

# COPPER IUD GUIDE 2026

COMPILED BY MAXIMA WOMENS HEALTH

| IUD Brand & Type                              | Typical Duration*                                                                               | Main Features                                                                       | Period Changes                                                                                             | Availability                                                                                |
|-----------------------------------------------|-------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|
| 01 <b>Multiload Cu 375</b><br>Non-hormonal    | Approximately from 3 up to 5 years, commonly used for long-term contraception                   | Copper-bearing, features a polyethylene stem with flexible, serrated side "arms"    | Heavier periods for 3-6 mo, randomised bleeding and increased cramp intensity - it does not stop ovulation | Used in South Africa and may be available through public & private healthcare sectors       |
| 02 <b>Ballerine IUB</b><br>Non-hormonal       | From 3 up to 5 years, commonly used for long-term contraception and sensitive individuals       | Flexible 3D spherical balls, with a frame made of Nitinol (Nickel-Titanium)         | Heavier periods for 2-4 mo, many users report less intense or more tolerable menstrual cramping            | UPDATE: No longer avail. The Ballerine IUB has been withdrawn from the South African market |
| 03 <b>Copper T (TCu 380A)</b><br>Non-hormonal | Up to 10 years, depends on the specific registered product, product needs and clinical guidance | Rigid T-shaped copper frame with a higher copper surface area in the form of a coil | Heavier periods for 3-6 mo, slightly higher risk of initial cramping due to the more rigid-shaped frame    | The most widely used and easily accessible non-hormonal IUD in South Africa                 |
| 04 <b>Other copper IUDs</b><br>Non-hormonal   | Approximately 3–12 years, depending on the brand & product                                      | May differ in shape, size, copper surface area and flexibility                      | Period changes are often seen with all copper IUDs, individual cases vary                                  | Product names and approved durations vary internationally                                   |

\*The duration shown is a general guide. The approved duration can vary by country, product model and whether the IUD is being used for contraception or another clinical purpose. Your healthcare provider can confirm the exact device, expected duration and whether it is suitable for you.