

INTRAUTERINE CONTRACEPTIVE DEVICE

SMB TCu380A

CE
2460

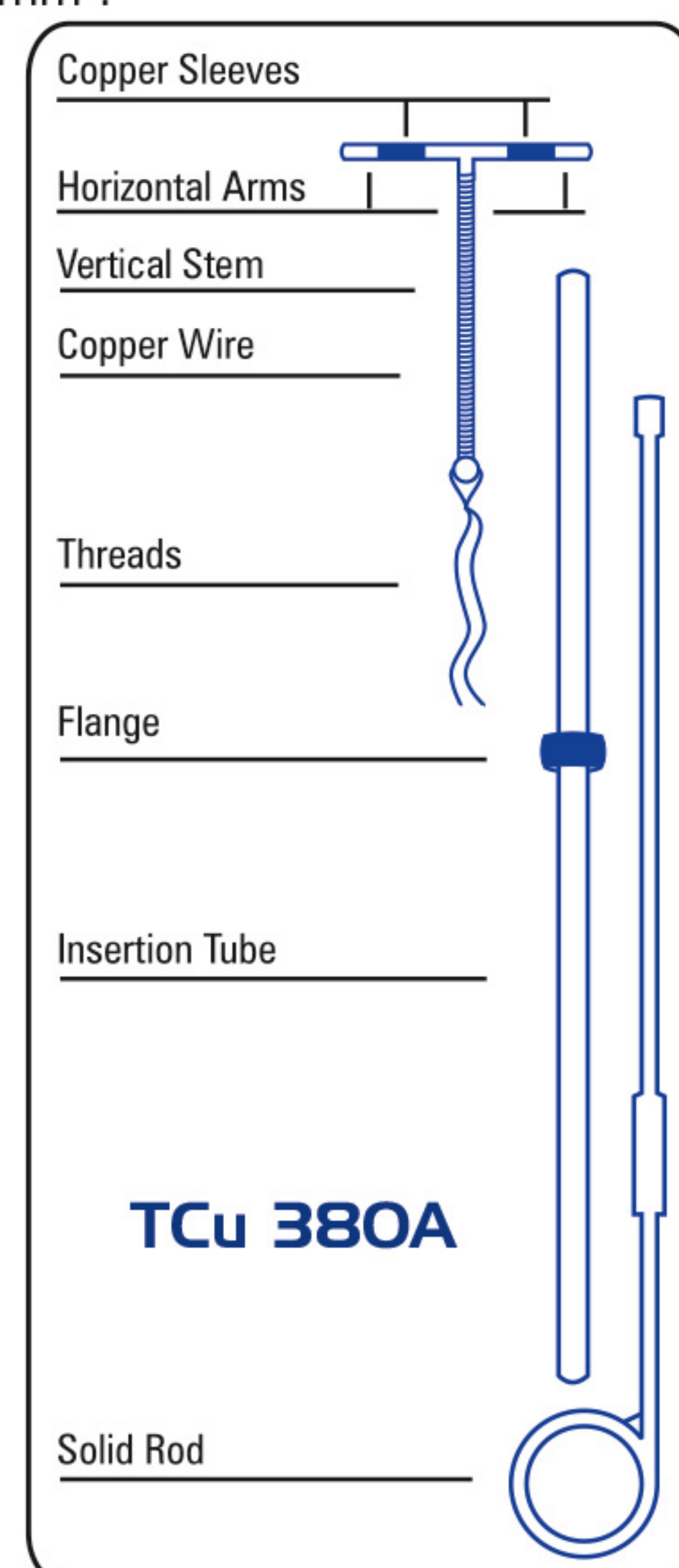
IUDs do not protect against sexually transmitted diseases / AIDS

LEAFLET INTENDED FOR THE HEALTHCARE PROFESSIONAL

SMB TCu 380A should be inserted and removed only by / under the supervision / training of a gynaecologist/physician.

DESCRIPTION

Each T shaped frame has 176 ± 11 mg of copper wire coiled around its vertical stem with a copper collar of approximately 68.7 ± 3 mg of copper on each of its transverse arms, opaque to X-rays and a HDPE monofilament thread attached to the base of the device. The total copper surface area on the device is $380 \text{ mm}^2 \pm 23 \text{ mm}^2$.



The single unit pouch containing TCu 380A IUD with its insertion components is a sterile medical contraceptive device for Single Use Only.

INDICATIONS

The TCu 380A IUD, is indicated for Intrauterine Contraception in women of child bearing age.

- TCu 380A can be inserted after a birth or abortion.
- TCu 380A can also be used as emergency contraception, however the risk of pelvic inflammatory disease is higher in this case.

TCu 380A is recommended for women who :

- Are of child bearing age
- Are in mutually monogamous relationships
- Have no history of pelvic inflammatory disease (PID)
- Choose not to use hormonal contraceptives

TCu 380A should not be inserted in a woman who :

- Is pregnant
- Still retains a previously inserted IUD
- Has a known or suspected malignancy of the genital tract, including undiagnosed vaginal bleeding and an unresolved abnormal Pap smear, or a severe uterine abnormality

- Had a postpartum endometritis or postabortion infection in the past three months
- Has Wilson's disease or a known allergy to copper
- Has genital actinomycosis

TCu 380A should not be the method of first choice for a woman who has :

- Painful or long menstrual periods
- Severe anemia
- Cervical stenosis or narrowing of the cervical canal
- No access to a health center for follow-up care
- A history of ectopic pregnancy

Indicative selection criteria

Vertical Length	Horizontal Width	Approx. Sound Measuring Range
$36 \pm 0.5 \text{ mm}$	$32 \pm 0.5 \text{ mm}$	6 - 9 cm

The above information is indicative only. The final decision of selection of the correct model for the patient is to be made by the Healthcare Professional.

STERILIZATION METHOD AND USE:

TCu 380A IUD is sterilized by Gamma Radiation or Ethylene Oxide. The Sterile single unit pouch containing TCu 380A IUD with its insertion components are **“for single use only”**.

CONTRACEPTIVE LIFE:

TCu 380A can remain inserted in the uterus for a maximum lifetime of 10 years. If continued contraception is desired by the patient, a new TCu 380A should be inserted at once.

INSERTION PERIOD

Insertion must take place during the first part of the menstrual cycle. It is recommended that insertion be carried out at the end of the menstrual period, which is the most suitable time.

TCu 380A IUD may be inserted during the first part of menstrual cycle, provided the woman is not pregnant and has been consistently using an effective contraceptive since her last menses.

Many clinicians prefer to insert the IUD within seven days of the onset of menstruation because the cervical opening is slightly dilated during this time, making insertion easier and pregnancy very unlikely. Insertion during these days also is likely to result in less discomfort, cramping and spotting for the patient. Given its small diameter, the insertion tube is easy to introduce and usually does not call for further dilation.

RECOMMENDED INSERTION TECHNIQUE

Insertion must absolutely be carried out by a qualified healthcare professional equipped with the appropriate instruments under aseptic conditions. It is imperative that a no-touch technique is employed throughout the insertion procedure to ensure sterile handling.

The inner packaging of the IUD must not have been opened or damaged. Insertion must not be carried out if the IUD or its accessories are damaged or insert before date has passed.

A. PREPARATION

1. Perform a careful bimanual examination to determine the version, flexion and uterine axis.
2. Insert a vaginal speculum to expose the cervix. Cleanse the cervix and vaginal walls with sterile cotton wool dipped in antiseptic solution, Wipe all secretion away from the external os.
3. Grasp the anterior lip of the cervix with a single-tooth tenaculum, taking a good bite through the cervical lip so that steady downward traction to straighten the uterine axis can be maintained without risk of cervical laceration.

Reflex contraction, which causes cramp of the uterus when the tenaculum is applied, can be prevented by injection of a local anaesthetic into the anterior lip or a paracervical block.

4. Carefully sound the uterus to determine its depth and to confirm the direction of its axis. If the sound meets more than normal resistance at the internal os, it may be advisable to gently dilate the cervical canal to 4-5 mm, using sterile, tapered rather than cylindrical dilators. In the absence of other instruments for measurement of the internal dimensions of the uterine cavity, the sound may be used to obtain an idea of its configuration.

The IUD should be loaded in to the insertion tube not more than five minutes before insertion.

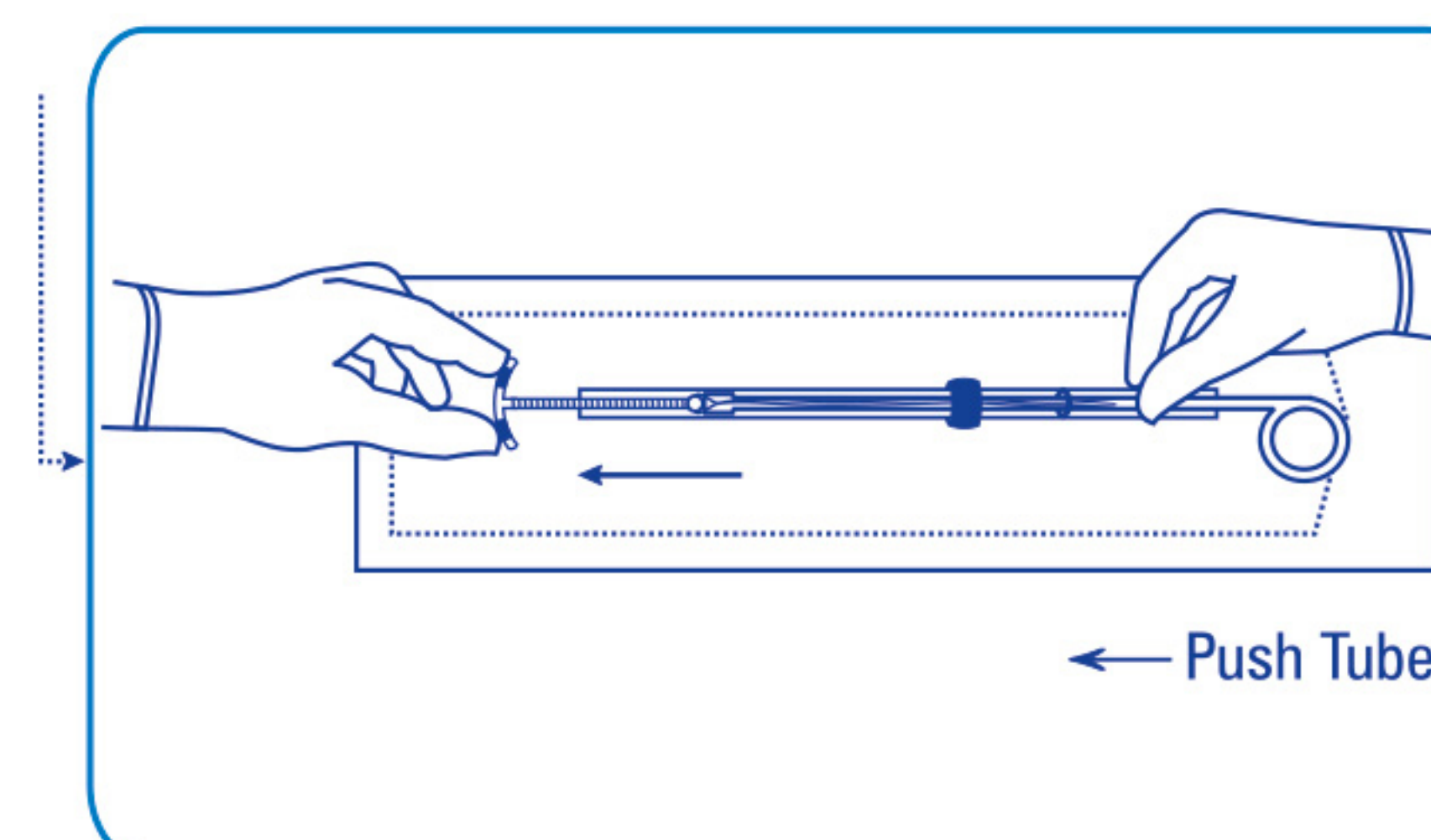
REUSE

The IUD, its accessories and the hystrometer must not be reused. In case of reuse, the patient is exposed to multiple risks of infection and the IUD loses its claimed performance.

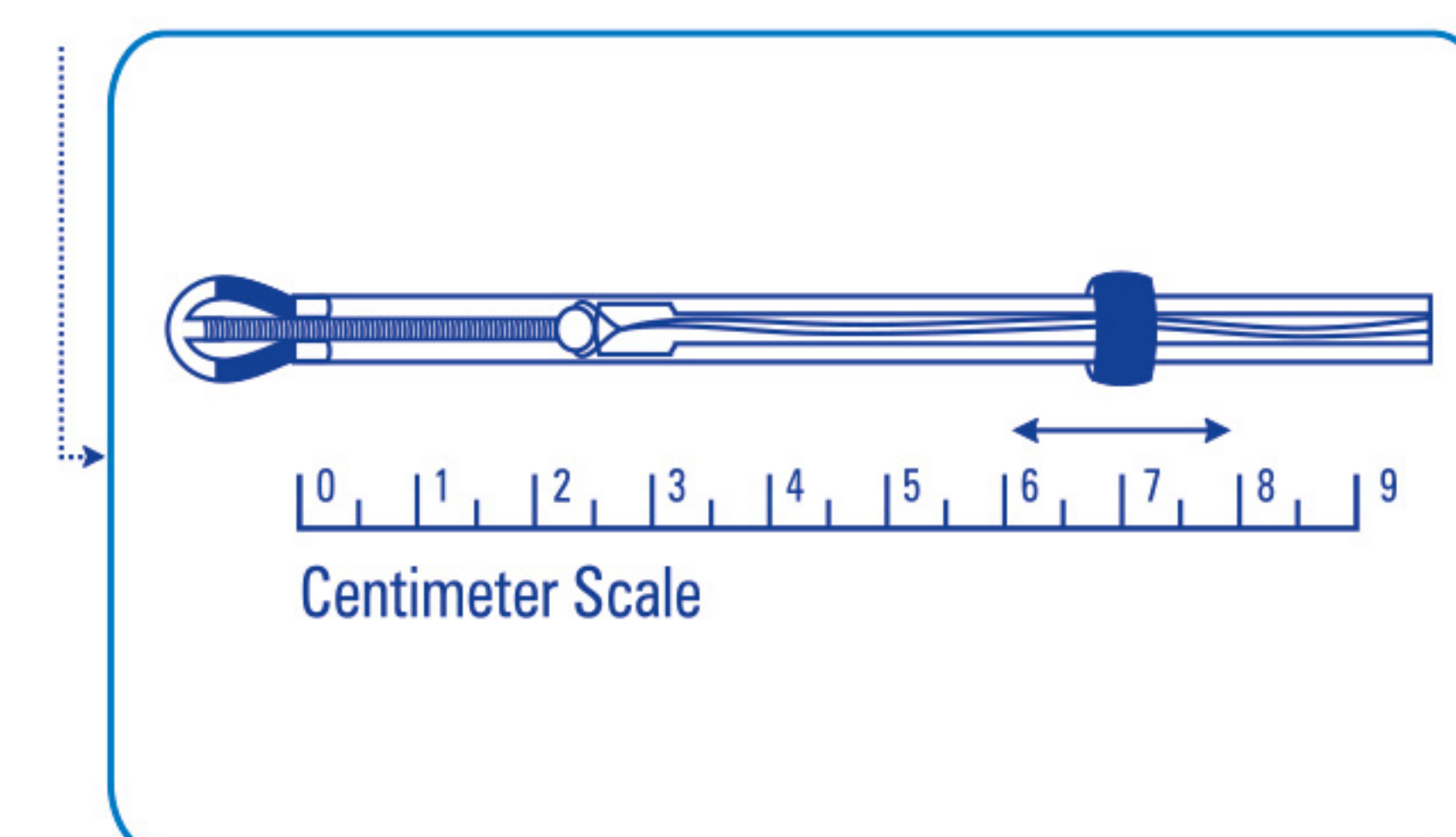
B. PROCEDURE FOR LOADING

As a general principle, TCu 380A should be inserted under aseptic conditions using sterile gloves. The following steps should be followed when inserting TCu380A:

1. Partially open the package from the end marked OPEN, approximately halfway to the flange.
2. Put the solid Rod into the insertion tube to almost touch the bottom of the T.
3. Peel off the pouch & place thumb and index finger over the ends of the horizontal arms towards the stem of the T. Complete the bending of the arms by bringing thumb and index finger together. Use other hand to push insertion tube to pick up the arms of the T. Insert the folded arms into the tube only as far as necessary to ensure retention of the arms.



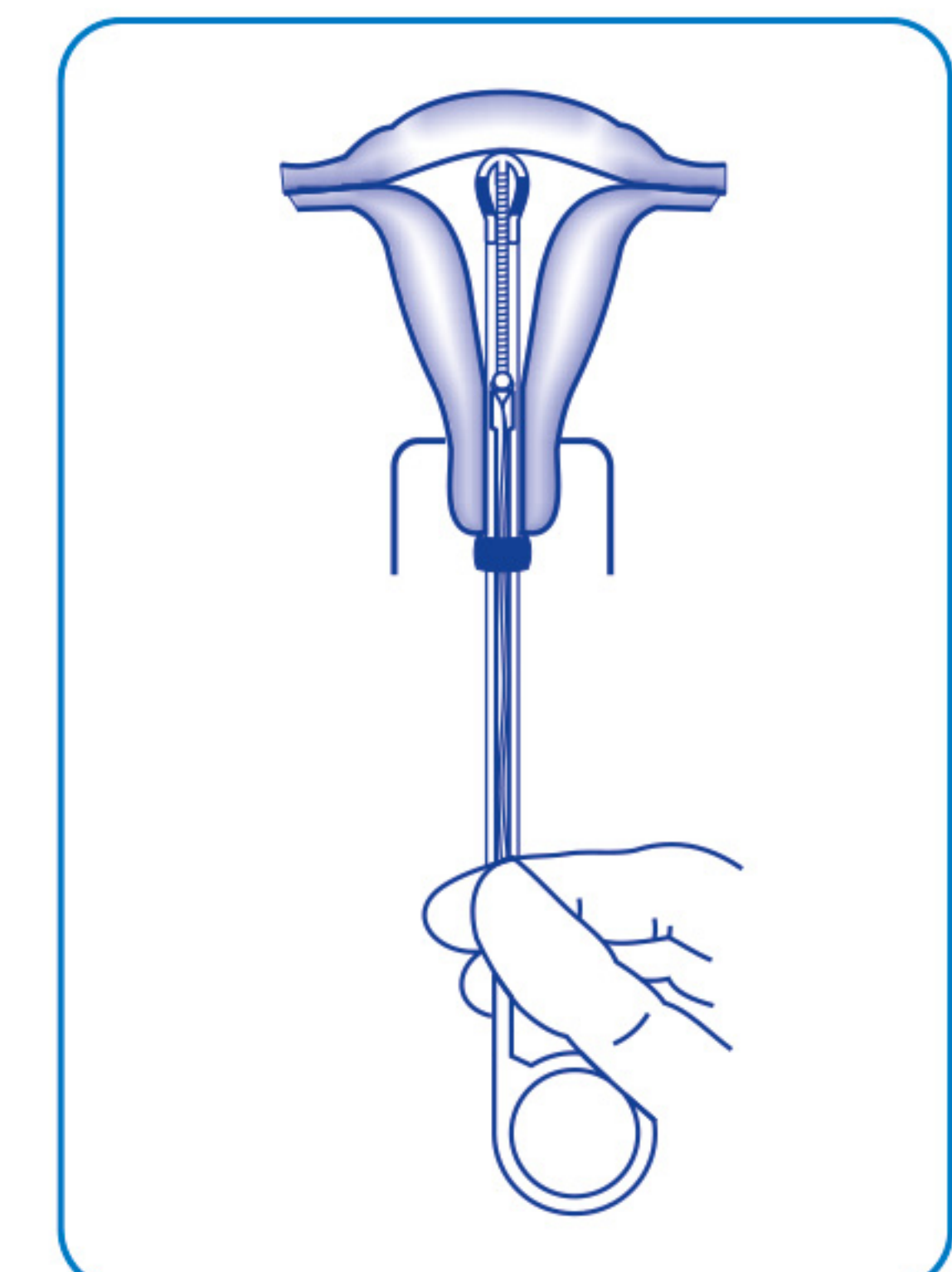
4. Check the flange position using centimeter scale on IUD Label so that it indicates the depth of uterus. The IUD is now ready for insertion.



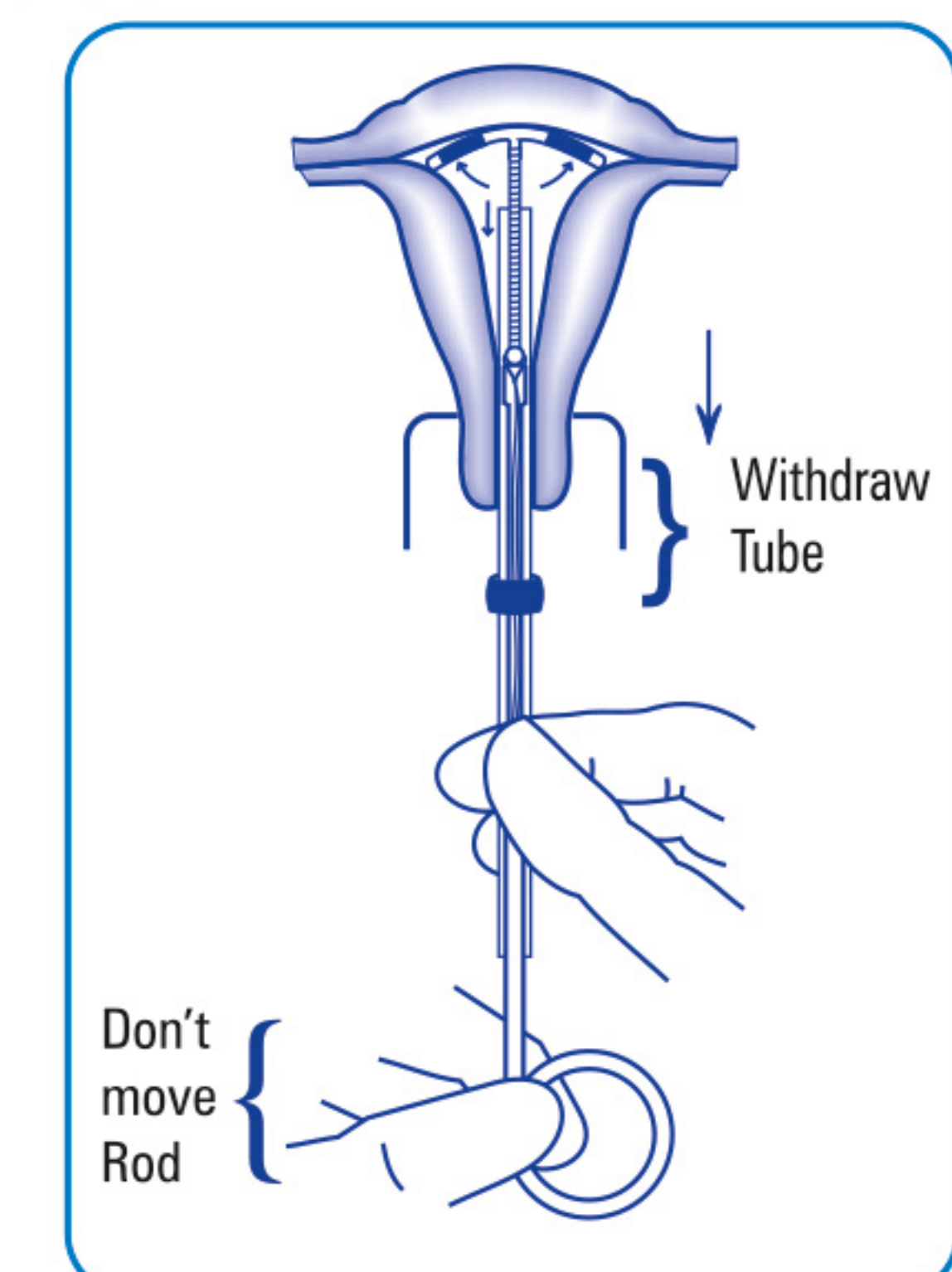
C. PROCEDURE FOR INSERTION

1. Swab the cervix with antiseptic.
2. Grasp the anterior lip of the cervix with a single-tooth tenaculum, taking a good bite through the cervical lip so that steady downward traction to straighten the uterine axis can be maintained without risk of cervical laceration. Reflex contraction, which causes cramp of the uterus when the tenaculum is applied, can be prevented by injection of a local anaesthetic into the anterior lip or a paracervical block.

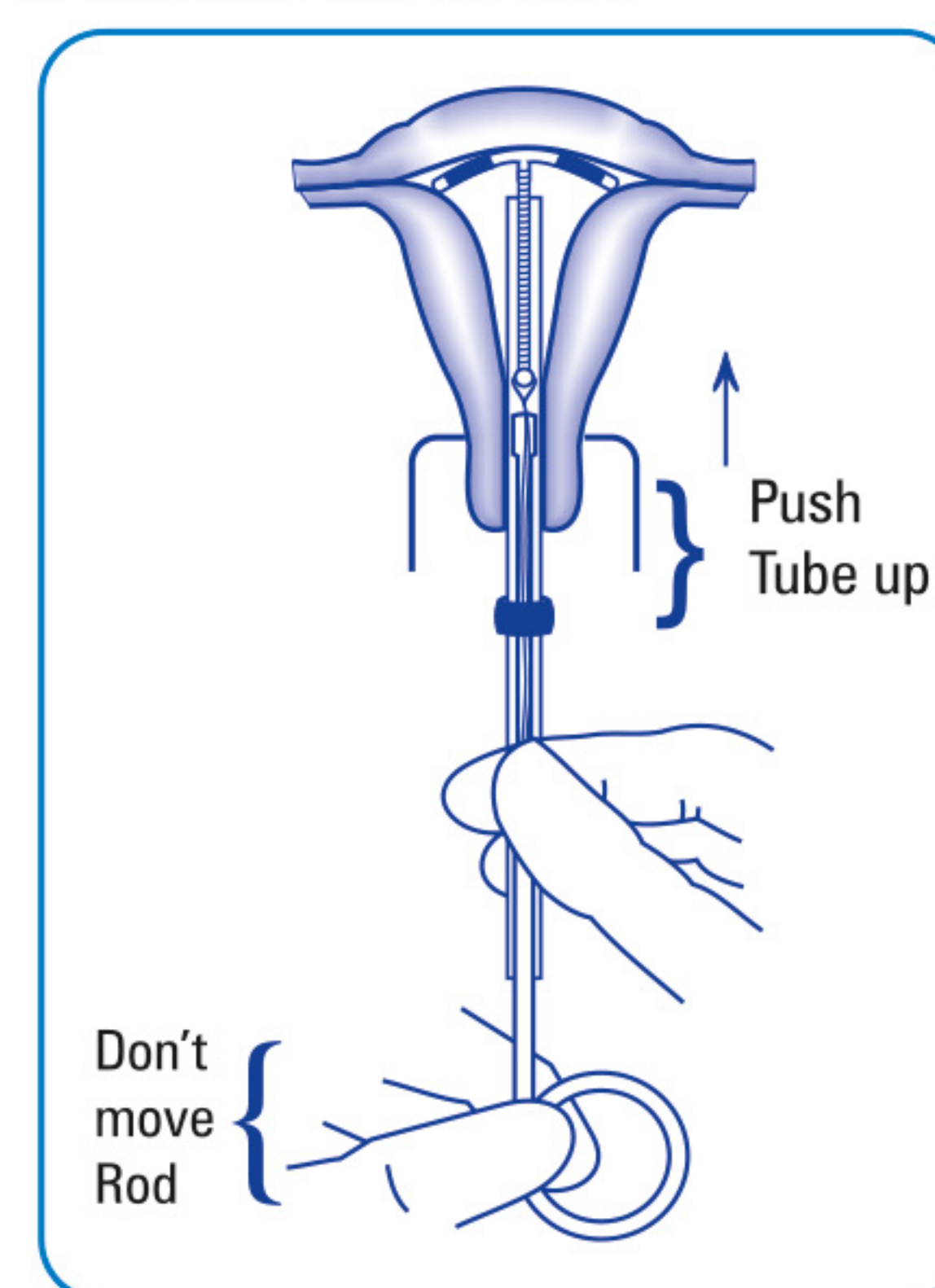
3. Gently introduce the loaded inserter assembly through the cervical until the flange comes in contact with the cervix. This ensures that the T fold is in contact with the fundus.



4. Hold the solid rod stationary and withdraw the insertion tube upto the thumb grip of the solid rod so as to release the arms of the T.



5. Gently push the insertion tube upwards, towards the top of the uterus until a slight resistance is felt. This ensures that the T is close to the fundus.



6. Withdraw the Solid rod while the insertion tube stationary. Gently withdraw the insertion tube with a rotation. Cut the threads so that they protrude only 2 - 3 cm into the vagina.
7. Remove the tenaculum and ask the woman to get down from the table slowly (if dizziness, tell her to lie for 5-10 minutes) and instruct how and when to check the string. Invite question and instruct about return visit as well as what to do, whom to contact for help if needed.

If you suspect that TCu 380A IUD is not in the correct position, check placement (with ultrasound, if necessary), If it is not positioned completely within the uterus, remove it and replace it with a new TCu380A IUD. Do not reinsert an expelled or partially expelled IUD.

REMOVAL TECHNIQUE

Removal can take place whenever the user would like to become pregnant or at the time of replacement. Hold the string with forceps as close as possible to the extend orifice of the cervix and apply steady force. Applying unsteady force / pressure may cause breakage of arm. Regular traction of the strings along with traction towards the bottom with the Pozzi forceps make it possible to remove the IUD without difficulty. If it is very difficult, removal under general anaesthesia should be considered as per the most appropriate method.

CONTRAINDICATIONS

A. ABSOLUTE

- Pregnancy
- Acute pelvic inflammatory disease or a history of pelvic inflammatory disease (PID)
- Postpartum endometritis or abortion
- Sexually transmitted diseases (STD) including a lower genital tract infection, such as gonorrhea or Chlamydia
- At high risk of STDs because she or her partner has multiple sexual partners
- Known or suspected malignancy of the genital tract, including undiagnosed dysfunctional uterine bleeding
- Congenital uterine abnormality
- Allergy to Copper
- Untreated acute cervicitis or vaginitis including bacterial vaginosis, until infection is controlled
- Conditions associated with increased susceptibility to infections with microorganisms. Such conditions include, but are not limited to leukemia, acquired immune deficiency syndrome (AIDS), and intravenous drug abuse
- Wilson's disease
- Small uterine cavity
- To avoid burning/perforation, radiotherapy and diathermy should be contraindicated, especially if applied to the lower pelvic region
- Patients with uterine fibroids

B. RELATIVE

- Severe Dysmenorrhea
- Disorders of blood coagulation
- Vascular Cardiac disease

C. SECONDARY EFFECTS

- Spotting between menses
- Possible menstrual hemorrhages, more intense and/or prolonged
- Possible abdominal pain
- Partial or total Expulsion
- Pelvic inflammatory disease
- Uterine puncture

WARNINGS

Ectopic Pregnancy

If a woman gets pregnant with IUD in place, there is a chance of having an extra-uterine pregnancy (a fertilized egg not implanting in the womb, but for instance in a fallopian tube) which should be evaluated.

Pelvic Infection

Although pelvic inflammatory disease(PID) in woman using IUDs is uncommon, IUDs may be associated with an increased relative risk of PID compared to other forms of contraception and to no contraception. The highest incidence of PID occurs within 20 days after insertion. It is therefore, important to promptly assess and treat any woman who develop signs or symptoms of PID. PID can be a cause of sterility and requires the removal of the IUD and the administration of a suitable antibiotherapy.

Expulsion

Sometimes an IUD is pushed out of the womb into the vagina during the heavy flow of menses as womb remains

slightly open during the menstrual period. If unnoticed, an unintended pregnancy could occur.

Perforation

Partial or total perforation of the uterine wall or cervix may occur rarely during placement, though it may be detected later. Spontaneous migration has also been reported. If perforation does occur, remove TCu 380A promptly.

The use of an IUD in breastfeeding women increases the risk of uterine perforation.

The rate of expulsion and perforation of the uterus may be increased when insertions are made before the normal uterine involution occurs following delivery or abortion. It is recommended that TCu 380A be inserted not earlier than 6 weeks postpartum or post-abortion. If involution is substantially delayed, consider waiting 12 weeks to insert TCu 380A. In case of a difficult insertion and/or exceptional pain or bleeding during or after insertion, physical examination and ultrasound should be performed immediately to exclude perforation. Current data indicate that slightly higher expulsion, perforation and pregnancy rates may be anticipated with earlier insertion.

Perforation or penetration of the uterine wall or cervix by the IUD may occur most often during insertion. In a large prospective comparative non-interventional cohort study in IUD users (N = 61,448 women), the incidence of perforation was 1.3 (95% CI:1.1 – 1.6) per 1000 insertions in the entire cohort; 1.4 (95%CI: 1.1 – 1.8) per 1000 insertions in the LNG IUS cohort and 1.1 (95%CI: 0.7 – 1.6) per 1000 insertions in the copper IUD cohort.

The study showed that both breast feeding at the time of insertion and insertion up to 36 weeks after giving birth were associated with an increased risk of perforation (see Table 1). These risk factors were independent of the type of IUD inserted.

Table 1: Incident of perforation per 1000 insertions for the entire study cohort, stratified by breast- feeding and time since delivery at insertion (parous women).

	Breastfeeding at time of insertion	Not breastfeeding at time of insertion
Insertion ≤ 36 weeks after delivery	5.6 (95% CI 3.9-7.9; n=6047 insertions)	1.7 (95%CI 0.8-3.1; n=5927 insertions)
Insertion> 36 weeks after delivery	1.6 (95% CI 0.0-9.1; n=608 insertions)	0.7 (95% CI 0.5-1.1; n=41910 insertions)

Reference

Heinemann et al. Risk of uterine perforation with levonorgestrel-releasing and copper intrauterine devices in the European Active Surveillance Study on Intrauterine Devices, Contraception 2015; 91: 274-279.

The risk of perforation may be increased in women with abnormal uterine anatomy or with fixed retroverted uteri. Perforation or penetration of the uterine wall or cervix may occur during insertion although the perforation may not be detected until sometime later. If perforation occurs, pregnancy may result. TCu 380A Intrauterine Contraceptive Device must be located and removed. Delayed detection of perforation may result in migration outside the uterine cavity, adhesions, peritonitis, intestinal perforations, intestinal obstruction, abscesses and erosion of adjacent viscera.

NSAIDS

The use of NSAIDS (including ASA, naproxen and ibuprofen) reduces the efficacy of all IUDs (as per WHO recommendations).

MAGNETIC RESONANCE IMAGING (MRI)

According to the literature MR-examinations of up to 1,5 Tesla in women who have a copper-intrauterine device for contraception (IUD) in place does not influence neither the results of the MR-examinations nor the functional efficacy

of the IUD.

Radiotherapy or electrotherapy using high-frequency current (diathermy or short waves) is contraindicated, especially when it is applied on the area of the lower pelvis. With regard to the use of continuous low-frequency current (ionisation), it appears that it cannot have a harmful effect on women using a copper contraceptive IUD.

The energetic state of the copper will not be modified by magnetic resonance imaging (MRI). We can therefore not take into account the effect of MRI on the intrauterine device. In addition, based on the non-ferric characteristics of copper, scintigraphy obtained by MRI is not considered to be impacted by the presence of an IUD.

PREGNANCIES DURING IUD USE

If the period delayed for 10 days and have symptoms of pregnancy such as nausea, tender breasts etc. report immediately to the clinic. When a pregnancy is confirmed, the IUD must be removed as soon as possible, without an invasive procedure, from the pregnant woman. A pregnancy that continues with an IUD in place is subject to complications (spontaneous abortion, septic abortion) and is associated with a high rate of at risk pregnancy.

PRECAUTIONS FOR USE

The company asks the healthcare professional to read the information in this package leaflet. Company cannot be held responsible if this information is not complied with. Information for the users can be found in a package leaflet specially designed for users, which is to be given to them.

Intrauterine devices must be used with caution in users receiving anticoagulant treatment or with a coagulation disorder.

Signs of movement or even expulsion of the IUD have been reported in women with a menstrual cup, but there is no certainty as to the link between the cups and the reported incidents. The possibility of a suction effect on the IUD when the menstrual cup is withdrawn has been suggested.

In women who have never had a baby, the expected benefits should be weighed against the possible risks of treatment.

In young women, the main risk is related to sexually transmitted infections, especially if there are multiple partners.

An IUD should be tolerated well after two cycles. If this is not the case, the persistence of bleeding and/or pain are reasons to consider removing the IUD.

It is recommended that the user be seen again after the menstrual period following insertion, and then on a regular basis.

In case of suspected perforation during insertion, remove the IUD immediately. Perforation can also occur in women with an IUD. If this happens, the IUD should be located and its removal considered.

INFORMATION TO BE GIVEN TO THE USER BY THE HEALTHCARE PROFESSIONAL

The healthcare professional must inform the contraceptive effectiveness, side effects, health benefit, health risk and complication associated with TCu 380A to the user.

It is especially important that the users be able to recognise the onset of a complication as quickly as possible.

Users must learn to feel for the strings to make sure that the IUD has not been expelled.

ADVERSE REACTIONS

The following adverse reactions and side effects have been reported with IUDs, and may occur after the IUD is inserted.

Visit your doctor for any of the following reasons:

- Pregnancy with the IUD in the uterus or when it has been partially or completely expelled
- Bleeding or spotting between periods
- Missed or late periods
- Heavy or prolonged periods
- Painful periods
- Anemia
- Pain or cramps at insertion or following insertion.
- Vaginal discharge (Leucorrhea) & infection
- Backache
- Leg pain & soreness
- Fever
- Allergic skin reaction due to the IUD

MECHANISM OF ACTION

The contraceptive activity of the IUD is mainly due to the presence of a foreign body in the intrauterine cavity. This action is reinforced in an ancillary manner by the presence of copper. After oxidation, the copper atoms are distributed locally in the cervical mucus and endometrium. However, like all methods of contraception, intrauterine contraception does not guarantee absolute protection. The contraceptive efficacy of the IUD is present starting from the first day of insertion.

TARNISHING OF COPPER

Copper wire bearing IUDs may show discoloration in their sterile packaging, but this should not cause alarm because the copper tarnishes causing an oxide or sulfide film to form on the surface.

If the package is not damaged and the insert before date on the package has not expired. the IUD will be sterile even if the copper on the device is tarnished.Laboratory studies show the tarnishing does not affect the safety or effectiveness of the IUD.

PRESENCE OF DEHP : The Flange of the insertion tube is composed of PVC which contains DEHP as a Plasticizer However since the contact time of the Flange with the mucosal surface is extremely low hence no risk is posed to the woman

CLASSIFICATION AND PACKAGING

The TCu 380A is class III medical device as per the European Directive 93/42/EEC on Medical Devices as amended.

Labelling: CE since 2004

Each sterile package contains a single, single-use device, the insertion limit date of which is indicated on the box.

The IUD, its accessories and the hystrometer must be eliminated after use, as per the regulations in force for the handling of potentially infectious material.

Storage Conditions:

Store at 15°C to 30°C in a dry place away from direct sunlight, sources of heat, water and mechanical damage.

Shelf Life : 7 years

1	2	3	4	5	6	7	8
Lot No./ Batch No.	Manufacturing Date	Insert Before Date	Do not Reuse	Warning	Sterile and Method of sterilization "γ" states Sterilization by Radiation Method	Manufactured by	CE mark
9	10	11	12	13	14	15	
Protect from rain or water	Do not use if carton is damaged	Protect from Sun light	Do not re sterilize	Temperature Limit	UDI	Medical Device	

MADE WITH PRIDE IN INDIA

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