

# Comparing IUDs

Characteristic	Copper-Bearing IUD	Levonorgestrel IUD
<b>Effectiveness</b>	Nearly equal. Both are among the most effective methods.	
<b>Length of use</b>	Approved for 10 years.	Approved for 3 to 5 years.
<b>Bleeding patterns</b>	Longer and heavier monthly bleeding, irregular bleeding, and more cramping or pain during monthly bleeding.	More irregular bleeding and spotting in the first few months. After 1 year no monthly bleeding is more common. Causes less bleeding than copper-bearing IUDs over time.
<b>Anemia</b>	May contribute to iron-deficiency anemia if a woman already has low iron blood stores before insertion.	May help prevent iron-deficiency anemia.
<b>Main reasons for discontinuation</b>	Increased bleeding and pain.	No monthly bleeding and hormonal side effects.
<b>Noncontraceptive benefits</b>	May help protect against endometrial cancer.	Effective treatment for long and heavy monthly bleeding (alternative to hysterectomy). May also help treat painful monthly bleeding. Can be used to provide the progestin in hormone replacement therapy.
<b>Postpartum use</b>	Can be inserted up to 48 hours postpartum. After 48 hours, delay until 4 weeks or more.	
<b>Use as emergency contraception</b>	Can be used within 5 days after unprotected sex.	Not recommended.
<b>Insertion</b>	Requires specific training.	
<b>Cost</b>	Less expensive.	More expensive.