



Media release

For immediate issue

TikTok a bad influence when it comes to contraception

Sexual health advocates are concerned about a growing trend of misinformation about sexual and reproductive health, including the DIY removal of intrauterine devices, on the TikTok social media platform.

Family Planning Victoria Chief Executive Officer Claire Vissenga says there has been a significant rise in the popularity of videos promoting the backyard removal of contraception methods, such as the intrauterine device (IUD).

An IUD is a small device inserted into the uterus (womb) to prevent pregnancy and sometimes to control periods and period pain.

“It is imperative that IUDs are removed by a GP, nurse or medical professional,” Claire says.

“If not done by a trained medical professional, pulling an IUD through the cervix can cause pain and may make a person faint.

“A trending TikTok video has already collected more than 178,000 likes, with no signs of slowing in popularity.”

Family Planning Victoria Family Planning Victoria Medical Director Doctor Kathleen McNamee says that DIY removal is likely to fail with unpleasant consequences.

“Statistics show that 80% of do-it-yourself IUD removals fail, resulting in a visit to already overcrowded emergency rooms or GP clinics.

“Not all IUDs are created equally. Some require careful traction on the thread using a special instrument for removal. If you pull too hard, the thread can snap off, making it a more complicated procedure.

“We are concerned that if the person dislodges the IUD in a failed attempt, it could no longer be effective as a contraceptive method and result in an unwanted pregnancy.

“For any questions or concerns about your sexual health and fertility management, please don’t scroll your phone. Go and see your GP or Family Planning Clinic.

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“The IUD removal process is generally quick and is easily performed by medical professionals using specialised equipment.

“Taking the procedure into your own hands could create unintended consequences.”

-ENDS-

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A samples video is here: <https://www.tiktok.com/@mikkiegallagher/video/6938561339652672773?lang=en>

About Family Planning Victoria:

Family Planning Victoria is a leading provider of reproductive and sexual health care, education and advocacy. Governed by a voluntary board of directors, Family Planning Victoria has provided services to the Victorian community for over 50 years and remains an independent, not-for-profit, all-choice organisation. Our vision is to improve reproductive and sexual health and wellbeing for everyone in Victoria and beyond.

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