

# Inserting the Loaded TCU 380A IUD<sup>1</sup>

**Step 1:** Grasp the tenaculum (which is still in place on the cervix after sounding the uterus) and pull firmly to pull the uterine cavity and cervical canal in line with the vaginal canal. Gently place the loaded inserter tube through the cervical canal. Keep the blue depth gauge in a horizontal position.

Advance the loaded IUD until the blue depth gauge touches the cervix or resistance of the uterine fundus is felt. Keep the blue depth gauge in a horizontal position.

**Step 2:** Hold the tenaculum and the white rod in place in one hand. With your other hand, withdraw (pull toward you) the inserter tube until it touches the thumb grip of the white rod. This will release the arms of the TCU 380A high in the uterine fundus.

**Step 3:** Once the arms have been released, again very gently and carefully, push the inserter tube upward, toward the top of the uterus, until you feel a slight resistance.

This step ensures that the arms of the T are as high as possible in the uterus.

Hold the inserter tube still while removing the white rod.

**Step 4:** Gently and slowly withdraw the inserter tube from the cervical canal. The strings should be visible protruding from the uterus. Cut the strings so that they protrude only three to four centimeters into the vagina.

Remove the tenaculum. If the cervix is bleeding from the tenaculum site, press a swab to the site, using clean forceps, until the bleeding stops.

**Step 5:** Gently remove the speculum and put all of the instruments used in 0.5% chlorine solution for 10 minutes for decontamination.

Figure 9

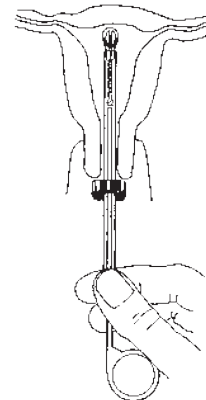


Figure 10

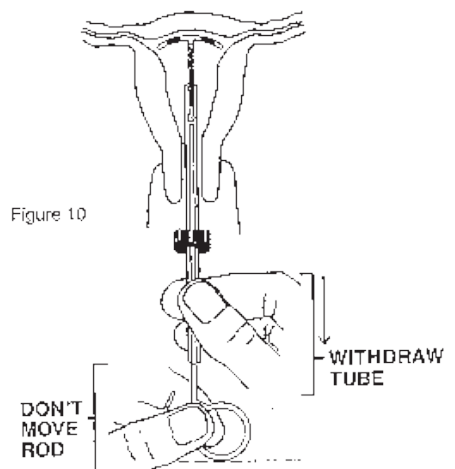
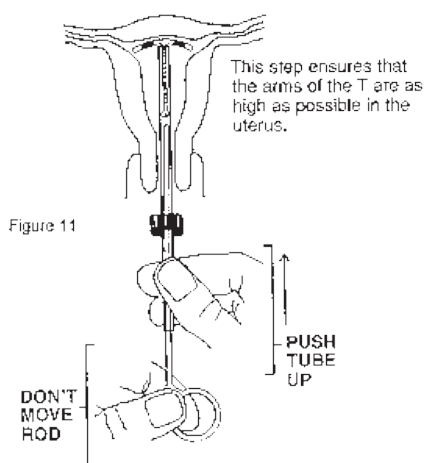
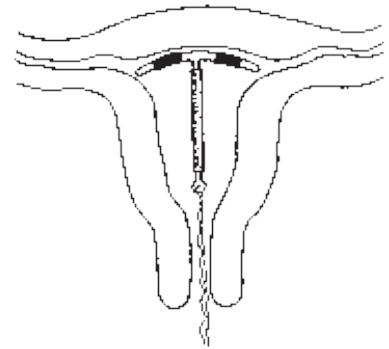


Figure 11



<sup>1</sup> Cathy Solter, *Intrauterine Devices, 2<sup>nd</sup> Edition* (Watertown, MA: Pathfinder International, 2008)

**Step 6:** Help the client get up from the table very slowly. Watch her in case she becomes dizzy or feels faint. Teach her how and when to check the strings. Ask her to check the strings now. Ask her if she has any questions and answer them in simple words she can understand. Tell her to return in three to six weeks. If she can read, give her written instructions or tell her the warning signs of problems and how to get help if she needs



**Source:** The Population Council and The Program for Appropriate Technology in Health (PATH). *Copper T 380A IUD: A Manual for Clinicians*. 2nd ed. Seattle, Washington: PATH, 1989.