can be totally normal, but def get it checked out for piece of mind. Any chance youre taking risperidone? It made me lactate. Meds can be weird. Nope! My prolactin levels were elevated so my gyn is referring me to an endocrinologist

CBC radio program on IUDS

Im pregnant with an IUD and so scared of everything The racing thoughts have calmed down but I still cant get it out of my head: Im pregnant. Im just 19 and didnt plan on having kids until Im at least 25 or older. Thats why I had my IUD inserted end of October and Mid November the placement was confirmed to be perfect. Apparently though it shifted and Im currently about five weeks pregnant. My parents are very anti abortion and my partners mum isnt that helpful either, just repeating its our decision. This is so scary. Im having an ultrasound on Monday again and idk whats gonna happen now. The IUD has to be pulled and the chances of a miscarriage are at about 60%. Where I live, for an abortions I have to go to a counsellor and have to wait for a week plus find a doctor willing to do it because its kinda illegal here. Until Im able to end it Ill be at about 9 weeks. All I can think is pain pain pain and - what if it doesnt work? Two sources say that the chance of a medical abortion to fail is either 14 in 1000 or 5%. Am I supposed not to drink and be responsible in case this embryo passes the slight chances given? It wouldnt be impossible to have a baby but we arent ready at all. We just moved out and I quit my job. I have nobody to talk to and Im so so scared. We already beat the odds, what if it happens again? If I end up with a baby or worse cant have one later? Literally crying as Im typing this out FYI, just yesterday there was an IUD pregnancy post on the front page. https://redd.it/rxhamu -- take care. I can tell youre upset and want to just say you will be okay. Its really scary to look at some of the statistics, however, most women who terminate pregnancies have a successful precedure and no problem getting pregnant later on in life. If I were you, I would avoid drinking just to be safe. Even if you plan on ending the pregnancy, its best to make the safest decisions until you get to that point. Also, I want to say good for you for choosing to end a pregnancy, even if family isnt supportive. Youre making the decision best for you, and you should be proud of that. I hope all goes well! &lt;3 Yes I saw that one and reached out to her too Hugs. For the moment I would refrain from alcohol and smoking. But you and your partner need to sit and talk about all of your options. Ultimately the decision is yours and yours alone. You have three options here. 1. Carry and keep. Is this feasible financially? Will your health be negatively impacted by this? Will baby be born healthy? 2. Carry and adopt out. Again this is based on your and the fetus health. 3. Terminate. Is this a viable and safe option in your area, or can you get to another state/country with better opportunities? Good luck. I would also recommend a therapist just to vent to. Thank you for your kind words. I feel like weve been playing the pregnancy lottery lately. Its so rare to have your IUD shift and the chance of getting pregnant is below a percent - yet Im within that percentile and I am afraid this might happen again. The second part is something thats burdening me a lot too though. I havent told my family but Ive seen how theyve pressured and insulted another family member who wanted to have an abortion after theyve been literally abused. On top of that I dont know how to tell them Ill prolly be unavailable for a week or so during the actual procedure. I hope everything is quick or it just gets lost during the IUD removal Theres nothing wrong with not telling them if its the best option for you right now. Wait until you get to that point and cross that bridge when you get there. As you mentioned yourself, theres a fair chance the pregnancy wont even make it long enough to need abortion services; so its probably best not to alert your family knowing they wont be helpful to you Weve talked about everything and just dont want to keep it. 1. Can be the SOS option if it survives the procedure but were not really in the right place. Hes an apprentice and Im only starting uni again in September and wont get anything close to a scholarship until then (and especially not if Im not in school). Plus the housing situation here is bad and both of us are just not mentally in a place to raise a baby good. 2. Isnt an option. Too many worries if not knowing the other people and also my sister is looking for a baby herself rn and would probably hate us if we gave it to strangers. Regardless I dont think I could hand my child over if it was born. 3. is our way to go but Im so scared about the pain and the consequences. In my country you wont get prosecuted for an abortion up until the 12th week but the doctor will so were checking our options. Its scary knowing Ill have to take what Ill get and not being able to chose my medical provider but I guess thats how itll have to go Perfect scenario would be to lose it during the IUD removal and tell my family I had a miscarriage. I wouldnt have to lie and wouldnt have to take further measures. Yet not looking forward to it In your case I wouldnt involve the family in the abortion. Do it via friends you trust. You can always tell your family you miscarried. This is only your decision as a woman. They dont get a say in it! Dont let them guilt trip you with their bullshit. Its your body and therefore your choice. Im so sorry youre going thru this right now. I went thru this a few months ago. My paragard was trying to expel, dropped down in my uterus and embedded in my uterine lining and I became pregnant. With IUD pregnancies, theres a high risk for ectopic pregnancy which would need to be stopped from growing bc it could rupture your tubes or ovaries. If you feel any pain in your abdomen or shoulder, go directly to the hospital. They will do formal ultrasound and give you a drug to stop ectopic pregnancy. also, its recommended that the IUD be removed when theres a pregnancy as if the pregnancy continues, the IUD could create further complications- piercing the amniotic sac, preterm delivery, etc... and when the IUD is removed with a pregnancy, theres a great chance that the pregnancy will spontaneously abort. My experience had many twists and turns. I had my iud removed in an ER after getting a formal transvag ultrasound. the doc tried many times to pull it out,, but thats when it was found out that it embedded in my uterine lining and I had to go to the drs office to get it removed. There was a lot of blood that came out after doc tried removing IUD in ER...so maybe I miscarried (at least that is how I explained it to my husband who is not pro choice). When I went to Drs office a day later, I had IUD removed, as well as pregnancy tissue. I hope there is a way that you can resolve your situation in the way that is in support of your wishes. Do you have a good friend who could support and help you right now? I will pray for you. https://www.dw.com/en/germany-eases-access-to-abortions-in-telemedicine-pilot-project/a-60172718 Im sorry youre going through this. It happened to me too. Have they confirmed your pregnancy is in your uterus? There is a high possibility of ectopic pregnancy, thats what happened to me. Im sorry, I wish I could help you! I hope everything works out. Everything will be okay. You are more resilient than you could ever imagine. Im so sorry this happened. Hugs. Thank you. Im having another ultrasound on Monday to see where it is because it wasnt visible yet on Wednesday (hcg was at 750 and you gotta be at 900 to see sth). I dont think its ectopic though because the IUD shifted and made space for a normal pregnancy. Did you end the pregnancy too? Im afraid of what is yet to come Ectopic pregnancy is life threatening so I had to have a medicated abortion. It wasnt as painful as I thought it would be. I felt better after a few days. It looks like youve caught it very early. Thats good news. If they still cant see sign of pregnancy in the uterus, its possible for them to draw your blood to test the HCG levels and then test your blood again in 3 days to see how much your HCG levels have changed. HCG/Progesterone levels that arent rising quickly enough can be a sign of an abnormal pregnancy. Thats how mine was diagnosed. I was at about 1200HCG when I had my ultrasound but they couldnt see it anywhere so they relied on my blood test and symptoms to determine that it was ectopic. I know its scary. But the anticipation is usually way worse than the experience itself. The hardest part is making the decision and there is no wrong choice here. Oh okay, Im glad it went well! I actually had my blood drawn and it was at 750. Dr expects it to be at 1000 on Monday thats when were gonna check again where it is and how well proceed. So my options are 1. Ectopic pregnancy - really scared of this because everything I read telling me its life threatening 2. Normal pregnancy which gets lost when IUD is pulled 3. Normal pregnancy that survives IUD removal and has to be medically aborted later when its bigger All not really nice things to anticipate but honestly second would be the best for me I guess. Did you get an IUD again? Im unsure yet whether to trust it. Doc told me that I could get one with little hooks so it doesnt shift again but not sure if I can trust this again I understand. I was so terrified of all the possible options when I found out I was pregnant. Dont panic. Ectopic pregnancies are life threatening when they burst a Fallopian tube. But since you caught it so early, its unlikely (not impossible) for it to rupture your Fallopian tube (if thats where the pregnancy is located). If youre getting your blood drawn again on Monday and hormone levels havent risen very much, they could take that as a clue that its an ectopic pregnancy and in that case, the treatment could be done very soon to resolve it. My IUD was actually in place when I got pregnant so I didnt remove it. I kept it for 3 more years and it never failed me again (although I did start trac

Phantom pregnancy but not? I have a very odd situation here that I will be seeking medical help for come Wednesday, but I am curious to see if anyone has heard of or even experienced something like this. The definition of a phantom pregnancy is the body creating pregnancy symptoms without an actual pregnancy. Usually, as soon as a woman finds out shes not pregnant, the symptoms go away as they are purely psychosomatic. I cant possibly be pregnant. Literally. I had an abortion in February, Nexplanon placed Feb 15th, and didnt have sex for three weeks after. No sex was had from mid January to mid March. I know this to be true. I have had four negative tests. I know that four false negative tests is a statistical impossibility. The whole definition of a phantom pregnancy is that the women believes she is pregnant, meanwhile I KNOW I am not. Yet, I am exhausted, nauseous, have breast changes, have food aversions and cravings, have a sensitive nose, achey joints and most of all, feel movement so real to me it feels like my clothes are moving. I dont know how any of this can still be occuring if I am 100% sure I could in no way shape or form be pregnant, much less pregnant enough for kicks and rolls (I know what they are like from my son) What treatment can even be taken in this scenario when the treatment is just...confirming youre not? Im just confused and aggravated and worried about mental health issues. Im not asking for advice, as I have appointments set up, it would just be nice to hear from others who have experienced this themselves or through an acquaintance I think ive heard of that before, are you around anyone that is currently pregnant? maybe ur pregnant with baby jesus No, Im a SAHM, its just me and my bub So, heres a logical explanation: You were pregnant. That led to all sorts of hormonal changes from your pituitary and thyroid and ovaries and god knows what else. Your pregnancy ended, but not because your body did the things it is designed to do to end a pregnancy. So, now your body is whacked out and confused. Is it still pregnant? All those systems that ramped up are just taking their own sweet time to catch up to the current state of affairs. In the meantime, some of them are still operating the premise that youre still pregnant. Be patient. Girl hormones are a bitch at the best of times, and Im guessing this has not been your best of times. The only story I gave close to this is from my mom and it wasnt in her head. Glad you made appointments. This happened to a friend in high school (who was not sexually active) and her hormones really were behaving as though she was pregnant. She had to just wait it out. It was a wild ride for a bunch of 16 year olds. Maybe from the Nexplanon? I had similar symptoms with the Mirena. Although the movement thing sure is strange. Im glad youre getting it checked out!

I just got home from the hospital not 30 min ago after my tubal ligation procedure, and Im already having deep regrets… Regret that I waited so long to push for this procedure to be done. Regret that I previously took oral contraceptives and had an implant which permanently changed my hormones, and just accepted this was the way things had to be. Regret that Ive stressed my whole adult life about what if I became pregnant, even when taking all the right precautions, because Ive known my ENTIRE life I never wanted children. I regret all those things, but now I am so ecstatic that at 32, I can finally put it all behind me. Due to obvious reasons, this procedure was delayed by 18 months from the time of my most recent consult, and there was a gauntlet of requirements to go through to protect the medical team and myself (repeated rescheduling, COVID vaccine, quarantining, multiple pre-surgical COVID tests, etc), but it was so worth it! Although I havent been with anyone in about 2 years (not interested in looking for love in the middle of a global crisis), I still feel great relief in knowing that when I do feel ready to date again, I can prioritize my physical safety and emotion connection with a guy, versus the overwhelming thought of an pregnancy scare. Just wanted to share this small win for myself. I first had a consult for permanent sterilization when I was 18. I guess 14 years later is better late than never! [deleted] Congratulations! I had my tubes tied at 33. I am so happy and excited for you. It really is! I told my sisters that I want my birthday theme this year (in the fall), to be pregnant-free and 33! All three of my sisters have become pregnant while on birth control. Two on the pill, one an IUD. They kept those pregnancies as they did eventually want children and I adore my nieces and nephew, but it also made me extremely anxious about allowing sperm anywhere near my body lol Thank you so much! Had mine done at 27! In the short term, I lost my boyfriend because he realised he still wanted the option of having kids. But in the long term, it was a weight off my shoulders. Hope you recover well! Im glad to hear that. I tried to get an IUD at 18 and the doctor refused. I ended up getting pregnant 😒 Im glad things have changed over the years Congrats girl! Im getting mine done really soon and I couldnt be happier. I am firmly prochoice but I dont want to have to have an abortion, and Im absolutely not going to be ok with having a child. Congratulations! Just an FYI since when my friend had this done the doctor didnt warn her, your first period might really suck! She said that she was recovering well and at a point where pain was pretty much gone then her period started and cramping the general area was extra painful. Just so youre forewarned. Why the hell would they refuse an IUD? Theyre removable! I dont understand why anyone would want to make women who dont want kids to have them. If these people actually cared about families they would want to make sure that the mother is happy about having a baby, how does forcing unwilling women to have babies help anything? Because at that time there was a risk of infection and a possibility of losing my ovaries. I was fine with taking the risk but the doctor had to approve and he didnt do I was like, whatever Congrats! That sounds like such a good feeling. Ive been considering getting one myself but hadnt looked into how long the recovery time would be post surgery. I got mine done at 27 (after my 2nd kid). Such a great feeling to be done! Well at least its a better reason than because I dont believe in birth control. Mine got pushed back from my original date... Fingers crossed for sept 8. Congrats! I go for my consult in October. I know Im a year or two out from surgery because of the backlog here, but Im so glad to not have to worry about birth control options. That tv show \*I Didnt Know I Was Pregnant\* was in my nightmare for years after one episode. They were almost all on birth control. [deleted] Congrats! Out of curiosity, what does recovery look like/how long? My husband and I would like to remain child-free and I know his procedure would be easier, cheaper, and less recovery. OTOH, if I got it, I could possibly stop the BC (partially take it for bad periods thats why its a possible). I havent done any research, but am curious and have considered. Im so thankful for my hysterectomy I had when I was 30. The last 8 years without pain and fear of getting knocked up have been amazing. My best friend got pregnant twice with an IUD. Neither were viable pregnancies, but the second one almost killed her. We can now joke that her ex had super sperm. Congrats! They do make it hard for you and you really have to push to get one. I asked about the possibly of getting one and the doctor here just kind of shut me down— even after I had just escaped from an abusive criminal whose thing that he was into was non-consent and impregnating people, and was constantly trying to impregnate me (he couldnt, haha, because I had an IUD thankfully, and he was too stupid to understand what an IUD was even when I explained it to him). The doctor was like its been really soon since that— you could change your mind later. I was 32. Really annoying. Im happy for you. if youre ok with sharing, do you know how much the procedure costs? Im a grad student with decent health insurance right now but Im not sure I can count on the insurance to actually cover it... Had mine done on the 10th so highest of fives! &lt;3 Heres hoping that your pain is minimal and your recovery time swift! I had multiple doctors refuse an IUD because they said it would make me sterile and what would my (non existent) husband say? Not that theyre valid reasons for refusing it, but thats why they did. Not OP, but I was back to work in days. Had the procedure on Tuesday, took off 2 days, and returned on Friday. They advise you not to lift anything heavy for like a week, and no sex for 2-3 weeks. It was a pretty small incision too. Fabulous? Thanks for the info. Being a dance teacher, I have to be mindful of recovery times. One of the biggest reasons (below $) that I havent gotten a breast reduction. Glad to hear this ones not as bad Congratulations! You did what so many women are still fighting to do. Im glad your doctors actually listened to you. Congratulations!!! I got mine done at 34. So good to be off of BC. But word of caution, dont tell any dude that you had it. You may not get pregnant, but if you dont get proof of clean test results, you dont want to have STIs because dudes tho k there wont be any consequences. I took off 4 days, but really could have done just fine after 2 days. It was nice to have some time off though. And a heating pad was essential too. If youre in the US, sterilization has to be covered by the ACA. Call the insurance and find out which sterilization method is covered. From there you can discuss how to bill that or similar procedure with the doctor. My insurance covered it all, but the statement of account said $25k. I paid like $100 I think in some copays. I... have a feeling Im going to feel the same. I wish I had gotten it done years ago. Im more than ready to do this. Without knowing your location/situation is it not possible to fish for a doctor that would approve the procedure or were you limited by circumstances? [deleted] I was 18 and didnt think about doing that at the time Also not OP but Im an athlete and while I wasnt allowed to do my full Olympic lifting routine for a few weeks, I was encouraged to be mobile. Took 2 days off, was only on pain meds for 3, and pretty much was functioning normally after that, Yeah, thats the scary thing about birth control: it isnt guaranteed to work. My cousin had two children very close together, was overwhelmed, and decided to get an IUD to give herself time to get on top of everything again. Ended up getting pregnant right away anyway—with \*twins\*—and was (justifiably) freaking out about it. By the time they were born, she had 4 children under 4 years old. Needless to say, they went the sterilization route and capped off their family where it was. They seem very happy now that their kids are adolescents, but that was very much \*not\* how she had wanted it to go. Im a bit different than the other replies here. I took 7 days off (5 days of work plus a weekend) and I shouldve taken maybe one or two more. I was EXHAUSTED. My job is somewhat physical and busy (xray tech) so that may be part of it. The big pain was only for maybe 3-4 days, after that I only took the pain meds once a day, but was still taking them my first day back at work. ETA: my tubes were removed, not tied! It decreases your risk of ovarian cancer Recovery isnt bad but depending on your age they wont take out the whole uterus and stop periods. Having your tubes tied/removed doesnt stop your cycle, just removed the possibility of getting pregnant. I had my surgery on a Wednesday and was back to work on a Monday. Definitely no lifting. Honestly the mental relief was the best part. I still have my IUD bc I do not want my periods back ever. Having my tubes tied has been THE BEST. I havent bought a pregnancy test in over three years. Get it girl! This is a joy to read. Congrats on your newfound freedom!! Ok I wanna believe you on this so I looked it up and its still unclear to me. From [here](https://www.kff.org/womens-health-policy/fact-sheet/sterilization-as-a-family-planning-method/): &gt;The Affordable Care Act (ACA) includes a requirement that new private health insurance plans cover \*\*at least one\*\* form of all 18 FDA-approved contraceptive methods for women as prescribed without cost sharing. This means that female sterilization procedures must be fully covered by private health insurance plans. How can it be said that sterilization is covered if ONLY 1 out of 18 methods must be covered, one of which being sterilization? Ive got an IUD that stop