

Hi there. I'm so sorry you've experienced an IUD expulsion and that there aren't many pieces about it aside from the story I wrote for SELF magazine. I get contacted about my piece almost weekly and I understand people want to know what happened after I attempted a third IUD insertion.

After 2 expulsions of the Paragard IUD, I ended up getting a Kyleena, but the synthetic hormones weren't tolerated well by my body (a ruptured ovarian cyst landed me in the ER and then I kept getting BV--two very common side effects), so I opted to have it removed after a year.

I also found out the Paragard IUD is often expelled by people who haven't already had children; nulliparous peoples' uteruses are slightly smaller than folks who've had kids before and the Paragard is the biggest IUD on the market. It simply doesn't fit for us. :-/

Then, after doing some research, I realized birth control should be my partner's responsibility, not mine, and wrote [this piece](#) for Playboy in response. Also, [this viral Twitter thread](#) completely changed my view on birth control.

I now track my cycle using [this app](#) and use condoms during my fertility window (I highly recommend Unique Condoms, which are far superior to anything I've found in America, which can be found at [UniqueCondom.com](#) or [LuckyBloke.com](#)).

I wish you the best on your journey to find birth control that works for you, and please do not attempt to rely on tracking your cycle as a form of birth control without speaking to a licensed professional first. If you'd like to learn more about the practice, I highly recommend reading the book "Taking Charge of Your Fertility" by Toni Weschler before speaking to a trusted OBGYN.

All my best,
Dana