Copper IUD issues? hey all, I was hoping for some advice or an explanation as to whats happening with my body. As a background, I have had bad reactions to the pill and the shot made me gain weight, so in Feb 2020, I had the paraguard copper IUD placed. I wanted something nonhormonal, so it seemed like a really good option for me. However, off and on since then, I have had some weird lady problems that my gyno cant explain. Periodically, generally right before my period (but not always), i am getting random tiny cracks in my vaginal area. they are so so so painful that I cant even wash or go to the bathroom with nearly screaming. i have to do a water wash for at least 3 days until they fully heal. additionally, I have found that ive had some seemingly extreme mood changes, even though its non hormonal. one doctor said they mirrored the symptoms of PMDD, but were not qualified to properly diagnose me. as i was about to move, I never got the chance to follow up with my gyno and now have been too busy moving to find a new one. some other random (and possibly related?) symptoms include: -serious increase in anxiety and the feeling of hopelessness, especially around my period. i know im not myself and lash out on my S/O frequently, but i dont mean to and genuinely cant help it. -fast hair growth. i have to shave my legs nearly every day to keep them manageable. i cant even get them soft any more due to irritable skin. -extreme cramps and increase in period bleeding. -increase in random body acne (i actually had never even had a zit EVER prior to getting the IUD). can anyone else out there relate? or explain what is happening to me? or provide a better alternative for birth control if i have the IUD removed that is not the shot or pill? thanks all! [deleted] oh wow really? i had no idea! i got mine bc all my friends had them and bragged about theirs, and as other birth control wasnt working and im in a sexually active relationship, i needed to be on something. birth control in general has been a really terrible experience for me, and id love to know more about some of those side effects you mentioned. unfortunately tubal ligation is not an option for me. im only 24 and want to have kids around age 30. [deleted] Were you on hormonal birth control before getting the IUD? For how long? Could be that you are still dealing with your hormones normalizing off the BC. Personally, I had a copper IUD first before switching to Mirena. The copper was okay for a few years but I started developing severe endo symptoms and eventually had to have it removed. I have been using Mirena for a decade because it helps my endo, otherwise I would probably get sterilized. Funny enough, although it didnt happen when I had the copper IUD, I also had something that my gynecologist called fissures which might be similar to what you are having. He suspected they were hormonal, since I got them with my cycle. They seem to have gone away with the mirena IUD as well, of course YMMV. what is that exactly? its been at least 4 years since i was on hormonal, as i wasnt sexually actively for a couple years in between and my partner before was in the military, so there was really no need, so it likely isnt that. however, my doctor did mention the word fissures when she described how it looked when i was sore down there!! on the Mirena- have you had any bad side effects with it? would you recommend someone in my situation trying it out? [deleted]

Nexplanon or Mirena, opinions/experiences? [deleted] I hated nexplanon. It gave me many issues. Weight gain, painful and irregular periods (was supposed to decrease this lol), zero libido, etc. Everyone is different though and it may go over well with your body like it does with many other women. I absolutely love my Mirena and am on my second one. Insertion isnt fun but in my experience, its been worth it. I never have periods and I dont have any negative side effects. Personally, I wouldnt ever get the Nexplanon. 1. Im squeamish and being able to feel it in my arm would gross me out. Ive also worked at a reproductive health clinic and held the hands of patients getting it removed. After seeing removal, I know its not for me. 2. Anecdotally, a lot of people see side effects with Nexplanon. Weight gain, emotional instability, bleeding for months on end, etc. There are people who love it, though. I bled for 12 straight months on nexplanon. Im on my 3rd Mirena. See I love my nexplanon. I am on my third one. I have had no period since it was put in. But I do get light spotting at the end of the year 3. You can feel it but its not like a noticeable thing. You have to be trying to feel it. However I know a lot of people who had horrible experiences with it. My biggest complaint is the weight gain.

what are your thoughts on \*\*not\*\* using hormonal birth control (pill, IUD, implanon) during a long term relationship? i know this is a very personal choice but im curious as to what other people have chosen for their birth control methods during long term relationships ive been with my partner for close to 1.5 years and weve been using condoms every-time during sex, but also being cautious around ovulation not going on hormonal birth control is just a choice i made so that im not worried about having to come off them, or what negative effects they might be doing my body or hormones. my partner does not mind at all My SO and I used condoms for 6 years before deciding to have children. Its not as enjoyable using one but its worth it. Small price to pay for her health and wellness. Personally I loved the pill (but I know its not for everyone) and how easy it made periods but I had to go off it last year. Coincidentally, my SO got a vasectomy the year before so I was able to go off BC for a while to see what it was like. The vasectomy is great, extra peace of mind so I can fiddle and experiment with my own contraception freely. If it works for you, awesome, do that. Some people react \*terribly\* to hormonal birth control, some people just dont like it. Its absolutely not my place to have an opinion If it works, it works, I shant judge. Personally on a copper IUD (so non-hormonal) and it works nicely [deleted] Just to be clear, oral contraceptives do not affect your fertility. This is a myth. They do have other side effects though, which can affect your decision to use or not use them. However, condom use is not the best strategy for pregnancy protection, in fact it ranks somewhere in the middle to lower effective options. It has about an 85 % effectiveness with typical use. An IUD has 99 % effectiveness but it is painful and the implant has a 99.95 % effectiveness and is less painful, but both are still invasive. But both are also only progesterone so theres less hormonal side effects associated with estrogen which seems to be the biggest trouble maker. IUD has the added benefit of needing a smaller dose of hormone since it is only acting locally in the uterus. Theres a website called itsaplan.ca where it takes you step by step, asks you questions about your values and preferences and can help you choose the best contraceptive option for you. I recommend you try this out (it was actually created by the society of obgyns of Canada so its a reputable source of information). Have you thought about getting fitted for a diaphragm and using spermicide? That would be solid non-hormonal BC. I love my pill, it helps me with my endometriosis and adenomyosis, I have very little side effects and its all around a great experience. I personally also dislike using condoms, I like sperm and sperm play and its also a big mental thing for me, so I only use them with casual acquaintances. With long term partners I prefer getting tested together and then omit using condoms and switch to weekly pregnancy tests, beacause I skip my chemical period anyways. What other people do? I dont really care. You should protect yourself against diseases and unwanted pregnancies, yes, but how you do that is up to you. My only issue is people forcing their partners to use a certain kind (or no) contraception, I would never force a guy to not wear a condom for example. Never pressure anyone to do something you dont want, be that taking pills, using condoms, getting a shot or IUD etc. Hey, if youre two consenting people, dont use any protection for all I care, you just need to live with the consequences. I think its a purely personal choice and that I dont get to have an opinion about how other women manage their fertility. Personally, I love my hormonal IUD because I dont need to remember to take any pills/schedule shots/refill medication. Additionally, Im in the minority in that my IUD completely removes my periods and I did not know how much of a burden it was to be bloated, cranky, and in pain every month until I stopped having periods. Personally, I will never go back if I can avoid it, with the exception of when were trying for children. As for fertility concerns, I do believe those are mostly anecdotal and or rare occurrences and all the literature I read before getting my first one implanted was not strong enough to convince me that fertility would be a problem. Further, my own period did not stabilize until I was 22/23. I can imagine that if I was a young woman that went on birth control before my period stabilized, stayed on birth control for years, then came off it when ready to try for a baby, my period would not be very stable either, considering I never gave it a chance to get there. In my personal and completely uneducated opinion I think this could also be the case. As for my own experience, my IUD suppressed my periods for 5 years, when I came off it briefly it took a little less than 2 weeks for my cycle to reappear and it stayed as consistent as I remember. Every health professional I talked to concurred and said the return to normalcy would be pretty immediate after removing it. Together for over 8 years and same as you, no hormonal bc for me, only condoms. Dont have any plans on changing that anytime soon. 10 year relationship here. I used hormonal BC for 3 years early on but stopped the side effects were becoming unbearable no matter which BC I tried. Switched to condoms and there have been no complaints from either of us or accidents. No plans to switch since it works well. Yeah I dont agree with it we are putting on a condom and using protection. Im sadly not in a position that I could get pregnant, but I want to say, that I would not be comfortable to only rely on condoms as the sole method of birth control. In fact, I would not be comfortable with any birth control that isnt 100% under the control of the person risking pregnancy. Condoms can be taken off and tempered with. In a world that becomes evermore hostile towards abortion rights, I feel the risk is too high, even if you generally trust your partner. Everyone take care. As a person who does not want to be pregnant ever I have a hormonal iud for the highest effectivity for preventing it despite being in a long term relationship. If you dont care as much or dont want to for other reasons it is your body and your decision to make and decide what risks you are comfortable with. Birth control doesnt impact your fertility though. Thats just a myth. I will NEVER use hormonal methods again after it depleted me of all emotion and I became apathetic and numb. Its either condoms or gtfo. In a 2.5 years relationship and its never been an issue. I have been on the pill (it works well for me and allows me to not have periods). I got sterilized last year and continue to take the pill to not have periods. My thoughts are 1) its a risk 2) it feels like being f\*d by a sandwhich bag

Why do I feel bad for wanting to stop taking Birth Control? So I have been on all sorts of BC for the last 7 years. Im 21 years old and just got the IUD last week and I am getting it taken out because it isnt what I expected it to be and the pain is unbearable. But why do I feel so bad for not being on it? Like doctors shun me for not taking it, like I dont know the risk. Im a married women and my husband is okay and understands what the hormones are doing to me. Does anyone else get anxious about taking or not wanting to anymore? I just want to be able to let my body breath for once. Can anyone offer me some advice please? [deleted] Youre in a seriously committed relationship, and if you and your husband agree that a method of contraceptive that doesnt involve you having to take hormones is best for your health and well-being, you have every right in the world to make that decision as a married couple. Youre an adult, its your body, your sole sexual partner is informed and in agreement, and thats really all that matters. Your doctor really shouldnt be getting pushy about their opinions unless they have cause to believe that a pregnancy (planned or not) could be extremely dangerous to your health. You should look into symptothermal tracking of your ovulation - r/FAMnNFP - which you can use as a non-hormonal double-up method alongside a barrier method like condoms! I replaced the pill with a Ladycomp. It has a 5 year warranty. You take your basal temp each AM and press a button if youre on your period. Its not connected to anything online (at least the model I got wasnt, not sure if thats an option at all). It gives you a red light (fertile), green light (not fertile) or yellow (not sure). At first you have mostly yellow lights as it learns your cycle. Ladycomp has the same effectiveness as the pill, as long as you only have P in V sex on green days.

I got the nexplanon implant removed today, I am so happy. I had so many awful side effects from incredibly heavy, painful periods that were super irregular to crazy moods, no sex drive. I went to planned parenthood in the DFW area (my obgyn couldnt get me in soon enough). They were amazing, plus I got a little goodie bag with Plan B (bc Texas abortion laws are 🗑), condoms, and pregnancy tests). Im hoping this will smooth things out for me. Happy to update if anyone is interested. I got insomnia and...dry scalp! Who gets dry scalp from birth control?!?! And I had daily spotting. I had to buy special scalp conditioner lol. But because it was dry, it also produced more oil. So it was dry and oily lol. The persistent insomnia was obviously the worst. But the scalp thing was weird and awful. Edit: the pill never gave me problems if you dont mind answering, Ive been interested in trying it, how long did you have it for before you got it removed? My insomnia was really bad too! Dry scalp? Man!I had spotting for the first 8 months. It sucked!! Hey! So Ive had it for 2 years. I spotted every day for the first 8 months, then no period for a long time. Every time Id get my period it was would be agony and so heavy. Never had any issues with the Nuva ring. Im one of the lucky people who it works well for. Id only ever tried the patch before, and that was really annoying. Darn thing fell off if I showered for too long! I got dry scalp from Nexplanon! Lol Ive had it out for 2 days and my scalp already is healing! It was such an annoying side effect 😩

Which has safer pregnancy complications: copper IUD vs tubal ligation? There are a lot of women claiming copper injury from IUDs. Unfortunately no scientific backing at this point. I can give you my anticdotal review of copper; in the 5 years I had it, I had debilitating migraines several times a week and skin issues. Both of which resolved with in a few weeks of removal. Possibly related, possibly coincidence. There are Facebook groups with women who share their expierence if you want more info. I think a tubal ligation or a bilateral salpingectomy is your best bet. I think the hormonal IUDs are better than copper, unless you cant have them for some reason, as they help cut down on bleeding and Ive heard copper can make it worse. My sister swears by her nexplanon implant. (I think its nexplanon, its the one that goes in your arm.) Depo-provera is also a good option for some women. It didnt work out for me, it made my depression go from managable to suicidally depressed but other people have no problems with it.

I have had 4 IUDs in the past 4 years, I dont think they are an option anymore. Hormonal birth control makes me feel crazy. Anyone have any advice? Sorry Im advance for being so long, hoping the detail helps any advice. - In high school, I was on the pill and took it very consistently, also made sure to use spermicide and even pullout on top of it all. Once I started college I found it really difficult to remember to take the pill so my boyfriend and I decided to look at Nexplanon. - Got nexplanon inserted (left a horrifying bruise that got a lot of worried looks from everyone - thought I was getting abused) and after several months I began gaining weight very fast, and having some serious mood swings. Anger, anxiety, fear, sadness, rage, and depression all in that order on some days. It was really stressful but my boyfriend and I got through it and looked at getting an IUD. - Got the hormonal IUD Skyla because it was recommended and it was way worse. Super anxious all the time, which made me really sad and thought I was going to ruin our relationship, like he could dump me at any moment regardless of him saying he would never. Also went through month long periods, weekly spotting and discharge, which ruined getting head for me entirely, but thats a story for another time. I decided that Ive have had enough of these hormonal birth controls wrecking my body and mind, I just wanted to feel normal again. So I got the ParaGard IUD. - We were engaged at that point and everything was perfect! I felt great, sex was nice, mood was normal and I was happy. The only thing was I would go months without a period and then if one came it would be like a couple days and then be done. It worried me at first but I came to like that change! Then we were about to get married and decided we werent going to avoid pregnancy and just let it happen if it happens so I got it removed and three months later we were married and expecting! - Had a C-section birth and had another ParaGard placed during it. Everything been fine and dandy until last month when I noticed it was poking out of my cervix. Dr removed it and placed another. - This one was fine for a month until I felt it falling out again. So I went back and the Dr took it out and said insurance might not cover another, also its likely it would come out again. - So we have been super stressed about what to do birth control wise. We really arent ready for a second kid and I dread the idea of any kind of hormone BC. Weve done research on vasectomies and are worried about it not being reversible in several years when we might want a second kid. So I am desperately seeking help finding another BC beyond condoms as we both hate them very much. Please help! TL;DR - Hormone BC was awful ParaGard keeps falling out, vasectomy isnt on the table right now. Any BC advice beyond ovulation tracking and condoms? Have you heard of Lo Loestrin Fe? I, like you, had a terrible time with the IUD (kyleena) and was on mononessa in high school and it made me an entirely different person. Ive been on Lo Loestrin Fe for about 3 years now and absolutely love it. Its the lowest dose hormonal birth control, and it doesnt make me feel crazy or give me mood swings. I dont suppose anyone uses diaphragms or sponges anymore - theyre not exactly set it and forget it, and like condoms need to be installed every time (though you could have sex multiples times with one installation.) Unlike condoms they dont impact sensitivity. Phexxi, yes? No I have not, Ill look into that. Thank you! Have never tried those before, could be worth a shot. Huh, havent seen this one. Reminds me of the spermicide. This might actually be perfect, thank you. [deleted]

Mirena IUD and depression [deleted] Youve had some major life changes during this time, in fact around the time you got your IUD and thats likely to be more of a factor with your mental health. Its not very likely that its related to your IUD. They have a very low hormone profile with more localized affect and little systemic hormonal effects. Its common to look to contraception when something is wrong, but sometimes there are just things going on with us. Im not at all trying to minimize your experience, or your pain. Im just worried that getting this out may not help you, and you could really use some real support for your mental health. Are you seeing someone for therapy?

Contraceptives good for hormone imbalances? Your experience please I posted the other day about my symptoms that seem to be leaning towards a bad hormone imbalance. I tend to have higher testosterone levels and suffer from a number of issues with it. My doctor has said hell run some bloods to check everything in general (great) but has suggested I try an estrogen pill to help. I took a hard pass on the pill in my teens and 20s due to side effects, (Im 38 now) so my view is somewhat biased towards hating them but his suggestion makes sense to help my symptoms. (The implant doesnt appeal to me and the coil got me pregnant)! It would be primarily for medicinal purposes atm as I do not have a partner currently so I suppose I could stop if it became too much for me. I just dont want to tether on and off something messing my system up more. I also retain weight and lose it at a frustrating slow pace and weight gain is a concern. It would be good to hear from anyone who has strong opinions of the pill. Especially if they have had hormonal issues and feel the use of the pill had a good/ negative impact? My hair thins out quite a bit when I stop taking the pill, so really the only reason I still take it is to keep a full head of hair. Seems the pill is helping fix that hormonal imbalance. The pill has dozens of different formulations. Many women with horemone issues use one formulation or another to manage their symptoms. For example I take Estelle 35 ED which is a combination of cyproterone acetate and ethinylestradiol. Mainly ot is used to treat women who have acne resistant to other treatments or hirsutism. Its technically not the pill but has the same contraceptive effect. Wait for your results and discuss your options with your doctor.

Mirena and migraines? I am a 30F, and have had my mirena for 1.5 years. Its my second one, and I had the first one taken out for other complications. I have had about 3 migraines in the last 1.5 years. Anyone else have migraines since starting birth control? Or after turning 30? I am thirty and have a Mirena/Kyleena. There are tons of reasons anyone can have a migraine, but I highly recommend getting it checked out. This is a long post but I hope this helps you. Ill provide some of my own personal experiences here; Im clarifying now that Im not a doctor. Pill-form birth control makes me feel out of it and dizzy, so thats why I prefer an IUD to manage periods. If I experience further issues (tilted cervix/the first was improperly placed) with it not staying in place, I think I may talk to a doctor about Nexplanon or something else, but after the doctor properly put the last one in, Ive been fine so far. I dont know if you smoke, but it is also believed that smoking and birth control can cause an increased chance of brain aneurysm and blood clots—it happened to my mother. If you are having the worst headache youve ever had before, please immediately go to the hospital. Do not wait. Since childhood Ive had ocular migraines but that can often be attributed to eye strain or lots of stress. I have an astigmatism so I go through a checklist of reasons due to chronic health issues and family history to pinpoint the origin of the headache. I just had a tension headache/migraine that lasted six days long, made worse by a work accident that wasnt my fault. Thankfully workmans comp will cover the cost of my much needed muscle relaxers which helped get rid of the constant pounding. But stress and anxiety is the first thing I check after eye strain. Blood sugar and dehydration can also be a cause of a days-long headache if your blood sugar is fluctuating a lot. Good idea to get it checked out if you find you are drinking water but always feel thirsty/irritable/have to pee a lot or have experienced weight fluctuations unintentionally. I also recently (were talking the last 8 months) got rid of gluten. I used to have headaches and fatigue much worse than I do now, and after many tests my male GI doctor was not as helpful as my gyno and primary care doctor have been in trying to get some stuff figured out before neurologists get involved. Gluten free life doesnt fix everything, and its not a solution that many people need, but even after like day 6 of thoroughly eliminating everything (wheat is in things you wouldnt even think about), I felt overall much better than I had in years. Non-Celiac gluten intolerance is a real thing. This is one solution among many though. Definitely talk to your gyno and primary care doctor to help you pinpoint the causes of your migraines. Maybe even keep a journal/period tracker app for dates and symptoms to see how close your migraines are to periods, as well as where they tend to fall in general. Wow, thanks for your input! I dont smoke, so thats not an issue. I did just talk to my mom and she was 29 when she had her first migraines. She didnt have them when pregnant, but in between pregnancies really suffered. I am glad you found a way to use nutrition to remediate some of the symptoms. I may try that! Glad this could help. I forgot to add that differences in hormone levels can cause it, too. I have heard of some people change the type of BC theyre on to just one type of hormone and that seemed to help them, but I would never suggest doing so without a physicians guidance. 😊 Ive had migraines since I was 5 (or thats the first one I remember) and my mom recognised the symptoms because shes always gotten them too. But Ive had a mirena for about 1.5 years and its actually helped. I still get them, but less than I did (maybe once every 3-4 months rather than every month.) Hormonal changes, like BC, can definitely cause them or help them, depending on the person. Theyre a tricky thing.

Copper IUD - do side effects ever go away?

Have been on birth control my entire adult life- will I be a different woman off the pill? Hi all, Ive been thinking lately and realized I have been on the pill since I was 15. I have PCOS, and use it as medication currently in addition to curbing terrible periods, and using it as contraceptive. Im now 24, and realized I have been taking these hormones for the entirety of my womanhood. I am now wondering if they have played a role in my development, not just physically, but my personality as well. I was wondering what other women felt like surrounding this- did your moods/personality change when you got off the pill? \*Id also like to say I am in no way unhappy with the pill, I dont plan on changing to an IUD or other form. Currently it makes the most sense for me and my medical needs, Im just curious how much it has contributed to my development.\* Ive been off and on the pill multiple times, and neither time has done anything to affect my personality. The only thing I can think of it changing mentally/emotionally has been that it helps my depression tremendously in addition to the physical health issues I take it for. Super helpful, thank you! I got on birth control at 16, off at 25. I was continuously on something with no breaks including different pills, the shot, and the implant. My mental health and libido improved but I wouldnt say I was/am a different woman. Same boat here, Ive been on birth control since I was 16 (currently 29), and I can only share my experience, but I did for a year or so decide to get off the pill, and it made no difference in mood or behavior whatsoever. I think the reason for that is the pill Im on works really well for me, it doesnt cause any behavioral changes to start with, so going off of it doesnt change anything either. I think the problem exists for women who are on birth control that seriously affects their mood (ive been there, some bc pills made me literally suicidal), so going off theirs is understandably going to change that. But since you said that you like your pill and its not causing any issues, I would guess your personality is not going to change much going off of it tbh. P.S: one piece of advice I can give you re: going off the pill, prepare for the first month off to have some significantly more painful cramps. Make sure you have some pain meds and heat packs etc beforehand! Not exactly what you asked, but I started the pill in my early 20s and the only change I noticed came from the fact that I was no longer in pain for two weeks every month. I stopped taking bc and since then i just feel free, like I stepped out of a fog. My libido is up, my emotions are stable, i have more energy to deal with stuff. All of that combined makes me feel much happier. I am kind of afraid to ever get off of bc. Its really helped lessen pain and anxiety. Before I would almost always be in pain and constantly bleeding so its a big relief to have control over my body. For me, its greatly reduced my anxiety in having control so I dont ever want to go off it. My only regret is doctors not taking my pain seriously and not getting on it till I was in my later teens. I think from 12-16 I was always in some form of pain, bleeding, anxious, and miserable because I couldnt enjoy life or even go to school sometimes. BC takes the edge off the emotional wave I ride during my cycle. I dont get as sad preperiod or as happy while ovulating. So it changes my moods but not my personality.

How can I convince my mom that birth control pills are safe? Hello all, Im a 24 year-old cisgender woman and Im considering taking hormonal birth control. Im not sexually active (Im a virgin) but I was thinking of taking birth control to help with my periods and acne. I still struggle with acne, especially around the time of my period starting. Also, although I wouldnt call my periods severe or debilitating, they are still painful and make me have to go number two. I suppose its a bit petty, complaining when others have it so much worse. For the most part, Im able to manage the pain with OTC painkillers and hot water bottles, and the cramps only last a day or so. Still, its not fun and sadly painkillers do nothing to stop the trips to the bathroom. It feels like Im trapped in an endless cycle with my acne, every time it starts to clear up I get my period and it comes back again! So long story short, those are some of the reasons Im considering hormonal birth control. Im still not sure yet if I want to do it, and I have yet to speak to a doctor about all this, but how can I convince my mom that birth control pills are safe? Even if I dont go on them now, eventually when I become sexually active I will want to take them. I know there are non-hormonal methods of birth control such as IUDs and condoms but condoms dont always work and theyre best paired with another form of birth control. As for IUDs, Im just plain terrified at the thought of having something stuck up my vagina/uterus. Even spermicide requires some kind of diaphragm or cervical cap! I cant even get a tampon into my vagina, how the hell am I supposed to get a diaphragm or a cervical cap in there? Of course, my lack of ability to insert a tampon or more than one finger in my vagina is another problem altogether. I do wonder how Im supposed to fit a penis in there if I cant even fit a tampon? But as I said, thats another matter, and this post is long enough as it is. Long story short, my mom doesnt want me using hormonal birth control because shes worried about the long term side effects it might have. Shes concerned what effect putting hormones in my body might have, or that it might even cause cancer. It doesnt help that lately on the news theyve been saying that some women who were on hormonal birth control died from the Johnson and Johnson vaccine. I tried to tell her that millions of women use it and have been using it for a long time now with no dangerous long term side effects but she wont listen. She said that, with my father, she used spermicide and a condom as methods of birth control (both non-hormonal). But as I said, idk how to even fit a diaphragm or cervical cap in my vagina. How can I convince her its safe? Sorry again for the long post, but thanks in advance! Edit: Okay seriously, who tf downvoted my post? I didnt even say anything offensive! I come here asking for advice about a sensitive subject for me and some jerkwad has the nerve to downvote me? Why does your mom even need to know?? Youre a 24 year old adult - its none of her business. You can go on the pill and she doesnt even need to know. She doesnt need to know at all. Also, if youre having a trouble with a tampon, talk to your OB and theyll help you. Is your mother still your guardian for any reason? If not just go get them. She wont even find out unless she finds them. Dont. Its none of her business and her opinion regarding your medical choices is irrelevant. 1. Birth Control Pills (BCP) have been in widespread usage for over 50 years now. Whatever bugs wherever at the beginning have pretty much been resolved by now. 2. Debilitating menstrual cramps are the pits! They interfere with your job, your sleep, your everything. The \*only\* time I got relief from them was when I was on BCP. [Side note: I had a tubal ligation after my last child, so no more BCP for me. The pain got so bad I ended up having a partial hysterectomy (uterus only) when I was 34.] 3. BCP also helped my skin, even though most of my blemishes, etc, were likely early signs of the rosacea that came later. 4. Talk with your primary care provider to be sure that something else isnt causing your pain. They could also give you some good ammunition to help set your moms mind at ease. 5. At 24, you should be able to make your own health decisions, free from outside interference. She can, of course, offer her input. The final decision is \*yours alone.\* Good luck! IMO, Thats not a battle worth fighting. Convincing someone to change their perspective on something theyve already come to a conclusion on, when theyre the authority in your relationship…its not impossible, but it is incredibly difficult. (To be fair, birth control was riskier 30 years ago, and lord the media loves to talk about things they do not understand in any capacity.) Go ahead and get them, or at least talk with your doctor about them; its a good idea to have a obgyn regardless of your sexual activity or birth control. Your doctor knows better than your mother does. And if the confrontation does come up, let her have her tantrum, but do not waver on your decision or tantrum back. You used the decision making abilities that she taught you to make an informed decision that does not affect her; thats a good, healthy, mature decision-making process. Im still on her health insurance plan and live under her roof, so Im sort of a dependent? I also rely on her for transportation as I do not own a car or have a drivers license yet (dont judge me). Also, I could go behind her back like you and the others said but Id rather not. This is my mother, and I love her deeply. She likewise cares about me and just wants whats best for me. Id rather not go behind her back or purposely defy her if it can be helped. Thank you, this is much more helpful than just get them anyway and dont tell her. Im sorry to hear you had so much trouble with menstrual cramps and stuff, glad youre doing better now though. Youre right that its not her decision but I still want her approval and would rather not defy her if I can help it. Also Im still on her insurance plan, still live in her house, and rely on her for transportation since I dont have a car. Thank you, I appreciate that. My mother is not the unreasonable sort, Im hoping to convince her. I know she loves me and just wants whats best for me, and I love her. Shes not saying no just to spite me. Youre right that it probably would be a good idea to see an obgyn, even if Im not sexually active, but its rather difficult for me to do that right now. Thanks for the advice anyway though. I would like to talk to an OB, but doing so is kind of difficult right now thanks to the pandemic and other things. I also want a female OB because no offense to male OBs but I would be much more comfortable with a female OB. How would an OB help me with tampons though? Thanks for the advice. Yea I personally dont want a male OB either. They can answer questions, help you put it in. They could also check if your vaginal canal is too tight. Your mother doesnt need to know about your birth control. You are an adult. You should not share such information with your mother. And the real reason is probably that your mother wants grandchildren and wants you to stop taking the Pill so you can get pregnant with an oops baby. Or that she doesnt want you to have sex and thinks you are not going to have any if you are not on the Pill. The real question you should be asking is why your mum is involved in your BC decisions. &gt; How would an OB help me with tampons though? They can determine if the reason you cant insert a tampon is due to a medical condition like vaginismus, and if so, help you to develop a treatment plan to treat it, or refer you to a pelvic floor physical therapist, who specializes in that. You can absolutely see only female doctors for both things. Okay, thank you for the info. How dare you, you know nothing about my mother! How dare you make such assumptions when you know nothing about me or my family! My mother would not do that to me, she loves me and respects me. She would not do something so underhanded! Youre welcome! Youre welcome! It sounds like you have vaginismus. This is very treatable. I used [this dilation kit](https://www.amazon.com/Discreet-Shipping-Instructions-Waterproof-Lightweight/dp/B076CS3STQ/ref=mp\_s\_a\_1\_6?dchild=1&amp;keywords=vaginismus+dilator+kit&amp;qid=1627063760&amp;sprefix=vaginismus+&amp;sr=8-6), which is a set of 5 cylinders in gradually increasing sizes. I used the kit, and was recovered in about a month. You dont need to tell you mother anything about your personal health choices.

Anyone have nexplanon or similar implant stop menstrual bleeding, but have worse pms symptoms than before? I have the mirena iud and I experienced that as well. I havent had a period in years and its been really great but for the first several months I definitely had pms symptoms pretty heavily. I still do occasionally because Ive noticed that even though I dont have a period anymore I do seem to still have a cycle and can notice I get moody/irritable/sad around certain points in the month. How long have you had yours? I had the implant. I had the implant for 3 years and had pretty much a 3 year period while on it although it was \*extremely light\* in flow. I was also dealing with a lot of personal problems at the time but I found myself much more depressed and had a much harder time controlling my emotions during the time I had the implant but that might have been just from the personal issues I had going on. Also the implant site was crazy itchy but I had no other noticeable change in symptoms like cramping or stomach issues. I have had it a year this month, so I assume everything I have been experiencing is going to be the full experience. It sounds strange, but I almost wish I still had the bleeding because I knew my flow so I knew when to expect things to happen. I dont recognize my emotional mood swings as well, I have major depressive disorder, and I am not sure it is worth my mental health. They are very intense. It is very nice to save so much money not buying tampons though. The physical pain is what confuses me. I always assumed the back pain and cramping were a physical response shedding the uterine lining. I suppose it could be an altogether hormonal response. I imagine the depression could have just been compounded by your personal struggles. I hope you are in better situation. Mine was very itchy for about three months. I had a year long period the one time I got the depo shot, so I know how obnoxious that aspect of birth control can be. Yeah I imagine that it was but my feelings definitely seemed to improve with the removal of the implant and my problem began to feel more manageable so I believe it played some role but how much of a role is anyones guess. The itchiness was luckily never a big enough problem that I wanted the implant removed but by the third year I was so done with constantly bleeding that I had the implant removed two years early. I had got it back when it was only approved for three years and they offered to let me keep it for five because it just got approved for five but I wanted the damn thing gone. If it wasnt for the periods I totally would have kept it. I cant be on oral contraception anymore due to other health risks. I suppose I just needed a bit of reassurance that others had some similar issues. Reading side effects from a clinical point of view on a website wasnt really helpful or reassuring at all. Oh yeah I totally understand that. The clinical language can really undersell the full scope of what to expect from side effects and can be pretty frustrating to try and rely on. Yeah I cant quite explain why it happens but I definitely still experience cramping periodically and since I dont have a period I dont associate it with cramps until the pain hits my back too and then Im like YEP THERE IT IS. As far as depression goes Im not sure I could say it was the fault of the bc because I was in a terribly abusive relationship but I was depressed as well at varying degrees of severity over the years. BC can be challenging since they all have different levels of hormones and doctors dont really take any of that into consideration when prescribing, were just expected to take it and deal with the side effects. I hope you can find a solution that works for you! Thanks, I think I may just resign myself to the fact that this is the new normal. I had a good 16 or so years to get used to my cycle the way it was. I have another year or so before this one is due for removal. Thanks for the response. I am glad to hear you got out of your abusive relationship.

Perspectives on IUD/ timeline? hello! hope this is an ok place to post this... TLDR: if I want to try to getting pregnant in about a year, is it worth it to get an IUD for a year (and then get it taken out?) I have been off Birth Control for a few years now, after being on it for a very very long time. Wanted to see what I was like without it, and of course my periods have returned how they were when I was young (which is why I went on BC in the first place). It means about 2days/month I am very close to calling in sick from work, but I usually can power through. Its not a pleasant experience and I try to manage with diet etc. I prefered being on BC because it lowered my period/pms symptoms, but I am not willing to go back on hormonal oral contraceptive at this point. I have a number of friends whove raved about the IUD, I really want to get it...but I think in about a year I will potentially be starting to try to get pregnant. So, I wonder if it is worth it for the cost/hassle to get an IUD for a year, get it taken out, then get another one post-child if that does end up happening?! Anyone have a similar thought/question? Honestly only you can be the judge of that, especially if youre paying fully out of pocket for it.

What are your experiences on the slynd pill (birth control)? I absolutely dont wanna get pregnant now. I have a few other post on here about birth control. I cant use the regular pill because of migraines with auras and I cant use nexplanon Ive tried it but bled for months at the end had two one for 3.5 years together. I just had my first gynecologist appointment today(it went great) and my gynecologist recommended I try the Slynd 4mg pill before I try an iud. She says in her experience and the little research around the pill more women have less bleeding and or predictable bleeding. I agree with her but Im also extremely worried about pregnancy as well. Im thinking of using the pullout method as well, but Im afraid Im not organized enough to remember the pill. Last time I took them I was 11-14 years old and bad at it. But I am 18 now and should be more responsible. What are your experience with the slynd pill and how effective are they? Do you have less bleeding? Copper IUD. U dont have to worry about any of that shit In theory people have luck with the pull out method but if youre in the absolutely do not want to get pregnant category, its a terrible idea simply because many people DO still get pregnant while doing it. Huh? Im talking about using the pullout method along with the slynd pill… and pullout method is 80% effective Oh sorry! I thought it was just on its own, my comment still stands tho with that regard although I didnt know the actual stats. If u dont use it correctly, the odds of the pill having the same efficacy are reduced and it becomes less predictable unless its just a couple of hrs I think (not 100% sure tho) I used the low dose ones and Id just spot all the time because Id forget (sometimes a few hrs, sometimes a day I think but dont remember) Okay so I cant say anything reliable about the pill but if u want to avoid the hormones all together and its not really talked about, a copper IUD is a great option. If u wanted to be extra safe u could cycle track and pull out on your fertile week You dont ovulate when your on the pill tho. And Im 99% sure I cant use the copper pill because I have history of extremely bad Cramping periods. And the Copper iud is 99.2% effective even when used correctly the pill has 99.7% effectiveness when used perfectly. I tried it out and liked it fine. But once I got through the samples from my doc and tried to buy it, my insurance refused to pay for it (and I have really good insurance) since its a name brand and there are generic bc options out there. Before even trying it, check with your insurance to see if and how much theyll cover it, and if there are hoops you have to jump through to get approved (like falling on a couple of alternatives first and/or having your doc sign certain paperwork.) It is really expensive. I live in Norway it costs like 8dollars a month Dang, it cost $200 in the US for a 3 month supply. I got mine for $85 with a coupon Yeah America sucks that way Im so sorry. In Norway the full price for 3 months is like 35-40 dollars but because I am under 21. it only costs around 23$ because the state pays a certain amount of your birth control if your a teen. Other forms like hormonal and non hormonal IUDs, nexplanon ect are free from 16-21

How long after you get your copper iud do you have to wait to have Sex for infection purposes? [deleted] I think the general consensus is 24 hours. Thats what my doctor told me after getting mine placed, though I did get hormonal instead of copper. I did it about two days after and didnt experience any sort of infection. The deal it the copper. Copper acts as a spermicide and you need to give the device long enough to diffuse copper ions throughout the uterus. The longer you wait, the better the copper can do its job. It is pretty dependant on your body chemistry and the ions ability to disperse. 1 to 2 days is generally the recommended wait time. We were going to use a condom anyway I was asking more for the risk of infection

Do I Need To Wait It Out? I hope this is an ok post for this sub. I got a hormonal IUD (Liletta) inserted a little over a week ago, and Ive not been feeling great since then. Like, feeling sad, and generally down, and anxious, and not sleeping well, and crying a lot and catastrophizing a bit, kind of on and off but pretty often? Like probably collectively half or more of the past week Ive felt this way to some degree, and I really dont like it. This is not my emotional norm AT ALL and its a little scary. The thing is it really hurt to get it in and I feel really reluctant to waste that pain by taking it out so soon. Like, its only been a little over a week and I know that for some people mood swings arent abnormal in the beginning but I really dont want to keep feeling this way and Im worried that if I stick it out, the symptoms wont go away anyways and I will have wasted a few extra months of my life being sad and kind of depressed. So I kind of want to get it out but I feel kind of stupid about not being strong enough to wait it out. Has anyone else done anything like this? Like, stopped a BC method really soon after starting it? Just for the record Im not really at risk of pregnancy right now. I generally got the IUD because I wanted to be proactive about my sexual health and safety and kind of as a secondary thing to reduce my periods, which honestly are more irritating than terrible.

Copper IUD and Zinc Supplements [deleted] I took my copper iud out because I couldnt deal with the psychological sideeffects of the copper imbalance. Taking extra zinc and iron sounds like a good idea. [deleted] So, I had the copper IUD inserted at 6 weeks postpartum (Dec 2020). I really dont know if it was the copper IUD or the fact I had given birth to my first child (Im now 35F) but omg I had 2 weeks of hell every month. The first year was brutal… my periods were awful. 1 week of PMS like Ive never ever had before in all my period life. Im talking about a week of cramping, mood swings, headaches, spotting… followed by 7 days of very heavy bleeding (I bled more during these periods then I did the first few days after I gave birth!). To this day, I have no idea if it was bc I was postpartum or the IUD; or a combination of both? My family doctor said give it 6-12 cycles to let my body adjust to postpartum + IUD. I was so close to taking it out (actually had a appt booked for Jan 2022) when she suggested to try B12 (5000mcg). Holy hell, its been 4 months and my period is now manageable again, if not better then it was prior to giving birth! Anecdotal ofcourse but worth the try! [deleted] I know! Its so crazy how poorly womens health is handled. Ive never had a IUD before and that was something I wanted bc I believe it was my only option that didnt include hormones. When I gave birth I asked my (useless) OBGYN about it. She said bc of covid she wasnt doing insertions… wtf? I had a C-section and although I had a good recovery I still had questions. When I called to make my 6 week postpartum appt (as per OBGYNs instruction) I was told it was a phone call only. I had physical issues I wanted her to see given my question, but was denied and in person appt (bc covid). I ended up having to go to a Planned Parenthood type of clinic for the insertion. They were nice there but I would have liked to have a trusted dr (my family doctor had a death in the family and wasnt available) or familiar face (like my obgyn). I had NOOOO idea how badly it was going to hurt to have it inserted. No discussion on what to expect after except being handed a generic paper. I had just had a C-section and I swear the insertion process was much more painful then anything I experienced during or after a C-section!!! Hope the zinc works for you! [deleted] Fe:Mn:Zn:Cu all interact. Very complicated 😅. I try to get some basic blood tests done once a year, just to make sure nothing is out of whack.

Insatiable sex drive after IUD placement. [deleted] Sadly birth control will diminish your sex drive. No longer taking it is allowing your hormones to reach normal levels, and will have you smirking at more things than you used to. Enjoy stay safe!

if I get pregnant my mom is in full support of helping me get an abortion She knows that I dont want kids. After she suspected I had sex I went right on the implant. I had to get to it taken out because before I got an implant I hadnt had my period at 15 and it moved into 16 so I had to go on the pill. Anyways... Both my mom and I know I wouldnt be a good dad to a kid I wont want and Im scared of fucking them up. So she said shell litterally take out a loan if she has to so I dont fuck myself up and the future generation. I love my mom

Best IUD for bad mood swings &amp; period pain? 23yo Hi! I have an appointment soon for an IUD. Until now, I thought that the best option to go for myself is a copper one. However, I already have bad period pains and I would not like them to get even worse. At the same time, I experience really bad mood swings during my period. It was really bad last month when I got a morning-after pill and felt extremely unstable during my period. I am thinking maybe a hormonal IUD would help stabilise the hormones and make me feel better. I am trying to draw some connections here - a morning-after pill increases progesterone levels and so does an IUD - could then a hormonal IUD make my mood changes even worse? Although from a quick search on Google, mood changes during periods are more likely related to estrogen. I did experiment with the contraceptive pill when I was 17 (estrogen one) and it really affected my mood, my sex drive and seriously started to think Im gay (I like both men and women tho). My friend is recommending a Kyleena one (lowest hormone levels). So my debate is between Kyleena or copper IUD. P.S: I lift heavy at the gym so thats another worry of mine - will it come out if I get an IUD fitted? I know that I need to experiment to find the right solution for me but I want to make a first informed decision. Any advice welcome, thankies!! A morning after pill is a hefty dose of hormones. It is not comparable to the dose of hormones you get from an IUD. If you want to try for the copper IUD, you can always have it removed and get a hormonal IUD. I have a Mirena and love it. If correctly placed, your IUD will not come out while working out. If not correctly placed, itll come out regardless. (This sounds scary. IUDs are typically placed without issue and while you should be aware that they can fall out of your uterus, it isnt common. If it does happen, you can get it removed and replaced.) [deleted] Every body &amp; their body chemistry is different. You may have to try it to see how it affects you. Chart your side effects if you have to. Am on year 9 with Mirena &amp; love it. Only once did one become displaced when I took a really hard landing from a BSR water slide. And side effects are minimal for me.

No more birth control! Hey, everyone!! Its my first time posting here, but I am just ecstatic and want to shout from the (virtual) rooftops about (soon) no longer needing birth control! I (26F) have tried just about every type of long-term BC out there; I was on the Depo shot for several years in my teens, then tried the pill - which isnt a great option for someone who cant remember to take it every day - then the implant, and, finally, a couple of IUDs. The implant moved. I was worried about long-term side effects of hormonal methods, and they made me feel like crap. The copper IUD shifted around and had to be removed after just two years. And now, two years after asking my gynecologist, I am scheduled for a tubal ligation! This is brilliant and Im so over the moon for you! Having tried all kinds of birth control with awful side effects, I know the struggle. Keep us posted! Thanks so much!! Yeah, the hormonal BC methods all made me feel like crap, and the incidence/severity of my migraines has been SO much better since I got off hormonal methods. I was pretty chill about the copper IUD, figuring it would last a decade at a time, so Id only have to get it replaced maybe two or three times before I was in the clear for the rest of my life, but I guess it had other plans. 🤷🏼‍♀️ Woohoo! Congrats! My boyfriend and I use condoms, no other birth control, and its AMAZING. No more horrible side effects! Good luck! Enjoy your new life!

Nexplanon implants — second time side effects Getting my Nexplanon implant replaced tomorrow and Im just wondering what people whove also had its experiences of side effects were after getting it put in a second time. Did you have the same side effects as you did the first time, or did nothing happen? I had no side effects from getting my second implant. It was way less painful around the injection site the second time as well No side effects with a replacement implant on my end. Ive had implanon in 4 times. Ive had 2 different outcomes - either my periods stop completely, or they stop and then return after at least 18 months, but are regular af.

Tis the season to remember that activated charcoal can render oral birth control ineffective. Activated charcoal gives food an earthy, smoky taste and the black colouring gives the food an exotic, fashionable appearance. The charcoal is likely to absorb drugs in the stomach so they may become ineffective, thus putting you at risk of pregnancy (Activated charcoal wont affect you if you use the implant, the ring, the shot, or the IUD). ALL medications! Wtf. Is this on the warning label for these products. Ive only seen it in food at restaurants, though Im sure you can buy it elsewhere Also any antibiotics! It can also do stuff thats good for you, but yes, dont mix it with drugs. Great PSA! Diphenhydramine still too, right? Benadryl. Any oral medication. Only if you have poisioning of some kind. Activated charcoal has absolutely no casual benefit. The kidneys and liver detox the body every day. One does not need activated charcoal for that. It is insane to me, it is still legal to add to foods.... and its debunked a million times that it has no benefit in oral use... unless you are seriously poisoned. But then hospital is the answer here. It is a medicine not a food Random but this makes activated charcoal amazing for anyone who has any tummy or food sensitivities! It will absorb any food that you ate that made you sick, so as someone with IBS I carry a bottle with me literally everywhere I go. It has saved me so many times AC from a proper source will say to take two hours away from any food or medications I have IBS and food sensitivities and it has saved my ass so many times, especially eating out at restaurants. Some emergency rooms use it for poisoning. It has been shown in studies to improve bloating, constipation, flatulence, and to reverse poisoning. But so many places use it wrong. It should not be in some fancy vegan food or in a smoothie! You are supposed to take it two hours away from any food or medication. So for me I have MCAS and IBS so Ill take it if something I ate at a restaurant starts giving me hives and it helps substantially. But so many people take it improperly and for no reason without the instructions of a doctor with a medical license. https://www.goodrx.com/well-being/supplements-herbs/what-is-activated-charcoal-detox-medication-interactions https://www.healthline.com/nutrition/activated-charcoal a 2 hour window before or after medications will not interfere with absorption. Doesnt it stop you for absorbing the nutrients from the food though? Additional reminder that Dutch Black Cocoa exists and is a great subsititute for activated charcoal! 1. Antibiotics can cause oral birth control to be ineffective -and- 2. Activated charcoal can cause oral antibiotics to be ineffective (Agreeing with you and expounding on your point.) Maybe, but if something makes them sick and moves through them quickly they likely arent getting much nutrients from it anyway. Hence why they didnt say it was a food. What? They use activated charcoal on food!? To clarify its a great substitute if your looking for color in cakes and maybe some earthy chocolate it is not a good substitute for adsorption of poisons. Thank you as I didnt realize that activated charcoal can do this too. Makes sense. Thats cool. Id rather just not fuck males who dont have their own birth control methods already secure in place. antibiotics and melatonin can as well Melatonin does not reduce the efficacy of hormonal birth control, but it does interact and can increase the potency of the melatonin. 3. Birth control can cause oral activated charcoal to be ineffective. When playing birth control, oral antibiotics, activated charcoal studies show that most people, especially women, start off with birth control over 50% of the time, therefore if you want to increase your chances of winning you should always go with oral antibiotics. Absolutely agree but its still very useful info since BC is taken for a variety of conditions aside from preventing pregnancy. Similar to vitamin C reducing the effectiveness of ADHD meds. If I eat fruit for breakfast I gotta wait a couple hours, otherwise itll be a waste of medication and the day lol. The only type of antibiotic that interacts directly is rifampin. Other antibiotics may interact only indirectly (and for that matter they would interact with all other oral medication as well), if they give the user severe diarrhea or if they vomit (since both nausea and diarrhea can be side effects of the antibiotics). [Source](https://www.reddit.com/r/birthcontrol/comments/xt2x2v/bf\_always\_finishes\_inside\_me/iqqr1gl/?context=3), and a [study](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4139044/) on medical professionals still spreading this myth. But if you ask me, if vomiting and diarrhea was reason enough to slap a warning for making BC less effective, they should also say that Taco Bell makes BC less effective 🤷‍♀️ The only type of antibiotic that interacts directly is rifampin. Other antibiotics may interact only indirectly (and for that matter they would interact with all other oral medication as well), if they give the user severe diarrhea or if they vomit (since both nausea and diarrhea can be side effects of the antibiotics). [Source](https://www.reddit.com/r/birthcontrol/comments/xt2x2v/bf\_always\_finishes\_inside\_me/iqqr1gl/?context=3), and a [study](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4139044/) on medical professionals still spreading this myth. But if you ask me, if vomiting and diarrhea was reason enough to slap a warning for making BC less effective, they should also say that Taco Bell makes BC less effective 🤷‍♀️ This!!!^ It gives it a dark color and a smoky flavor, but Ive seen it more at bars during the spooky season to make dark colored drinks. Thats very true and interesting about the ADHD meds, Ill pass that on to my friends who take them. But OP was talking about pregnancy specifically in this case. I didnt think I needed to add that but this is Reddit so thank you. Yep, I take several meds to be not dead and its one of the things I avoid. Also check with your doctor about grapefruit, it can mess with some meds. Does charcoal toothpaste have enough charcoal in it if you dont swallow it to make it ineffective? Of youre not swallowing the toothpaste then it shouldnt be an issue. The interaction takes place in the stomach. Awesome, Ive been like mad worried that somehow my mouth would be enough to absorb some of it. I feel a lot better now, thanks! Im begging you all, dont eat activated charcoal. Its not good. Every health benefit youve seen about it is total bullshit. The only benefit you actually get from it is that your food (and poop) is pitch black. Fun, sure, but totally pointless. I should recommend this for my partner when they accidentally eat something dairy. Lactose hits them bad and the lactaid pills dont help much. What... like my toothpaste?! Is that why it seems like my iud is out IUD juice? Tis indeed! I would never have known this so Im so glad those who need this info can see it here. (CW: suicide, vomiting) (please let me know if theres a better way to phrase these tags Im still kind of new to it and want to do better!) When I was a teenager I ODed on Tylenol and was sent to the hospital to get my stomach pumped. The first thing they did was make me drink a whooooole lot of activated charcoal so that it would absorb the medications. I wasnt able to keep it all down and hoo boy if that wasnt one of the most miserable experiences of my life. 20 years later and the trend of eating charcoal is still triggering, and I cant fathom why people would willingly imitate the same process I had to go through. Many years ago when my daughter was about 1 month old she was having trouble eating... diagnosis was failure to thrive. While in the hospital they would feed her some activated charcoal, then her formula, then more activated charcoal. They knew how much she consumed and by measuring the stuff in her stool between the charcoal they knew how much she digested. Shes healthy today. The lactaid pills are useless! Yes but if Im about to throw up I dont care about no nutrients 🤣 absorb it all please hurry lol. Ill got some nutrients in my next meal I make at home Seriously, I must have missed when people started keeping charcoal in their spice cabinet. Just more reasons to never eat out. Just wanted to add that caveat since there is discussions of the other uses of activated carbon in this post. And its the reason for the original post. Perhaps it is milk protein (casein) they are sensitive to and not milk sugar (lactose). Activated charcoal in huge amounts is given at hospitals when children accidentally ingest medication. In 💭😄 They helped me a little bit but i never had a strong reaction. They dont react to our lactose free cow milk. But lactase is what they add to milk to make it lactose-free. I guess it needs to be mixed with the milk product itself rather than expect the stomach churn it up. Went through the same thing (just different meds) and till this day cant eat anything cooked on a charcoal grill. Its been 30 years now Its a really sucky experience for sure- both the pain of wanting it all to end and the pain of pooping out bricks of charcoal. I hope things are going better for you now though! Especially stimulants, for my ADHDers out there! Thats good to know! Its not (as) big of a deal for immediate release, but it can make XRs act like IRs… learned that one the hard way. 😅 Thats a little scary

Does anyone else bleed after sex with an IUD?

Depo-Provera birth control shot Hi ladies! I was wondering if anyone has ever had the Depo-Provera birth control shot. I have been on birth control for close to 10 years (mirena IUD and the shot alternating) and my last shot was due on 6/8/22 but I did not take it. I am ready to be a normal woman and get periods again. I want children in the future and I really hope being on birth control for so long didnt ruin my fertility. I kind of want to know what to expect when I do get my period after not having one for around 10 years. (Side note I am thinking about a diva cup or equivalent, thoughts?) Any experiences or insight is welcome! Thank you 💕 Its probably going to be super weird and sporadic for a while until your body can fully clear house of all the hormones. It can take 6 months to a year, to my understanding. I would make sure you always have an emergency period pack on hand for a while with different liners, pads and tampons. There will likely be many days where youre spotting enough to ruin your underwear but not enough to use a tampon without scraping your insides when you take it out. It may be fairly frustrating for a while. A period tracker could be helpful in seeing when a pattern begins to emerge as your body settles back into its natural state. Flo is helpful for me. :) You are so awesome thank you so much! I bled for several weeks after getting off Depo the first time. The first time I got PMS I was convinced something was wrong. I forgot how emotional and uncomfortable it was when my uterus was getting ready to reset itself Oh my gosh Im sorry to hear that. How long were you on the shot? When did the bleeding start? Its been so long I dont remember a lot about my periods. I am cramping pretty bad and my boobs feel huge but its only been a week since the shot was due. I was on it over 5 years I cant remember how soon it started when I stopped. Once when I was late getting the shot I had a period right away. Ok thank you for the information!

Am I crazy for wanting my IUD out only 7 months after having it put in? 29 years old, never given birth. I had the copper IUD put in a few years ago which gave me awful cramping and heavy periods, and had it removed after 5 years. I had a complicated insertion and ended up needing to be put under in order to do it. Less than a year after having my copper one put in I developed bad IBS. After having it removed in February 2022 my IBS cleared up. I then had the minera IUD put in, may of this year - I had to be put under again for it. In August of 2022 my IBS came back. My doctor says there no connection between IUD and IBS, but I wonder if there is and womens health is just so ignored and under researched that doctors dont know it yet. The main reason I want the minera out though is my period!!! I get at most 1.5 weeks off out of every 4 where Im not on my period. I know its technically break through bleeding, and it is lighter and less crampy than my regular period but Id rather have a worse period than deal with it almost 24/7 365. I feel like a fool asking my doctor to take it out after the whole process of having it put in. Should I see if it gets better or just cut my loses? I have a feeling your doctor will recommend waiting a bit longer - that breakthrough bleeding does almost always go away eventually. But ultimately its your body! Cut your losses! You know what works for you and what doesnt. Insertion difficulty is a sunk cost (youve already gone through it). The doc should have nothing to say in this, except to help you understand your options in terms to what to expect if you leave it in (will things change?) and to recommend alternative forms of BC that better fit your body and lifestyle. in terms of IBS and IUD - &amp;#x200B; there is SOME evidence that serotonin is created in the gut, not the brain. There is SOME evidence that estrogen and serotonin are linked, and SOME evidence that depression and gut problems are linked. So far, not enough studies to actually prove the links. BUT a link between estrogen caused dips in serotonin or estrogen caused depression AND having gut problems is very likely, and, as the IUD would be changing your estrogen and therefore perhaps your estrogen-serotonin balance, yes, its possible its linked to your IBS. I wont post any links here, but if youre curious, its definitely a crazy rabbit hole. I have depression linked to estrogen (PMDD) and my stomach flareups ALWAYS come at the same time of the month. It is your body. You are the one living in it. You need to do what feels right to you. It is okay if your decision is different than the decision someone else would make. I mentioned this to my GP but she said she thinks the minera levels are so low it couldnt make a difference - plus I had symptoms when I was on the copper and had no hormones. I did notice last week when I finally didnt have my period and I also didnt have any gut flare ups, even though I was sick and dehydrated, not exercising and not eating well. I think she will too, and thats why Im kind of reluctant. I dont really want to have to push her about it even though shes a great doctor other than her skepticism that my IUD and IBS are linked. Sounds like your reasons are reasonable. If you wanted it removed because you think the CIA is using it to spy on you then youd be crazy. Copper IUDs work also through inflammation, they stress the body a bit. Maybe thats why you habe IBS flare ups

Implant and spotting [deleted] Call your doctor. That sounds like something that should be checked out.

My roomate blamed my depression on hormones? I dont get my periods because Im on an IUD, however my emotions do still tend to fluctuate. Lately though Ive been having a terrible time finding motivation to do anything and getting my work done and Im pretty sure I have depression. I broke down today and lay on the ground crying out of frustration. When I told him I thought I might be depressed, he said he also feels a little depressed and then proceeded to guess that I was just depressed because its probably my time of the month... He basically inferred everyone has their ups and downs and that Ill just get over it in a few days. Im so upset over his reaction.