

## **SOGC Statement on IUC Self-Removal Trend on Social Media**

The Society of Obstetricians and Gynaecologists of Canada (SOGC) supports reproductive choice for all Canadians. This includes the ability to freely choose, access, and use an individual's contraceptive method of choice, as well as to discontinue a method of contraception.

While there have been reports of women removing their own intrauterine contraceptives (IUCs), the SOGC recommends that individuals who wish to discontinue use of their IUC (or contraceptive implant) visit a health care provider to avoid potential complications that could occur with self-removal, to ensure safe removal, and to discuss future contraceptive choices if desired.

As there is a lot of medical misinformation on social media, the SOGC encourages anyone with questions about their health and contraceptive choices to consult their health care provider. We also remind those creating content for social media to be mindful of the images and information you are sharing and to consider your personal and cyber safety when posting images and videos of yourself.

Timely access to all contraceptive services, including IUC or contraceptive implant insertion and removal should be a priority for health care providers and policymakers.