

The IUC: Post-Test

Participant Name _____

Instructions: Circle the letter(s) for all that apply. (Some questions may have more than one correct answer.) Follow specific directions for each section.

Scoring: Score each correct answer by 1. It is recommended that a passing score is 80% and above.

1. Which of the following contraceptive methods are less effective than copper IUC?
 - a. Oral contraceptives
 - b. DMPA
 - c. Female Sterilization
 - d. Contraceptive implants
 - e. All of the above

2. Copper IUC prevent pregnancy primarily by:
 - a. Preventing the fertilized egg from attaching to the uterine lining.
 - b. Interfering with sperm movement.
 - c. Suppressing ovulation.
 - d. Damaging sperm.

3. In counseling a woman about the advantages of the copper IUC, you would inform her that the IUC:
 - a. Is permanent
 - b. Is highly effective
 - c. Has few side effects for most women
 - d. Does not interfere with sexual intercourse
 - e. Is effective in preventing anemia

4. Which of the following conditions are precautions, would indicate that a woman should not have an IUC inserted:
 - a. Pregnancy
 - b. Three or more children
 - c. Has AIDS and is not on antiretroviral therapy
 - d. History of candidiasis
 - e. Retroverted uterus
 - f. Current pelvic infection

5. Prior to IUC insertion, a pelvic exam is performed to:
 - a. Determine uterine position and size

- b. Rule out antelexion
- c. Rule out pregnancy
- d. Rule out presence of infection, masses, and tumors

6. Post-insertion IUC instructions should include:

- a. Client should return for first check up one week after insertion
- b. Client should return for first check up three to six weeks after insertion
- c. Client should return any time she has problems, questions or wants another method
- d. Removal when the IUC has been in place for one year

7. The following are warning signs that you should teach to an IUC client, which indicate that she may be having a problem with her IUC and should seek medical attention:

- a. Cramping with menses
- b. Increased length of menstrual cycle
- c. Missing IUC string
- d. Irregular bleeding or pain every cycle
- e. Unusual vaginal discharge and low abdominal pain

8. IUC clients should be counseled:

- a. Before the insertion
- b. After the insertion
- c. During each follow up visit
- d. All of the above

True or False

Check off either "True" (T) or "False" (F) in the space provided.

- 9. IUC provide protection against sexually transmitted infections. T ___ F ___
- 10. IUC is 99 percent effective in preventing pregnancy. T ___ F ___
- 11. Women can initiate IUC use 24 hours after giving birth. T ___ F ___
- 12. Fertility returns immediately after an IUC is removed. T ___ F ___
- 13. A woman can remove her IUC without the help of a healthcare provider. T ___ F ___
- 14. The chance that an IUC will be expelled from a woman's body increases with her age and number of births. T ___ F ___

15. A physical exam for an IUC client must include abdominal, speculum, and bimanual exams. T ___ F ___
16. If a woman becomes pregnant with an IUC, it should be left in place unless a problem develops. T ___ F ___
17. An IUC can be inserted in a woman who is ovulating. T ___ F ___
18. Following IUC insertion, heavy, yellow vaginal discharge is common. T ___ F ___
19. An IUC may be inserted at any time during the menstrual cycle, if the provider is reasonably certain that the client is not pregnant. T ___ F ___
20. It is better to change all IUC after two years, because leaving them in the uterus for a longer period may lead to development of complications. T ___ F ___

Fill in the Blank

Complete the following sentences with one of these words. (Words may be used more than once.)

- | | | | | |
|-------------|--------------------|--------------------------|-------------------|------------|
| Headaches | Blood clots | Nausea | Ectopic pregnancy | Cramping |
| Perforation | PID | Acne | Infertility | Amenorrhea |
| Anemia | Irregular bleeding | Heavy/prolonged bleeding | Expulsion | Pregnancy |

21. The side effects associated with using an IUC are _____, _____, and _____.
22. Rare complications of IUC use include _____ and _____.
23. Partial or unnoticed expulsion of an IUC can result in _____.
24. One health benefit of IUC use is reduced risk of _____.

*Adapted from: The Training Resource Package for Family Planning, Post Test
 Accessed at <https://www.fptraining.org/>*

