

## About Us

CAPE is a free IUD clinic located in downtown Edmonton on Jasper Avenue. We provide information about birth control and access to IUD products, insertions and follow-up care.

We are an empowerment focused, pro-choice, trauma-informed, LGBTQ+ supportive, feminist, non-profit initiative.



CAPE Clinic



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Free IUD clinic

✉ [cape-health@telus.net](mailto:cape-health@telus.net)

☎ 780-990-9079

[www.cape-health.com](http://www.cape-health.com)

📷 [@capeclinic\\_edmonton](https://www.instagram.com/capeclinic_edmonton)

🐦 [@CAPEClinic\\_YEG](https://twitter.com/CAPEClinic_YEG)

# What is an IUD?

An IUD (Intra Uterine Device) is a small flexible plastic T-shaped device that sits inside of a uterus. There are two types of IUDs: hormonal or copper, both over 99% effective at preventing pregnancy. Hormonal IUDs can be used to reduce period flow. IUDs can easily be removed. Once removed, there is no long term effect on a person's fertility.

For more information or to schedule an appointment, email us at [Cape-health@telus.net](mailto:Cape-health@telus.net)  
Or call us at (780)-990-9079

Check out our website [www.cape-health.com](http://www.cape-health.com)

## Who qualifies for a free IUD?

We provide IUDs at no cost to those who meet our criteria, which includes:

- People on AISH, Alberta Works or NIHB
- Youth under the age of 19
- Those with no active Insurance
- Those who have an annual income less than \$30,000

For those who do not meet any of these criteria, we have alternate programs to assist in getting IUDs at a reduced cost.

## How is an IUD better than other contraceptives?

-IUDs have a life span of at least 5 years. Unlike oral contraceptives, once an IUD is inserted, no further action is needed to prevent pregnancy.

-IUDs are extremely effective at preventing pregnancies: the chance of getting pregnant while using a hormonal IUD is 0.02%, and while using a copper IUD there is a 0.08% chance. It is important to note that IUDs do not protect against STIs. Condoms must be used to prevent contraction of STIs.

-With other forms of hormonal birth control, hormones circulate throughout your body, but with hormonal IUDs, hormones stay within the uterus.

-Hormonal IUDs can be used to alleviate period flow more effectively than oral contraceptives.