



health

Department:  
Health  
PROVINCE OF KWAZULU-NATAL



CHRIST THE KING HOSPITAL

Department of Health KZN

# IUD PROGRAMME @ CTK



Srs. Shezi, Kwinana, khumalo, Sr Zulu, Srs Chiliza, Msomi and Canham were delighted to have undergone training on loop contraceptive insertion.



**DEPARTMENT OF HEALTH**

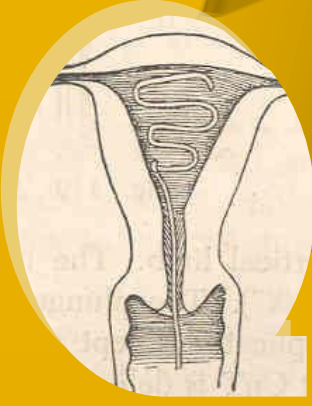
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**A**n Interuterine Contraceptive Device (also known as I.U.D or coil, in the case of hormone releasing IUD's they are sometimes referred to as Interuterine Systems - IUS) is a device inserted into to the uterine cavity and left for varying periods of time for the purpose of contraception. Throughout the years IUD's made of a range of materials and a variety of sizes and shapes have been designed and manufactured. All modern IUD's are made of polyethylene plastic and are coated in barium, making it possible for them to be seen on X-Ray. Most IUD's have a nylon "tail" which protrudes from the cervix into the vagina to allow you to make check your IUD is still in place. The most common IUD being a 'T' shape.

A team of our dedicated nurses have embarked on a relentless campaign to ensure the revival of IUCD insertions. The programme targets mostly teenage girls though everyone is welcome; it takes place every Friday at Ixopo clinic, bookings are done through clinics. The advantage of IUD is that one does not have to keep visiting the clinic every month, since it can stay in the cervix for years without any discomforts or side effects.



**T**HIS IS A TEAM OF HARD-WORKING AND DEDICATED PROFESSIONAL NURSES WHO UNDERWENT TRAINING ON IUCD INSERTION. THESE NURSES ARE STATIONED AT VARIOUS CLINICS, MATERNITY AND ARV ■