



Is my IUD use related to my persistent infections?

Dear doctor, I have been experiencing recurrent infections whenever I use an intrauterine device (IUD/coil) for contraception. Because of this, I am considering removing my current IUD. I would like to know if this is medically advisable, and whether there are any specific considerations I should be aware of, especially given that I am married to a Muslim husband.

Hajara Nabwemi

Dear Hajara

Individuals or couples getting the required number of children through contraceptive methods including an IntraUterine Device (IUD) is known as family planning. Much as women with an IUD when they get fever, unusual discharge, pelvic pain, and painful sex are quick to say that it is usually the IUD responsible for these

symptoms of infection usually thought to have been caused by sexual transmission, these usually happen due to existing infections at the time of IUD insertion.

That said, the IUD itself is not usually the direct cause of STIs, though some vaginal infections may happen since the IUD may create an environment for yeast and Bacterial Vaginosis infections and surprisingly, hormonal IUDs may prevent some infection over time.

Though women in a polygamous relationship (with the male partner having multiple sexual partners) there is a potential risk of sexually transmitted infections (STIs) and subsequent pelvic inflammatory disease (PID), the IUD does not increase the risk of PID if an infection is not already present before insertion.

However, all women intending to use IUD for family planning should be screened for Sexually Transmitted infections, regardless of their sexual activity or being married to Muslims by faith.