

Discover the birth control you've been looking for

*Highly reliable. Virtually hassle-free.
Totally hormone-free.*

Find out more about the birth control that fits your life.

Freedom. Flexibility. And one of the most effective forms of birth control. Just a few reasons why millions of women have chosen ParaGard® for their birth control. And why you should find out more.

Only your healthcare professional can tell you if ParaGard® is right for you, but visit us at www.paragard.com or call **1•877•ParaGard (727•2427)** for more information, support, and resources to help you make your decision.

Please see Important Safety Information.

ParaGard^{T 380A} 
intrauterine copper contraceptive

www.paragard.com **1•877•ParaGard (727•2427)**



ParaGard® is a registered trademark of Duramed Pharmaceuticals, Inc.



Duramed Pharmaceuticals, Inc.
Subsidiary of Barr Pharmaceuticals, Inc.
Pomona, New York 10970

©2006 Duramed Pharmaceuticals, Inc. PAR-A60216 August 2006 Printed in USA

ParaGard^{T 380A} 
intrauterine copper contraceptive

Over 70 million women worldwide have found the birth control method that fits their lives

Millions of women with different lives and different needs have all chosen ParaGard® intrauterine contraceptive (IUC).

Why? Because it's one of the most effective forms of birth control available. It's even more effective than the Pill. But, unlike the Pill (and patch, ring, and shots), it's hormone-free. It's great for women who prefer not to use hormones or can't for health reasons.

It's also virtually hassle-free. No more daily or weekly routines, just a simple monthly self-check. So it's great for the busy woman who's got a lot going on. In other words, pretty much every woman.

Of course, even though it's ideal for many women, ParaGard® isn't for every woman. Ask your healthcare professional if it's the right fit for your life.

ParaGard® by the numbers

- 99.4% effective
- Up to 10 years of protection
- Zero hormones

What are you looking for?

Birth control is a personal choice—and your needs are just as unique as you are. So use this guide to help find what matters to you most.

Get to know ParaGard® better	4
Want birth control without hormonal side effects?	6
Want birth control that's not a daily or weekly routine?	7
Want birth control that's long-term—but easily reversible? ...	8
Want birth control that's safe for nursing moms?	9
ParaGard® Q&A	10
What else you should know about ParaGard®	12
Important Safety Information	15

ParaGard^{T 380A}®
intrauterine copper contraceptive

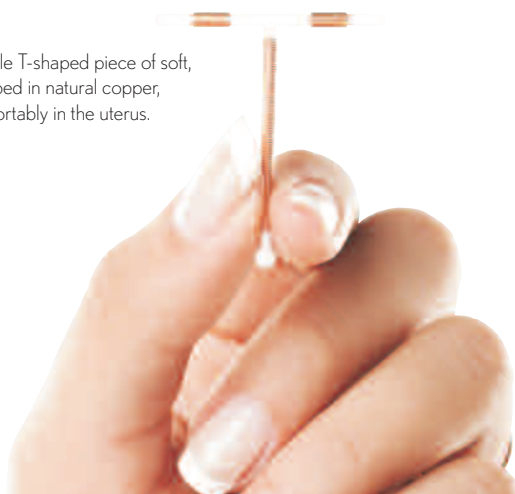
www.paragard.com 1•877•ParaGard (727•2427)

So small. Such a big difference.

ParaGard® IUC is amazingly small. And amazingly simple to use. ParaGard® is

- **99.4% effective**—without having to remember to take a pill, change a patch, or put in a ring
- **Hormone-free**
- **Hassle-free**—no birth control regimens to fit into your schedule, just a simple monthly self-check
- **Safe**—used for over 20 years by millions of women
- **Flexible**—use ParaGard® for as long as you and your healthcare professional choose: 2 years, 5 years, even up to 10
- **Long-term but easily reversible**—as effective as having your tubes tied, but you can change your mind. Just have ParaGard® removed at any time by your healthcare professional
- **Easy on your budget**—if you plan to use birth control for at least 2 years, an IUC is the least expensive option available

ParaGard® is a simple T-shaped piece of soft, flexible plastic wrapped in natural copper, designed to fit comfortably in the uterus. (Shown actual size.)



How do the benefits of ParaGard® compare?

	No hormones	No daily or weekly routine	Over 99% effective with typical use	No surgery	STD protection
ParaGard®	X	X	X	X	
Pill				X	
Patch				X	
Vaginal ring		X		X	
Shots		X	X	X	
Tubes tied	X	X	X		
Condom	X			X	X

Please see Important Safety Information.

ParaGard® ^{T 380A}
intrauterine copper contraceptive

www.paragard.com 1•877•ParaGard (727•2427)



All of the birth control. None of the hormones.

Pill, patch, ring, shots—they all work by adding hormones to alter your body's natural cycle. You get effective birth control, but you also may get side effects. Common ones are weight gain, spotting, mood swings, or reduced sex drive. ParaGard® has no hormones, and no hormonal side effects. Simple.

The most common side effects of ParaGard® are heavier and longer periods for the first few months as your body adjusts. Some women may have pain or cramping between periods, again, usually just for the first few months.

ParaGard®
T 380A
intrauterine copper contraceptive

www.paragard.com 1•877•ParaGard (727•2427)

Spend time on your life, not your birth control

You're a busy woman. Too busy to put so much time into your birth control. Remembering to get it, refill it, and use it. Too busy to squeeze in another trip to the drugstore, or another chore into your mile-long to-do list.

Sometimes, birth control just isn't easy to fit into your routine. And that means you may not be getting all the protection you need.

But ParaGard® is different. Once it's inserted by your healthcare professional, it starts working immediately. And it works for as long as you need it to—up to 10 years. Plus, you have the flexibility to change your mind. Just have ParaGard® removed anytime you and your healthcare professional choose.

Remember—ParaGard® does not protect against HIV/AIDS or other sexually transmitted diseases (STDs). Only condoms do.

Please see Important Safety Information.

Freedom to change your mind

Maybe you're done planning your family for now. Or maybe a family isn't part of your plan at all. Millions of women have had their tubes tied (tubal ligation). But about 1 in 4 women who did say they wish they could get it reversed.

ParaGard® gives you more flexibility. You can use it for 2 years. Or 5. Or as long as you and your healthcare professional choose—up to 10 years. You can decide to have ParaGard® removed by your healthcare professional at any time. Which is great, because life is unpredictable.

And ParaGard® is completely reversible. Once it's removed, it doesn't affect your ability to get pregnant.



Effectiveness—as long as you want it

PARAGARD®	TUBES TIED (TUBAL LIGATION)
Simple, in-office procedure; no surgery or anesthesia	Surgery and anesthesia
Reversible; can be removed at any time	Reversal surgery is costly and success is not certain
Long-term protection, up to 10 years; then get a new ParaGard® if you wish	Permanent protection

ParaGard^{T 380A}
intrauterine copper contraceptive

www.paragard.com 1•877•ParaGard (727•2427)

New baby, new rules

A baby changes everything. Right down to your birth control needs. But ParaGard® is a great option for new moms, because it's

- **Hormone-free**

That's why The American College of Obstetricians and Gynecologists recommends it for breast-feeding mothers.

- **Hassle-free**

Just a simple self-check once a month.

- **Reversible at any time**

Your healthcare professional can easily remove ParaGard® should you want to get pregnant.

- **More than 99% effective**

ParaGard® is one of the most effective birth control methods available—more than the Pill or patch. That gives you peace of mind, so you can focus on your new family.

Please see Important Safety Information.

A quick Q&A

Q How does ParaGard® work?

A ParaGard® prevents sperm from reaching the egg and fertilizing it. It may also prevent the egg from attaching to the uterus. ParaGard® does not alter your body's natural menstrual cycle.

Q When does it start working?

A Right away, as soon as your healthcare professional inserts it.

Q Is it OK to have copper in my body?

A Yes. ParaGard® doesn't raise the level of copper naturally found in your body. In fact, the copper released daily by ParaGard® is less than the amount of copper found in the foods you eat on an average day.

Q Will I feel it? Will my partner feel it?

A No. It's designed to fit comfortably in your uterus. Neither you nor your partner will feel it. Also, ParaGard® doesn't interfere with tampons.

Q Do I have to use ParaGard® for 10 years?

A ParaGard® is effective for up to 10 years, but gives you the flexibility to change your mind. You can use it for 2 years, 5 years—however long you and your healthcare professional choose.

Q Does ParaGard® protect against sexually transmitted diseases?

A No. Only condoms protect against STDs.

Q Can I use ParaGard® if I'm breast-feeding?

A Yes. Unlike other methods, it's hormone-free. In fact, The American College of Obstetricians and Gynecologists recommends it as a choice for nursing mothers.

Q How does ParaGard® compare in price with other birth control methods?

A If you plan to use birth control for at least 2 years, an IUC is the least expensive option available. That's because you only pay for it once, when it's inserted.

Q Where can I get ParaGard®?

A You can get ParaGard® from your healthcare professional. Or you may order ParaGard® yourself, as long as you know your healthcare professional's telephone or fax number. Your ParaGard® will be delivered to your healthcare professional's office. To order your ParaGard® by phone, call 1•877•ParaGard (727•2427).

Q How do I pay for ParaGard®?

A Many health insurance companies cover ParaGard®. Call your provider to see if they cover ParaGard®. If so, ask how much they cover. If your provider doesn't cover ParaGard®, or if you don't have insurance, the ParaGard® Patient Payment Plan lets you pay for ParaGard® with 12 monthly payments. Call 1•877•ParaGard (727•2427) for more details.

ParaGard®
T 380A
intrauterine copper contraceptive

www.paragard.com 1•877•ParaGard (727•2427)

Please see Important Safety Information.



What else should you know about ParaGard®

What to expect

If you decide to use ParaGard®, your healthcare professional will place it in your uterus during a routine office visit. It should only take a few minutes. You might feel some mild cramping or a pinching sensation. You may feel slightly faint or dizzy for a few moments.

Once ParaGard® is inserted, you won't even know it's there—you won't be able to feel it (and neither will your partner). All you have to do is check the threads every month.

Please see Important Safety Information.

What not to expect

ParaGard® is different from the birth control methods you may know. But just like them, ParaGard® affects some women differently. So call your healthcare professional if you experience any of the following:

- Signs or symptoms that make you think you could be pregnant
- Pelvic pain or pain during sex
- Unusual vaginal discharge or genital sores
- Unexplained fever
- A missed period
- Severe or prolonged vaginal bleeding
- Exposure to any STDs, or if you or your partner have become HIV positive
- If you can't feel your ParaGard® threads during your monthly self-check, if the threads feel much longer, or if you feel any other part of ParaGard® besides the threads

ParaGard®
T 380A
intrauterine copper contraceptive

www.paragard.com 1•877•ParaGard (727•2427)

Is ParaGard® right for you?

If any of these statements apply to you, talk with your healthcare professional about ParaGard®.

- I want hormone-free birth control that's highly effective.
- I have hormonal side effects with my current birth control.
- I don't want to have to think about my birth control every day—or even every week.
- I prefer not to take hormones or can't for health reasons.
- I'm taking a medication that may reduce the effectiveness of my hormonal birth control.
- I want birth control that's safe to use while I'm breast-feeding.
- I want long-term—but not permanent—birth control.
- I want birth control that I don't have to remember to take or refill.

Important Safety Information

ParaGard® does not protect against HIV/AIDS or other sexually transmitted diseases. You must not use ParaGard® if you currently have acute Pelvic Inflammatory Disease (PID) or engage in current behavior suggesting a high risk for PID. ParaGard® is also not an option for women who might be pregnant, have a uterus that is abnormally shaped inside, have had a post-pregnancy or post-abortion uterine infection in the past 3 months, have cancer of the uterus or cervix, have unexplained bleeding of the vagina, have an infection in the cervix, have an allergy to any component of ParaGard®, have Wilson's disease or already have an intrauterine contraceptive in the uterus.

The most common side effects of ParaGard® are heavier and longer periods for a few months after placement; some women have spotting between periods. For most women, this typically subsides after a few months. However, if your menstrual flow is severe or prolonged, call your healthcare professional. You should also call your healthcare professional without delay if you miss a period as you might be pregnant.

Some possible serious complications that have been associated with intrauterine contraceptives, including ParaGard®, are PID, perforation of the uterus, expulsion (where the contraceptive falls completely or partially out of the uterus), and difficult removals (where the contraceptive becomes stuck in the uterus and occasionally requires surgery to remove it).

Please see Product Information at www.paragard.com.

ParaGard®
T 380A
intrauterine copper contraceptive

www.paragard.com 1•877•ParaGard (727•2427)