

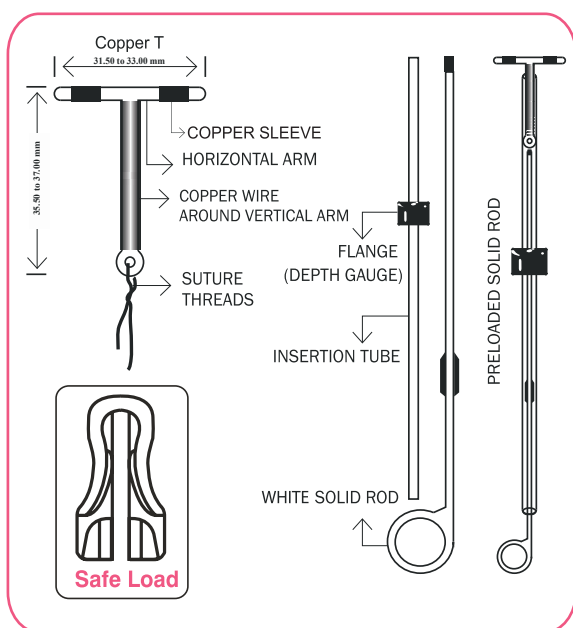


INDICATION: "Intrauterine contraception in women of childbearing age"

INTENDED USE:

Safe Load T Cu 380A IUDs offer almost complete protection against pregnancy, having a shelf life of 7 years and it remains effective for a period of 10 years. Correctly inserted, **Safe Load T Cu 380A IUDs** are safe for women at low risk of sexually transmitted disease.

The Safe Load T Cu 380A is an intrauterine contraceptive device made of polyethylene. The stem is covered with copper wire and there are copper sleeves on each of the horizontal arms. The total surface area of the copper is approx. 380 mm². The side arms are flexible and shaped in such a way as to keep the Safe Load T Cu 380A IUD adjacent to the fundus, without stretching the uterine cavity or touching the cornua. The contraceptive action of the device is probably due to a number of foreign body reactions with the uterine endometrium and the presence of metallic copper.



CONTRAINDICATIONS (Absolute)

1. Malignant diseases of the genital tract
2. Undiagnosed vaginal bleeding
3. Pregnancy
4. Past history of ectopic pregnancy or predisposing factors
5. Infections of the genital tract
6. Sexually transmitted diseases during the last 12 months (Except bacterial vaginitis, repeated herpes infection, Hepatitis B)
7. Abortion with infection during the last 3 months, pelvic inflammatory disease
8. Uterine malformations (congenital or acquired)
9. Allergy to copper

CONTRAINDICATIONS (RELATIVE)

1. Anemia
2. Valvular heart disease
3. Coagulation disorders
4. Anti-inflammatory treatment
5. Wilson's disease
6. Multiple exposures to different sexual partners

DIRECTIONS FOR IUD USERS

1. Longer and heavier menstrual periods, or bleeding or spotting between periods may occur during the first weeks after insertion. If they continue or are severe, report to the clinic.
2. Cramping may occur following insertion, usually for short time, but could last for several hours to even days. This can be relieved by taking mild analgesic tablets, using hot compresses on abdomen, and/or exercising moderately.
3. Check periodically, and particularly after menstruation, to make certain that the threads still protrude from the cervix. If threads are missing, shorter or longer, return to the clinic.
4. If Copper T is expelled, return to the clinic. There is no continuing protection after expulsion.
5. Return to the clinic for checkup or for replacement of the Copper T (**End of ten years after insertion**), as instructed by physician.
6. If your period is delayed (with symptoms of pregnancy, such as nausea, tender breasts, etc...) report immediately to the clinic.
7. If there is abdominal pain, pain during intercourse, infections (such as gonorrhoea), abnormal discharge, fever, chills consult your physician.
8. Safe Load T Cu 380A intrauterine contraceptive device doesn't interact with any medicine the woman may be taking.

MECHANISM OF ACTION

Copper IUD's act by greatly reducing the likelihood of fertilization. Data and analysis indicate that the main antifertility effect of copper bearing IUD's involve inhibition of egg or sperm transport and/or the capacity of sperm to fertilize egg. Reduced gamete transport and capacitation inhibits fertilization and occurs before the ovum reaches the uterine cavity. Continuous copper release in uterine cavity from the copper wire and copper sleeves enhance the contraceptive effect of Safe Load T Cu 380A.

FOLLOWUP GUIDELINE FOR PHYSICIANS

The Physician should encourage the user to come for 4 to 6 weeks follow up after the IUD insertion. In case of any problem or doubt regarding usages of **Safe Load T Cu 380A**. During followup the physician should Pay particular attention to the following points -

1. Heavier bleeding, indicates the possibility of anemia.
2. If pregnancy has occurred, the Copper T should be removed, if possible.
3. If a woman gets pregnant with IUD in place, there is a chance of having an ectopic pregnancy, which should be evaluated. If the patient wishes to continue her pregnancy, she must be monitored closely by the physician. She should be informed about the risks of keeping the IUD in situ. Beyond the first trimester, the patient should be informed of the possible risks of maintaining a pregnancy with the device in situ and termination of the pregnancy should be considered. Removal of Copper T is advisable, if user is exposed to conditions that substantially increase the risk of pelvic inflammatory disease.

UNDESIRABLE EFFECTS OF THE PRODUCT, INCLUDING THEIR FREQUENCY AND TIMING

Adverse effects of intrauterine devices, including Safe Load T Cu 380A IUD, are low but include the following:

- 1) Bleeding: Menstrual bleeding is sometimes stronger and of longer duration than normal, or is more painful. Iron deficiency anemia may then occur in individual cases. Slight intermenstrual bleeding, often in the form of spotting, may occur but usually subsides spontaneously.
- 2) Pelvic Infection: The risk of pelvic infection (salpingitis), usually requiring removal of the intrauterine device and appropriate antibiotic treatment, may occur and may lead to subsequent infertility. Randomized, controlled studies indicate that any risk of genital tract infection after the first month of IUD use is small. Exposure to sexually transmitted infections (STIs), and not the use of IUD itself, is responsible for PID occurring after the first month of use.
- 3) Pain or Dysmenorrhea: Pain in the lower abdomen or sacral area may occur initially after insertion but usually subsides with time or with analgesic treatment. Pain may be a physiological response to the presence of the device, but the possibility of infection, improper positioning of the device (including perforation and migration), and pregnancy should be excluded. Delayed detection of perforation may lead to IUD migration outside the uterine cavity and/or injury to other adjacent organs, and unintended pregnancy.
- 4) Other: Certain women, in particular nulliparous women, are more susceptible to syncope, bradycardia and other neurovascular episodes during and immediately after insertion or removal of an intrauterine device. Isolated cases of skin reactions have been described in the literature which may be attributable to copper allergy.

PROCEDURE FOR INSERTION

CAUTION

- Do not pick up and use any component that has fallen on the floor or table.
- Do not pour the contents of the pouch in the instrument tray.
- Do not use the white solid rod to measure uterine cavity length.

TIMING OF INSERTION

Verify that the user is not pregnant. The IUD must not be inserted if there is the possibility of pregnancy.

The best time for insertion is during menstruation to prevent insertion during non-diagnosed pregnancy. At this time the external and internal cervical is physiologically dilated. This facilitates the insertion of the IUD without the need to dilate the canal in most instances.

When using the Safe Load T Cu 380A for emergency contraception, the IUD may be introduced within 5 days of unprotected coitus. Insertion immediately after unprotected coitus can increase the risk of PID.

Safe Load T Cu 380A can also be inserted within 15 minutes of delivery of the placenta or abortion in the first trimester. Note that there is a higher rate of expulsion in these instances. If the Safe Load T Cu 380A cannot be inserted immediately after delivery of the placenta or abortion, insertion should be delayed for at least six weeks. In case of caesarean section insertion should be delayed for 12 weeks after delivery.

PREPARING THE USER

Operator should wear sterile gloves and use aseptic technique. He/ She should gently explain to the client what he/she is doing.

Prior to insertion the vagina and cervix should be cleansed with an antiseptic solution.

The cervix should be visualized by means of speculum and its anterior lip grasped with a tenaculum. Gentle traction on the tenaculum will tend to reduce the angle between the cervical canal and endometrial cavity and will greatly facilitate introduction of the uterine sound. The tenaculum should remain on the cervix, throughout the insertion of the Copper T so that gentle traction on the cervix can be maintained.

The uterine sound should then be introduced in the endocervical cavity until it reaches the fundus. As soon as the direction and length of the cervical canal and endometrial cavity have been determined, the Copper T may be prepared for insertion.

C) LOADING THE IUD

Do not open the sterile package or bend the arms of 'T' in to the insertion tube until immediately before it is introduced into the uterus. The Copper T can be prepared for insertion inside the sterile package as per the instructions given below.



Step 1

Place the package on a clean, hard, flat surface with the clear plastic side up. Partially open the package from the end marked OPEN, approximately half way to the blue flange.

Step 2

Through the plastic clear cover, hold the Safe Load by your thumb and index finger. Use your other free hand to push insertion tube with 'T' into the Safe Load as Shown in Fig. 1. Ensure proper bending of horizontal arms of 'T' in the designed profile of Safe Load (Fig.2).

Fig. 1

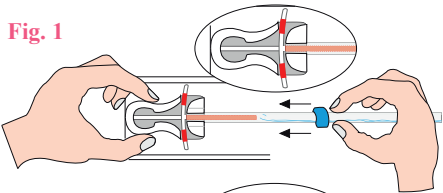
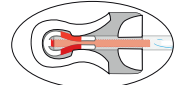


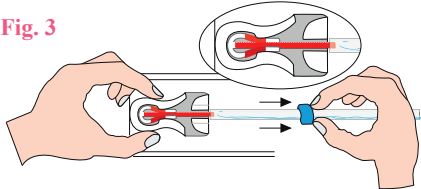
Fig. 2



Step 3

Pull the insertion tube backwards till it comes out of the Safeload (Fig. 3).

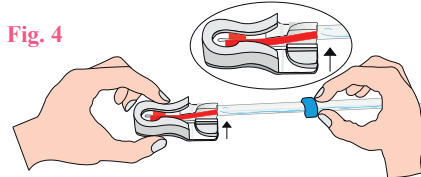
Fig. 3



Step 4

Lift the insertion tube upward (Fig. 4), and push it towards the 'T'. Ensure that both arms fit into the insertion tube.

Fig. 4



Step 5

Turn the tube 90 degrees (either way) and withdraw the insertion tube along with loaded copper T to remove it from the Safeload (fig. 5 & 6).

Fig. 5

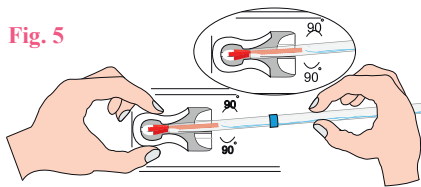
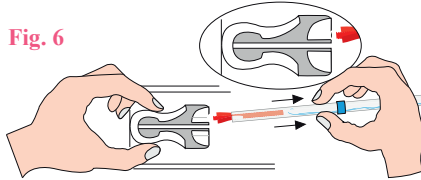
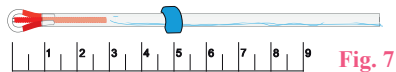


Fig. 6



Step 6

Adjust the movable flange depth gauge using the printed scale on the label or on the tube so that it indicates the depth of the uterus (fig 6 & 7). The flange should be positioned so that it is on the same plane as the arms of the 'T'.



Step 7

The T Cu 380 A is now ready for insertion. Peel the remaining cover of the package and lift the loaded insertion tube just before insertion. Do not let insertion assembly touch any unsterile surface that may contaminate it. (The Safeload with preloaded solid rod is for single use only).

Maximum time the IUD can be in the insertion instrument of 5 minutes.

D) INSERTING THE LOADED T Cu 380A

Step 1

Gently introduce the loaded insertion assembly through the cervical canal and advance upwards until the 'T' lies in contact with the fundus, and flange comes in contact with the cervix. Ensure that the flange is in the horizontal plane as shown in fig. 8.



Fig. 8

Step 2

Holding the white solid rod stationary by one hand withdraw the insertion tube by your free hand not more than 1/2 inch. This release the arms of the 'T' as shown in fig. 9.

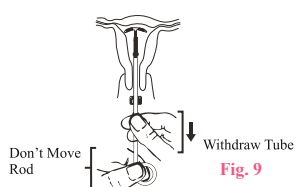


Fig. 9

Step 3

Once the arms have been released, carefully push the insertion tube upwards, towards the top of the uterus until you feel a slight resistance as shown in Fig. 10. This step ensures that the arms of the 'T' are as high as possible in the uterus. Excessive force could cause perforation of the fundus.

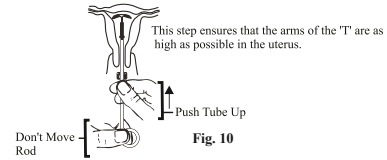


Fig. 10

Step 4

Gently withdraw first the white solid rod (hold the insertion tube stationary while removing the white solid rod), and then the insertion tube from the cervical canal. Cut the threads so that they protrude only 3-4 cm into the vagina as shown in fig. 11

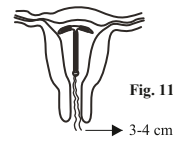


Fig. 11

Step 5

Assist woman from the table slowly (be alert to possible dizziness) and instruct her how and when to check threads. Have her check the threads. Invite questions and instruct about return visit as well as what to do, whom and how to contact for her help if needed.

E) REMOVAL INSTRUCTIONS

Using gentle, "no-touch" (aseptic) technique throughout, perform the following steps to remove IUD:

STEP 1: Give the woman a brief overview of the procedure, encourage her to ask questions, and provide reassurance as needed. Remind her to let you know if she feels any pain.

STEP 2: Put clean/ high-level disinfected gloves on both hands.

STEP 3: Insert a high-level disinfected (or sterile) speculum and visualize the cervix and the IUD strings. If the strings cannot be seen, manage as missing strings.

STEP 4: Thoroughly apply an appropriate antiseptic (e.g., povidone iodine or chlorhexidine) two or more times to the cervix (wiping from inside the os outward) and vagina. If povidone iodine is used, ensure that the woman is not allergic to iodine and wait 2 minutes for the solution to act. Ask her to take slow, deep breaths and relax. Inform her that she may feel some discomfort and cramping, which is normal.

Do not use force at any stage of this procedure. Grasp the strings of the IUD with a high-level disinfected (or sterile) straight artery forceps. Apply steady but gentle traction, gently pulling the strings toward you with the forceps. The device can usually be removed without difficulty. If the strings break off but the IUD is visible, grasp the device with the forceps and remove it. If removal is difficult, do not use excessive force.

ACTIONS TO BE TAKEN DURING DIFFICULTY IN REMOVING

- Attempt a gentle, slow twisting of the IUD while gently pulling.
- Continue as long as the woman remains comfortable.

If the IUD can still not be removed, refer the woman to a specially trained provider who can dilate the cervix.

If there seems to be a sharp angle between the uterus and cervix:

- Place a high-level disinfected (or sterile) volsellum on the cervix, and apply gentle traction downward and outward.
- Attempt a gentle, slow twisting of the IUD while gently pulling.
- Continue as long as the woman remains comfortable.

If the IUD can still not be removed, refer the woman to a specially trained provider.

WARNING & PRECAUTION

Prior to use inspect package for any visible damage or defect.

RISK OF RE-USE

- Loss of sterility & corresponding risk of infection.
- Loss of efficacy due to lesser copper than the designed specification.

On completion of shelf life or on removal after use, dispose the items as per the local regulations governing disposal of non recyclable waste/medical waste.

The sterile Copper T is for single use only and should not be reused.

INCOMPATIBILITIES

- An anatomical abnormality that distorts the uterine cavity might preclude proper IUD placement.
- Incompatibility between the IUD and the uterine cavity can lead to partial or total expulsion, pain, unintended pregnancy, and abnormal or heavy uterine bleeding leading to removal of the device.

MRI COMPATIBILITY:

Radiotherapy or electrotherapy using high frequency current is contraindicated especially when it is applied in the area of the lower pelvis. With regard to use of the continuous low frequency current (ionizations), it appears that it cannot have a harmful effect on women using a copper IUD. The energetic state of copper will not be modified by MRI, therefore the effect of MRI on IUD cannot be estimated. In addition, based on the non ferric characteristic of copper, scintigraphy obtained by MRI is not considered to be impacted by the presence of the IUD.



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