



What to Expect at Your Appointment?

- Your appointment will take about 15-20 minutes. Placing the IUD usually takes less than 5 minutes.
- You will be given a pregnancy test when you arrive, as we cannot place an IUD if you are currently pregnant.
- We will discuss what type of IUD is best for you, explain each step of the entire procedure, and answer any questions you may have.
- We will share information on what to expect afterwards, and well as what to do when you want to have your IUD removed or replaced.

About Us

CAPE is a free IUD family planning clinic, located downtown on Jasper Avenue. We seek to provide you with information about birth control and family planning, access to IUD products, procedures, and follow up care.

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

To Book Your Appointment

Phone: 780-990-9079

Email: cape-health@telus.net



CAPE

Caring And Providing Empowerment

www.cape-health.com



DynaLIFE
MEDICAL LABS

THE GORDON & DIANE BUCHANAN
FAMILY FOUNDATION



BUCHANANCENTRE

Aiding Others Through Supportive and Sustainable Projects



**FREE IUD CLINIC
LONG-LASTING
REVERSIBLE
BIRTH CONTROL**

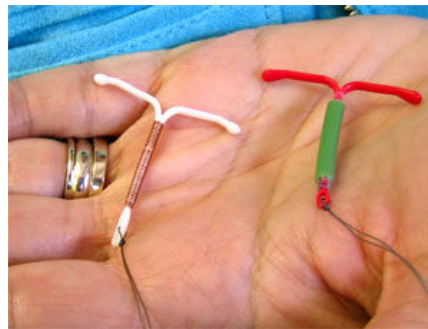
**IMAGINE THE
FREEDOM TO
CHOOSE**

Why would I choose an IUD over other types of birth control?

- You want safe, effective, long lasting contraception
- You worry about being able to renew a birth control prescription
- You find it hard to remember to take a birth control pill at the same time every day
- You worry about the hormones in birth control pills
- You don't always have the option of using a condom
- You want to control or eliminate painful or heavy periods
- You want easily reversible birth control that will not harm your future fertility—your IUD may be easily removed whenever you wish
- With an IUD, you may choose not to become pregnant for up to 5 years!

What is an IUD?

- An IUD (Intra Uterine Device) is over 99% effective at preventing pregnancy, for up to 5 years!
- It is a small, flexible plastic device that uses either copper or hormones to prevent pregnancy when placed inside the uterus



- IUDs can be easily removed at any time, followed by a quick return to your normal fertility. They do not cause damage to future fertility
- It is important to know that any medical procedure or contraceptive can have risks or side effects. We will provide you with this information, and answer all your questions, so you can be sure that you are making an informed best choice for yourself.

Who can get a free IUD?

We believe every woman has the right to decide when she wants to have her family...in her own time.

CAPE will fully fund your IUD if you are a:

- Youth < 19 years old
- Newcomers to Canada < 18 months
- Low income with no active private insurance

You also qualify for IUD coverage if you are with:

- NIHB
- AISH
- Alberta Works

*In order to support our most vulnerable community members:

- you do not need to have a mailing address
- you do not need to have your Alberta Health Care card with you