

# *Flexi~T*®

Intrauterine Copper  
Contraceptive

**Women Deserve an  
Effective Contraceptive  
that is Safe,  
Effective  
and Simple.**



**Over 99%  
Effective**

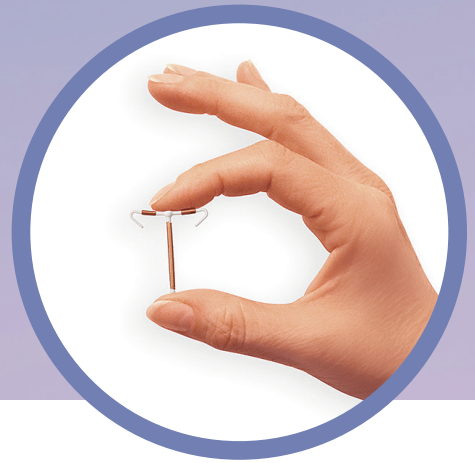


**100% Hormone  
Free**



**Only Two  
Appointments  
With Your  
Healthcare  
Provider**

Flexi~T IUD is small, flexible and T-shaped, and is made of white plastic with smooth, rounded ends. The vertical part has smooth fine copper wire wrapped around it. The Flexi-T design is based on the wombs natural shape and dimensions, this makes it a better fit.



## For whom is Flexi~T® suitable?

In principle Flexi~T is suitable for all women of a reproductive age who have had either no children or more than one child, providing they do not have an abnormality of the womb.

## How does Flexi~T® work?

The traces of copper released locally by the coil cause the sperm to lose their motility, thereby preventing the sperm to lose their motility. In addition, should an egg become fertilized, Flexi~T prevents it from implanting in the lining of the womb. This means the coil is also perfectly suited for use as a morning after contraception. This double action starts as soon as the Flexi~T has been fitted.

## Benefits of Flexi~T®

- ✓ Flexi~T is extremely small and flexible, making it easy to insert with very little or no pain. Flexi~T's well-designed shape also makes it very comfortable.
- ✓ In practice, Flexi~T is more reliable than the contraceptive pill because its activity cannot be affected in any way: for example, you cannot forget the coil, as you can the pill.
- ✓ Flexi~T's shape means it is suitable for women who have not had children, women who are breast feeding or between pregnancies.
- ✓ Flexi~T remains effective up to five years after being fitted.
- ✓ Flexi~T provides protection against pregnancy immediately after insertion.



## Copper IUD is the only birth control that is:



### Over 99% Effective?

IUDs are over 99% effective — much better than any oral contraceptive. With the contraceptive pill, even one day off schedule could impact its effectiveness.



### 100% Hormone Free

Flexi-T contains absolutely no hormones! That means it doesn't disturb your natural female cycle and you avoid the hormone-related side effects of most other birth control methods.



### Low Maintenance

Flexi-T is a convenient long-term reversible solution. You only have to think about it twice! When a nurse or doctor inserts the IUD properly then you're protected for up to 5 years! And if you want to get pregnant, you simply ask them to remove it.



### Environmentally Friendly

The environment would do much better if we used natural products instead of artificial hormones. And imagine the amount of garbage that other contraceptive methods generate over the years!

## Is Flexi~T® the right solution for me?

Here are some of the reasons why many women choose Flexi-T:



- ✓ A nurse practitioner or doctor can insert the IUD and you can forget about it for up to 5 years.
- ✓ It doesn't disturb your female cycle, so you get a natural menstrual cycle every month.
- ✓ If you decide you want to get pregnant, you can have it removed and start trying immediately after.
- ✓ It's the cleanest contraceptive for the planet! No hormones and no monthly blister packs like with the pill.
- ✓ You can even use it as an emergency contraception!

## Using Flexi~T® is amazingly simple.

1

Talk to your  
Health Care  
Practitioner

2

Pick up the  
Prescription

3

Have the  
IUD Inserted

For more information,  
visit [flexitiud.ca](http://flexitiud.ca)  
or ask your healthcare  
provider for Flexi~T®

# *Flexi~T*<sup>®</sup> IUD

## FAQ's

### **Can you feel the coil during intercourse?**

If the coil is properly positioned, neither partner should notice the coil during intercourse.

### **Can the body reject the coil?**

Sometimes the coil can be rejected by the body, but this is very rare with Flexi~T. The woman friendly shape means that Flexi~T is almost always accepted by the body.

### **Is the copper in the coil harmful to my health?**

The copper is not harmful to your health. The small amount of copper released by the coil is far less than the amount you take in from tap water or food each day.

### **Can I continue to use tampons?**

Tampons can be used as normal.

### **Can I exercise with Flexi~T?**

You can exercise or swim without any problems with Flexi~T. The coil flexes with the womb when you move.

### **How long will it be before I can become pregnant once the coil has been removed?**

You can become pregnant immediately after its removal.

### **Will menstruation stop after the coil has been inserted?**

Flexi~T does not affect the hormonal balance, so your normal cycle will not change and menstruation will follow its normal pattern. Blood loss increases slightly in some women and menstruation may last one or two days longer.