

T-Safe[®]



HORMONE-FREE

FREE TO BE
YOURSELF

ENG

T-Safe[®]

WHAT IS T-SAFE?

T-Safe is a hormone-free contraceptive IUD (intra-uterine device which fulfils the highest standards. The T-Safe IUD has a T-shape and is made from plastic and copper. The T-Safe is easily inserted by your general practitioner, midwife or gynaecologist by using an applicator. After the T-Safe is inserted you are immediately protected against pregnancy. According to the Dutch Society of General Practitioners, T-Safe is the most reliable IUD.

HOW DOES T-SAFE WORK

The IUD releases copper gradually. Copper inactivates sperm cells so that they become unable to fertilize an egg. An IUD has also a morning-after effect if it is inserted within 5 days after unprotected sex. The IUD changes the consistency of the uterine mucous, with the result that a fertilized egg is unable to become implanted in the uterine lining.

T-SAFE IS
THE MOST
FREQUENTLY
USED IUD IN
THE NETHERLANDS



RELIABLE FOR 10 YEARS!

T-Safe is the only registered IUD in The Netherlands which is reliable for up to 10 years! A great advantage for women who are looking for just such a long-term contraceptive solution. T-Safe can, of course, also be used for a shorter period, for example between two pregnancies.

FOR EVERY WOMAN

T-Safe is suitable for all women, and is therefore just as appropriate for women who have not yet given birth as for women who have already completed their family. It is ideal for women who prefer to use hormone-free contraception. Your natural cycle continues unchanged, you do not need to think about contraception on a daily basis and you can have sex without any worry about pregnancy.

ALSO FOR BREAST-FEEDING MOTHERS

T-Safe contains no hormones and therefore has no impact on the production or quality of breast milk. In this respect T-Safe is an advantage to the contraceptive pill. According to the World Health Organization the hormones from the combination pill have a negative impact on milk production as well as the constitution of breast milk. An IUD can be inserted from six weeks after a childbirth.

FOR WHOM IS THE T-SAFE IUD SUITABLE?



18 YR



45 YR



SIDE EFFECTS

In the first three months after an IUD insertion it is possible that some women may experience side effects. Most women have no problems with their IUD, but other women experiences side effects such as heavier, longer and/or irregular menstruations, cramps and loss of blood between the periods. After three months the menstrual cycle should return to normal. A small number of women has a permanent increased loss of blood. A check appointment is recommended six weeks after the IUD insertion.

DON'T USE T-SAFE IN CASE OF

- unexplained vaginal loss of blood
- an active infection
- an abnormality of the uterus
- Wilson's disease
- an allergy of copper

T-Safe is less suitable for women who normally have a heavy menstruation or would like to reduce their loss of blood.

This brochure is a supplement to the patient information leaflet. Always read the patient information leaflet before having your T-Safe inserted.

FACTS & FICTION

The last few years International research has rejected unfounded preconceptions about IUDs and concluded that:

- An IUD prevents fertilization. No (monthly) fertilization takes place.
- An IUD has no negative impact on health and does not threaten future fertility in any way.
- There is no increased risk of infection or ectopic pregnancy.
- The effectiveness of the IUD is no less than for the contraceptive pill.

REIMBURSEMENT & ORDERING

Contraception will not be reimbursed by the basic health insurance for women over the age of 21, unless they are specific supplementary insured for this. The insertion of the IUD by the GP is in any case covered by the insurance. Ask your health insurer about your insurance coverage if the IUD is inserted by a gynaecologist or a midwife. Be advised to check your 'own risk' status.

T-Safe is available at your pharmacy. T-Safe can also be ordered online via www.t-safe.nl.

THE PURCHASE PRICE IS € 69,-.

HORMONE-FREE CONTRACEPTION

 WORLD WIDE **180** MILLION WOMEN
USE AN IUD

>99% RELIABILITY

10 CAREFREE
YEARS PROTECTION

12% OF WOMEN IN THE NETHERLANDS
CHOOSE AN IUD



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