

**INTRAUTERINE SYSTEMS, IUD INSERTION DEVICES,
AND RELATED METHODS AND KITS THEREFOR**

CROSS-REFERENCE

[0001] This application claims the benefit of U.S. Utility Application 13/539,843 filed July 2, 2012, which claims the benefit of U.S. Provisional Application No. 61/506,434, filed July 11, 2011, which application is incorporated herein by reference.

BACKGROUND OF THE INVENTION

[0002] Field of the Invention: The disclosure relates to intrauterine systems, intrauterine devices (IUDs), insertion devices, methods of use, and kits therefor.

[0003] Background of the Invention: An intrauterine device (IUD) is an object that, when placed in the uterus of a female, acts as a birth control device to prevent pregnancy. Two types of IUDs are commonly available, copper-containing devices and hormone-containing devices that release a progestogen. Hormonal containing devices are considered to be a different form of birth control and are may be distinguished in the literature by the term intrauterine system (IUS).

[0004] Copper IUDs work by negatively affecting the mobility of sperm and preventing the sperm from joining an egg. Additionally, the foreign copper body positioned within the uterus also irritates the lining of the uterus and uterine wall making it difficult for an embryo to plant in the wall if the egg is fertilized by the sperm. IUS devices, such as the hormonal IUD Mirena® (marketed by Bayer) reduce or prevent menstrual bleeding. The Mirena® device releases levonorgestrel (a progestogen).

[0005] A variety of shapes and sizes have been previously disclosed for IUD devices. See, for example, U.S. Patent **3,407,806** to Hulka et al for *Contraceptive Intra-Uterine Devices* issued October 29, 1968; **3,902,483** to Place et al. for *Intrauterine Device with Locator Means for Indicating Uterine Position of Device* issued September 2, 1975; **4,372,302** to Akerlund for *Instrument for Retrieval of Retracted Threads of Intrauterine Contraceptive Devices* issued February 8, 1983; **3,973,217** to Kosenen for *Intrauterine Contraceptive Device* issued February 10, 1976; **4,353,363** to Sopena Quesada for *Intrauterine Spermicide* issued October 12, 1982; **4,359,046** to Shaw Jr. for *IUD Arrangement* issued November 16, 1982; **4,381,001** to Shaw Jr. for *IUD Arrangement* issued April 26, 1983; **4,495,934** to Shaw Jr. for *IUD Arrangement* issued January 29, 1985; **4,830,025** to Gainutdinova et al. for *Intrauterine Contraceptive Device* issued May 16, 1989; **4,957,119** to de Nijs for *Contraceptive Implant* issued September 18, 1990; **5,088,505** to de Nijs for *Contraceptive Implant* issued February 18, 1992; **6,039,968** to Nabahi for *Intravaginal Drug Delivery Device* issued March 21, 2000; **7,862,552** to McIntyre et al. for *Medical Devices for Treating Urological and Uterine Conditions* issued January 4, 2011; and U.S. Patent Publications **2005/0045183 A1** to Callister et al. for *Methods and Devices* issued March 3, 2005.

[0006] IUDs are typically inserted using an insertion device or instrument. *See, for example*, U.S. Patent **3,783,861** to Abramson for *Insertor for Intrauterine Devices* issued January 8, 1974; **3,794,025** to Lerner for *Intrauterine Device Saddle Insertor* issued February 26, 1974; **4,920,727** to Ristimäki et al. for *Cassette System and Apparatus for Manufacturing an Active Agent Liberating Capsule for Subcutaneous Use* issued May 1, 1990; **4,949,732** to Spoon et al. for *Apparatus for Insertion and Fixation of an Intra Uterine Contraceptive Device to the Uterine Fundus* issued August 21, 1990; **5,084,004** to Ranoux for *Process for Intra-Uterine Fertilization in Mammals and Device for Implementation Thereof* issued January 28, 1992; **5,370,129** to Diaz et al. for *IUD Inserting Apparatus* issued December 6, 1994; **5,400,804** to Helle et al. for *Method and Equipment for Installing a Medicine Capsule on a Support* issued March 28, 1995; **5,785,053** to Macandrew et al. for *Insertor for the Positioning of an Intrauterine Device* issued July 28, 1998; .

[0007] Other references of interest in the IUS and IUD field include, for example, U.S. Patent **6,056,76** to Markkula et al. for *Elastomer, Its Preparation and Use* issued May 2, 2000; **6,063,395** to Markkula et al. for *Drug Delivery Device Especially for the Delivery of Progestins and Estrogens* issued May 16, 2000; **6,103,256** to Nahabi for *Intravaginal Drug Delivery Device* issued August 15, 2000; **6,117,442** to Markkula et al. for *Drug Delivery Device, Especially for the Delivery of Androgens* issued September 12, 2000; and U.S. Patent Publication **US 2008/0095825 A1** to LaFont for *Method for Making a Reservoir Containing an Active Substance Diffused through the Reservoir and Installation Therefor* published April 24, 2008.

[0008] Conventional insertion devices used with IUDs (which includes devices used for IUSs) can cause pain and even loss of consciousness to a patient during the insertion procedure as a result of induction of a vagal reflex response. Conventional insertion devices lack smooth operability and exhibit issues with ease of use. Thus, there exists a need for an insertion device adaptable and configurable for use with IUDs and related methods and kits which reduce patient pain and trauma during the insertion procedure and provides a simple, high-quality, easy-to-use, smoothly operating, economical solution.

SUMMARY OF THE INVENTION

[0009] An aspect of the disclosure is directed to insertion devices comprising: an elongated sheath having a proximal end and a distal end and a lumen extending between the proximal end and the distal end; an elongated inner member having a proximal end and a distal end disposable within the lumen of the elongated sheath; a proximally positioned user interface, wherein the proximally positioned user interface further comprises one or more elongated guides formed at least partially therein and along at least a portion of a length thereof; and a moveable sheath slider in communication with the elongated sheath wherein the moveable sheath slider is adaptable and configurable to securely move within the elongated guide and further wherein the moveable sheath slider controls axial movement of the elongated sheath. The elongated guide is further configurable to comprise one or more motion

control features along the length of the elongated guide. Additionally, the one or more motion control features are selected from the group comprising a hard motion control feature, a soft motion control feature. Moreover, the one or more motion control features comprises at least one force-limiting feature configurable to limit an amount of force applied to the moveable sheath slider. The one or more motion control features are selectable from the group comprising detents, notches, grooves, protrusions, tabs, ridges, flanges, flaps, gates, flexible members, elongated guide contours, and elongated guide curved surface. Additionally, the elongated guide has a length, a width and a depth, and further wherein the elongated guide width is at least one of a variable length along and a staged width selected from two or more of a first width and a second width. The elongated guide can further be configured to have an in-plane profile selected from rectangular, s-shaped, c-shaped, u-shaped, w-shaped, circular, semi-circular, and oval. The sheath slider can also be configured to comprise one or more surface profiles adapted and configured to mechanically complement the one or more motion control features. The one or more surface profiles of the sheath slider are selected from the group comprising one or more of each of non-planar surfaces, curved surfaces, and angled surfaces. Additionally, the housing and the sheath slider further comprises one or more alignment surfaces, wherein the one or more alignment surfaces of the housing is adapted and configured to mechanically complement the one or more alignment surfaces of the sheath. In at least some configurations, a first sheath slider alignment surface aligns with a first housing alignment surface at a first position along the length of the elongated guide. Additionally, the one or more sheath slider alignment surfaces and the one or more housing alignment surfaces are selected from the group comprising a curved surface, an angled surface, a tilted surface and a dimensional surface. The elongated guide can further be configured to comprise one or more cavities on one or more of the proximal end of the elongated guide and the distal end of the elongated guide wherein the one or more cavities are adapted and configured to house at least a portion of the movable sheath slider. In at least some configurations, the devices further comprise a string control slider. The string control slider can be adaptable and configurable to securely move within the elongated guide. Additionally, the elongated sheath slider and the string control slider are adapted and configured to operate at least one of simultaneously and independently within one or more elongated guides. In at least some configurations, the sheath slider and the string control slider are telescopically movable along at least a first portion of the elongated guide, and further wherein the sheath slider and the string control slider are configurable such that at least one of the sheath slider and the string slider partially surrounds the remaining slider. The sheath slider and string control slider are further configurable to comprise one or more vertical surfaces, wherein the one or more vertical surfaces are selected from the group comprising a first sheath slider vertical surface, a second sheath slider vertical surface, a first string control slider vertical surface, and a second string control vertical surface, wherein one or more of the vertical surfaces are configured to form an aligned adjacent surface at one or more positions along the length of the elongated guide. Typically, devices are configurable such that the sheath slider and the string control slider have a

combined width less than or equal to at least one of 0.75 inches (19 mm), 0.7 inches (17.8 mm), 0.5 inches (12.7 mm), 0.35 inches (8.9 mm), or 0.25 inches (6.3 mm). The insertion device is also configurable to receive an IUD within the distal end of the lumen of the elongated sheath further comprising at least one string locking feature adaptable and configurable to secure one or more string components of the IUD. In some configurations the at least one string locking feature comprises one or more of a cleft, a clamp, a wedge, a pincher, a spring, or teeth. In other configurations, the string locking feature comprises a cleft, and the string unlocking feature comprises a movable member which pushes the one or more strings out of the cleft to unlock the one or more strings. The distal end of the elongated sheath is also configurable such that it has an atraumatic tip selected from the group comprising a rounded tip and a tapered tip. The distal end of the elongated sheath has an outer diameter of about 3mm to 5mm. In some configurations, the distal end of the elongated sheath has an outer diameter which is equal to or less than 80%, 50%, 30% of the outer diameter of the proximal end of the elongated sheath. Additionally, the distal end of the elongated sheath is configurable such that it has an outer diameter which is less than the maximum cross-sectional dimension of an IUD positionable within the lumen of the elongated sheath. In at least some configurations, the distal end of the elongated sheath further comprises one or more slits or flaps at the forward end of the sheath. Additionally, one or more feedback mechanisms can be provided which selected from the group comprising audible, visible, and tactile.

[0010] Another aspect of the disclosure is directed to insertion devices comprising: an elongated sheath having a proximal end and a distal end and a lumen extending between the proximal end and the distal end; an elongated inner member having a proximal end and a distal end disposable within at least a portion of the lumen of the elongated sheath; a proximally positioned user interface; and an actuatable sheath control button associated with the proximally positioned user interface in communication with the elongated sheath wherein the actuatable sheath control button is adaptable and configurable to controls axial movement of the elongated sheath wherein the elongated sheath extends distally from the housing, and wherein the sheath control button causes the sheath to proximally retract when the sheath control button is actuated. The elongated guide is further configurable to comprise one or more motion control features along the length of the elongated guide. Additionally, the one or more motion control features are selected from the group comprising a hard motion control feature, a soft motion control feature. Moreover, the one or more motion control features comprises at least one force-limiting feature configurable to limit an amount of force applied to the moveable sheath slider. The one or more motion control features are selectable from the group comprising detents, notches, grooves, protrusions, tabs, ridges, flanges, flaps, gates, flexible members, elongated guide contours, and elongated guide curved surface. Additionally, the elongated guide has a length, a width and a depth, and further wherein the elongated guide width is at least one of a variable length along and a staged width selected from two or more of a first width and a second width. The elongated guide can further be configured to have an in-plane profile selected from

rectangular, s-shaped, c-shaped, u-shaped, w-shaped, circular, semi-circular, and oval. The sheath slider can also be configured to comprise one or more surface profiles adapted and configured to mechanically complement the one or more motion control features. The one or more surface profiles of the sheath slider are selected from the group comprising one or more of each of non-planar surfaces, curved surfaces, and angled surfaces. Additionally, the housing and the sheath slider further comprises one or more alignment surfaces, wherein the one or more alignment surfaces of the housing is adapted and configured to mechanically complement the one or more alignment surfaces of the sheath. In at least some configurations, a first sheath slider alignment surface aligns with a first housing alignment surface at a first position along the length of the elongated guide. Additionally, the one or more sheath slider alignment surfaces and the one or more housing alignment surfaces are selected from the group comprising a curved surface, an angled surface, a tilted surface and a dimensional surface. In at least some configurations, the sheath slider and the string control slider are telescopically movable along at least a first portion of the elongated guide, and further wherein the sheath slider and the string control slider are configurable such that at least one of the sheath slider and the string slider partially surrounds the remaining slider. The sheath slider and string control slider are further configurable to comprise one or more vertical surfaces, wherein the one or more vertical surfaces are selected from the group comprising a first sheath slider vertical surface, a second sheath slider vertical surface, a first string control slider vertical surface, and a second string control vertical surface, wherein one or more of the vertical surfaces are configured to form an aligned adjacent surface at one or more positions along the length of the elongated guide. Typically, devices are configurable such that the sheath slider and the string control slider have a combined width less than or equal to at least one of 0.75 inches (19 mm), 0.7 inches (17.8 mm), 0.5 inches (12.7 mm), 0.35 inches (8.9 mm), or 0.25 inches (6.3 mm). The insertion device is also configurable to receive an IUD within the distal end of the lumen of the elongated sheath further comprising at least one string locking feature adaptable and configurable to secure one or more string components of the IUD. In some configurations the at least one string locking feature comprises one or more of a cleft, a clamp, a wedge, a pincher, a spring, or teeth. In other configurations, the string locking feature comprises a cleft, and the string unlocking feature comprises a movable member which pushes the one or more strings out of the cleft to unlock the one or more strings. The distal end of the elongated sheath is also configurable such that it has an atraumatic tip selected from the group comprising a rounded tip and a tapered tip. The distal end of the elongated sheath has an outer diameter of about 3mm to 5mm. In some configurations, the distal end of the elongated sheath has an outer diameter which is equal to or less than 80%, 50%, 30% of the outer diameter of the proximal end of the elongated sheath. Additionally, the distal end of the elongated sheath is configurable such that it has an outer diameter which is less than the maximum cross-sectional dimension of an IUD positionable within the lumen of the elongated sheath. In at least some configurations, the distal end of the elongated sheath further comprises one or more slits or flaps at the forward end of the sheath. In some configurations, the

sheath control button and the string control button are disposable adjacent to one another on the housing.

[0011] Still another aspect of the disclosure is directed to insertion devices comprising: an elongated sheath having a proximal end and a distal end and a lumen extending between the proximal end and the distal end wherein the distal end of the elongated sheath forms an atraumatic tip selected from the group comprising a rounded tip and a tapered tip; an elongated inner member having a proximal end and a distal end disposable within the lumen of the elongated sheath; and a proximally positioned user interface. The elongated guide is further configurable to comprise one or more motion control features along the length of the elongated guide. Additionally, the one or more motion control features are selected from the group comprising a hard motion control feature, a soft motion control feature. Moreover, the one or more motion control features comprises at least one force-limiting feature configurable to limit an amount of force applied to the moveable sheath slider. The one or more motion control features are selectable from the group comprising detents, notches, grooves, protrusions, tabs, ridges, flanges, flaps, gates, flexible members, elongated guide contours, and elongated guide curved surface. Additionally, the elongated guide has a length, a width and a depth, and further wherein the elongated guide width is at least one of a variable length along and a staged width selected from two or more of a first width and a second width. The elongated guide can further be configured to have an in-plane profile selected from rectangular, s-shaped, c-shaped, u-shaped, w-shaped, circular, semi-circular, and oval. The sheath slider can also be configured to comprise one or more surface profiles adapted and configured to mechanically complement the one or more motion control features. The one or more surface profiles of the sheath slider are selected from the group comprising one or more of each of non-planar surfaces, curved surfaces, and angled surfaces. Additionally, the housing and the sheath slider further comprises one or more alignment surfaces, wherein the one or more alignment surfaces of the housing is adapted and configured to mechanically complement the one or more alignment surfaces of the sheath. In at least some configurations, a first sheath slider alignment surface aligns with a first housing alignment surface at a first position along the length of the elongated guide. Additionally, the one or more sheath slider alignment surfaces and the one or more housing alignment surfaces are selected from the group comprising a curved surface, an angled surface, a tilted surface and a dimensional surface. The elongated guide can further be configured to comprise one or more cavities on one or more of the proximal end of the elongated guide and the distal end of the elongated guide wherein the one or more cavities are adapted and configured to house at least a portion of the movable sheath slider. In at least some configurations, the devices further comprise a string control slider. The string control slider can be adaptable and configurable to securely move within the elongated guide. Additionally, the elongated sheath slider and the string control slider are adapted and configured to operate at least one of simultaneously and independently within one or more elongated guides. In at least some configurations, the sheath slider and the string control slider are telescopically movable along at least a first portion of the elongated

guide, and further wherein the sheath slider and the string control slider are configurable such that at least one of the sheath slider and the string slider partially surrounds the remaining slider. The sheath slider and string control slider are further configurable to comprise one or more vertical surfaces, wherein the one or more vertical surfaces are selected from the group comprising a first sheath slider vertical surface, a second sheath slider vertical surface, a first string control slider vertical surface, and a second string control vertical surface, wherein one or more of the vertical surfaces are configured to form an aligned adjacent surface at one or more positions along the length of the elongated guide. Typically, devices are configurable such that the sheath slider and the string control slider have a combined width less than or equal to at least one of 0.75 inches (19 mm), 0.7 inches (17.8 mm), 0.5 inches (12.7 mm), 0.35 inches (8.9 mm), or 0.25 inches (6.3 mm). The insertion device is also configurable to receive an IUD within the distal end of the lumen of the elongated sheath further comprising at least one string locking feature adaptable and configurable to secure one or more string components of the IUD. In some configurations the at least one string locking feature comprises one or more of a cleft, a clamp, a wedge, a pincher, a spring, or teeth. In other configurations, the string locking feature comprises a cleft, and the string unlocking feature comprises a movable member which pushes the one or more strings out of the cleft to unlock the one or more strings. The distal end of the elongated sheath has an outer diameter of about 3mm to 5mm. In some configurations, the distal end of the elongated sheath has an outer diameter which is equal to or less than 80%, 50%, 30% of the outer diameter of the proximal end of the elongated sheath. Additionally, the distal end of the elongated sheath is configurable such that it has an outer diameter which is less than the maximum cross-sectional dimension of an IUD positionable within the lumen of the elongated sheath. In at least some configurations, the distal end of the elongated sheath further comprises one or more slits or flaps at the forward end of the sheath. Additionally, one or more feedback mechanisms can be provided which selected from the group comprising audible, visible, and tactile. In at least some configurations, the device further comprises one or more motion control features along the length of the elongated guide.

[0012] An additional aspect of the disclosure is directed to kits comprising: an insertion device having an elongated sheath having a proximal end and a distal end and a lumen extending between the proximal end and the distal end; an elongated inner member having a proximal end and a distal end disposable within the lumen of the elongated sheath; a proximally positioned user interface, wherein the proximally positioned user interface further comprises one or more elongated guides formed at least partially therein and along at least a portion of a length thereof; and a moveable sheath slider in communication with the elongated sheath wherein the moveable sheath slider is adaptable and configurable to securely move within the elongated guide and further wherein the moveable sheath slider controls axial movement of the elongated sheath; and an intrauterine device positionable within the distal lumen of the elongated sheath.

[0013] Still other aspects of the disclosure are directed to kits comprising: an insertion device having an elongated sheath having a proximal end and a distal end and a lumen extending between the proximal end and the distal end, an elongated inner member having a proximal end and a distal end disposable within the lumen of the elongated sheath, a proximally positioned user interface, and an actuatable sheath control button associated with the proximally positioned user interface in communication with the elongated sheath wherein the actuatable sheath slider is adaptable and configurable to controls axial movement of the elongated sheath, wherein the elongated sheath extends outward from the housing, and wherein the sheath control button causes the sheath to proximally retract when the sheath control button is actuated, and an intrauterine device positionable within the distal lumen of the elongated sheath.

[0014] Yet another aspect of the disclosure is directed to kits comprising an insertion device having an elongated sheath having a proximal end and a distal end and a lumen extending between the proximal end and the distal end, wherein the distal end of the elongated sheath forms an atraumatic tip selected from the group comprising a rounded tip and a tapered tip, an elongated inner member having a proximal end and a distal end disposable within the lumen of the elongated sheath, and a proximally positioned user interface; and an intrauterine device positionable within the distal lumen of the elongated sheath.

[0015] Still other aspects of the disclosure are directed to methods of using an insertion device comprising: advancing an insertion device having an elongated sheath having a proximal end and a distal end and a lumen extending between the proximal end and the distal end; an elongated inner member having a proximal end and a distal end disposable within the lumen of the elongated sheath; a proximally positioned user interface, wherein the proximally positioned user interface further comprises one or more elongated guides formed at least partially therein and along at least a portion of a length thereof; and a moveable sheath slider in communication with the elongated sheath wherein the moveable sheath slider is adaptable and configurable to securely move within the elongated guide and further wherein the moveable sheath slider controls axial movement of the elongated sheath; actuating the sheath slider; at least one of moving the elongated sheath proximally and advancing the IUD distally; automatically or semi-automatically increasing a radial diameter of the IUD; and releasing the IUD from the insertion device.

[0016] Additional aspects of the disclosure are directed to methods of using an insertion device comprising: advancing an insertion device having an elongated sheath having a proximal end and a distal end and a lumen extending between the proximal end and the distal end, an elongated inner member having a proximal end and a distal end disposable within the lumen of the elongated sheath, a proximally positioned user interface, and an actuatable sheath control button associated with the proximally positioned user interface in communication with the elongated sheath wherein the actuatable sheath slider is adaptable and configurable to controls axial movement of the elongated sheath, wherein the elongated sheath extends outward from the housing, and wherein the sheath

control button causes the sheath to proximally retract when the sheath control button is actuated; actuating the sheath control button; at least one of moving the elongated sheath proximally and advancing the IUD distally; automatically or semi-automatically increasing a radial diameter of the IUD; and releasing the IUD from the insertion device.

[0017] The disclosure also contemplates methods of using an insertion device comprising: advancing an insertion device having an elongated sheath having a proximal end and a distal end and a lumen extending between the proximal end and the distal end, wherein the distal end of the elongated sheath forms an atraumatic tip selected from the group comprising a rounded tip and a tapered tip, an elongated inner member having a proximal end and a distal end disposable within the lumen of the elongated sheath, and a proximally positioned user interface; at least one of moving the elongated sheath proximally and advancing the IUD distally; automatically or semi-automatically increasing a radial diameter of the IUD; and releasing the IUD from the insertion device.

INCORPORATION BY REFERENCE

[0018] All publications, patents, and patent applications mentioned in this specification are herein incorporated by reference to the same extent as if each individual publication, patent, or patent application was specifically and individually indicated to be incorporated by reference.

BRIEF DESCRIPTION OF THE DRAWINGS

[0019] The accompanying drawings, which are incorporated herein and form a part of the specification, illustrate the present invention and, together with the description, further serve to explain the principles of the invention and to enable a person skilled in the pertinent art to make and use the invention.

[0020] **FIGS. 1A-1C** illustrate a conventional IUD insertion device;

[0021] **FIG. 2** illustrates a conventional T-shaped IUD;

[0022] **FIGS. 3A-3E** illustrate positioning of an IUD during the first phase of IUD insertion;

[0023] **FIGS. 4A-4C** illustrate an animation of positioning of an IUD within an insertion device during transition from the first phase (1) to the second phase (2) of IUD insertion, and **FIGS. 4D-4F** illustrate positioning of an IUD within an insertion device during the second phase of IUD insertion;

[0024] **FIGS. 5A-5C** illustrate positioning of an IUD during the third phase of insertion;

[0025] **FIG. 6A** illustrates a top view of an insertion device, and **FIGS. 6B-6D** illustrate details of an insertion device handle, slider, and slot features;

[0026] **FIGS. 7A-7C** illustrate various slot features and configurations suitable for incorporation into an insertion device handle;

[0027] **FIG. 8A** illustrates a top view, and **8B** illustrates a side view of an insertion device; **FIG. 8C** illustrates an exploded view of the device of **FIGS. 8A-8B**, showing individual components and a

method of assembling the device; **FIGS. 8D-8F** show a side view of the device with slider in different positions;

[0028] **FIGS. 9A and 9B** illustrate position control features of an insertion device;

[0029] **FIG. 10A** illustrates perspective view of an insertion device; **FIG. 10B** illustrates a top view, and **FIG. 10C** illustrates a side view of an insertion device shown in **FIG. 10A**. **FIGS. 10D-10F** illustrate operational positioning of the insertion device during a first, second, and third phase of an IUD insertion procedure;

[0030] **FIG. 11** illustrates an insertion device having multiple sliders;

[0031] **FIG. 12A** illustrates a top view and **FIG. 12B** illustrates a side view of an insertion device;

[0032] **FIG. 13A** illustrates a top view and **FIG. 13B** illustrates a side view of an insertion device with telescoping sliders;

[0033] **FIG. 14A** illustrates a top view and **FIG. 14B** illustrates a side view of an insertion device with telescoping sliders;

[0034] **FIGS. 15A-15C** illustrate an operational positioning of an insertion device comprising telescoping sliders during the first, second, and third phases of the IUD insertion procedure;

[0035] **FIGS. 16A-16C** illustrate an insertion device having a position control feature including a crank system;

[0036] **FIGS. 17A-17C** illustrate an insertion device having a position control feature including a crank system;

[0037] **FIGS. 18A-18B** illustrate an insertion device having a position control feature including a gear system;

[0038] **FIGS. 19A-19B** illustrate an insertion device having a position control feature including a gear and ratchet system;

[0039] **FIG. 20A** illustrates a top view, and **FIGS. 20B-20D** illustrate cross-sectional side views, of actuatable, telescoping control buttons for controlling components of the insertion device;

[0040] **FIG. 21A** illustrates a top view, and **FIGS. 21B-21D** illustrate cross-sectional side views, of actuatable, side-by-side control buttons for controlling components of the insertion device;

[0041] **FIGS. 22A-22C** illustrate cross-sectional side views illustrating a mechanism of action of a actuatable sheath position control button;

[0042] **FIGS. 23A-23E** illustrate various IUD position control features of the insertion device plunger and sheath;

[0043] **FIGS. 24A-24G** illustrate various aspects of the elongated sheath of the insertion device and atraumatic sheath tip;

[0044] **FIGS. 25A-25B** illustrate various string locking features;

[0045] **FIGS. 26A-26E** illustrate various string control features, including string locking and string unlocking features;

[0046] FIGS. 27A-27C illustrate various string control features, including string locking and string unlocking features;

[0047] FIG. 28 illustrates an example aspect of an insertion device including string control features;

[0048] FIGS. 29A-29D illustrate various string control features, including string locking and string unlocking features, as well as sheath alignment features;

[0049] FIGS. 30A-30B illustrate indication features of the insertion device;

[0050] FIGS. 31A-31B illustrate features of the insertion device sheath, including IUD loading features and methods; and

[0051] FIGS. 32A-32B illustrate IUD loading features and methods.

DETAILED DESCRIPTION OF THE INVENTION

I. Insertion Procedure

[0052] Conventional intrauterine insertion devices include an inserter or insertion device such as the device shown in FIGS. 1A-1C, which includes a sheath 132 having a proximal end and a distal end and a lumen extending between the proximal end and the distal end for housing the IUD, a plunger 134 for pushing the IUD through the sheath, and user interface such as a handle 135 for holding the insertion device. The device shown in FIGS. 1A-1C requires a two-handed procedure, whereby the operator holds the handle 135 in one hand and the sheath 132 in another hand.

[0053] As will be discussed in more detail below, in contrast to conventional insertion devices, such as depicted in FIG. 1, the insertion devices of the present disclosure are configured to house an IUD during the insertion procedure and is further configured to aid in positioning the IUD during the insertion procedure as well as advancing the IUD from the insertion device into a patient's uterus. The insertion device is adaptable and configurable for insertion of a variety of IUDs configurations.

[0054] The insertion devices can, for example, be used with a T-shaped IUD 202, such as the IUD as shown in FIG. 2. IUDs typically have a length of from about 31.90 mm to about 32.22 mm and a width of from about 31.81 mm to about 32.13 mm when the IUD is in the fully deployed position. As will be appreciated by those skilled in the art, the length does not include the knot or strings that may accompany the IUD. The T-shaped IUD comprises an elongated body 204 having a proximal end 10 and a distal end 20. The elongated body 204 can include a coating such as a time-release drug or hormone. The elongated body can be formed from any suitable material, including, but not limited to plastic or copper. At the distal end 20 of the IUD (i.e., the end positioned away from the physician's hand), arms 206a, 206b are attached to or integrally formed with the elongated body 204. The arms 206a, 206b are configurable to fold upward *u* or downward *d* to minimize the IUD cross-section such that the IUD can fit into an insertion device sheath or tube for insertion through the cervix and into the uterus. Additionally, either or both of the arms 206a, 206b are configurable to include an enlarged or bulbous tip 208a, 208b, which can, for example, have a curved, spherical or semi-spherical shape. The tips 208a, 208b of the arms 206a, 206b can be formed such that the arms, when

folded upward and pushed together, form a smooth and rounded distal tip, for example, as shown in **FIGS. 3B-3C** and described below. At the proximal end of the IUD **10**, the IUD can further include one or more strings **210a**, **210b** attached to the IUD. The strings are connectable to the IUD at a connection point **211**, e.g., tied in a knot as illustrated.

[0055] Although the insertion device is generally described herein with regard to a T-shaped IUD such as the IUD shown in **FIG. 2**, it should be noted that the insertion devices of the present disclosure are adaptable to facilitate insertion of other IUD configurations, as would be appreciated by a person of skill in the art. Moreover, insertion device operation and IUD insertion procedures can include any number of steps corresponding to a desired IUD position. In addition to the features described below, the insertion devices of the present disclosure include IUD position control features which may be advantageous for insertion of IUDs having a variety of configurations. For example, while the IUD insertion procedure described below refers to a three-phase procedure corresponding to three different IUD positions, the insertion device operation procedure can include less than three or more than three steps. Accordingly, the insertion devices can include any number of position control features corresponding to the desired IUD positions. The insertion device of the present disclosure can be used with various conventional IUDs available on the market, including such devices as the T-frame LNG-20 IUD, marketed as Mirena® by Bayer®, as well as the Neo-Safe CuT 380A™ available from Mona-Lisa™.

[0056] Insertion device disclosed herein are configurable to operate according to procedural steps which generally mimic commonly known and used procedures for IUD insertion. However, the insertion device of the present disclosure includes improvements in device structure and operation. In another aspect of the disclosed devices, procedural steps for IUD insertion include: (i) pre-insertion insertion device preparation procedures, (ii) a first phase of IUD insertion (also referred to herein as phase 1, position 1, or step 1), (iii) a second phase of IUD insertion (also referred to herein as phase 2, position 2, or step 2), (iv) a third phase of IUD insertion (also referred to herein as phase 3, position 3, or step 3), and (v) post-insertion procedures.

[0057] Pre-insertion insertion device preparation procedures can include loading an IUD, such as the IUD illustrated in **FIG. 2**, into an insertion device, aligning the IUD in-plane with a patient, positioning the IUD in a correct longitudinal position along the length of a sheath of the insertion device, and locking the IUD into a position for insertion. Such pre-insertion insertion device preparation procedures are described in further detail below.

[0058] **FIGS. 3A-3D** illustrate positioning of an insertion device **300** during a first phase of IUD insertion according to an aspect of the present disclosure. The insertion device **300** is sized and configured for positioning within a uterus, having a tube length (or working length) of from 15 cm to 25 cm, and a diameter of 3mm to about 5 mm. A distal end **20** of sheath **332**, having a proximal end and a distal end and a lumen extending between the proximal end and the distal end, is advanced through a cervical canal (not shown) such that the sheath **332** protrudes slightly into the uterus, as

illustrated in **FIG. 3A** using a demonstrator representing human anatomy. The IUD **302** is not yet deployed and remains within the sheath **332**. The IUD hands **308a**, **308b** may be partially deployed to create a rounded shape at the distal tip **20** of the insertion device **300**, as shown in **FIG. 3B**, while the elongated body **304** of the IUD remains within the sheath **332**. Alternatively, in aspects where the insertion device sheath **332** or other feature provides a rounded distal tip, the IUD arms **306a**, **306b** are encasable by sheath **332**, as shown in the cross-section taken along the lines B-B in **FIG. 3B** and shown in **FIG. 3C**. The distal end **20** of the sheath **332** is configurable such that it forms a rounded tip which can flare open when the IUD positioned within the sheath is advanced beyond its distal end (e.g., has an aperture of a first diameter when the IUD is fully positioned within the sheath, and an aperture of a second, larger, diameter when the IUD is advanced distally beyond the tip of the sheath).

[0059] **FIG. 3D** shows another cross-section taken along the lines D-D in **FIG. 3B** of the insertion device **300**. As can be seen in this illustration when the IUD **302** is positioned fully within the sheath **332**, the distal **20** tip has an aperture **331** with a diameter **d1** that is smaller than the diameter **d2** of the IUD **302**. **FIG. 3E** illustrates a view down the barrel of the device taken from the view E-E in **FIG. 3B** of the insertion device **300**, during a first phase of IUD insertion according to an aspect of the present disclosure. Aperture **331** has a diameter **d1** that is smaller than the diameter **d2** of the sheath **332**. The IUD **302** is rotatable *r* in-plane about longitudinal axis *x* as shown in **FIG. 3D**, such that the IUD arms or similar features of the IUD will deploy in-line with respective openings of the patient's fallopian tubes.

[0060] **FIGS. 4A-4C** depict a cross-section of the IUD **402** in combination with an insertion device **400** during transition from a first phase (1) to a second phase (2) of IUD insertion, along cross-section D-D of **FIG. 3B**. As illustrated in **Fig. 4c** the arms **406a**, **406b** of the IUD **402** have been advanced distally (i.e., towards the distal end **20**) and out of the sheath **432**, which has a proximal end and a distal end and a lumen extending between the proximal end and the distal end, which allows the arms **406a**, **406b** to extend radially away from a central axis *x*. **FIGS. 4D-4F** illustrate positioning of an insertion device **400** during a second phase of IUD insertion. In phase 2, the IUD **402** is partially deployed from the sheath **432** as shown in **FIG. 4B**.

[0061] Turning now to **FIGS. 4D-4F**, the IUD **402** is partially deployed such that the elongated body **404** of the IUD **402** remains positioned within the sheath **432**, and the arms **406a**, **406b** deploy from the sheath **432** and unfold to extend outward from the elongated body **404** of the IUD **402**. As shown in **FIG. 4E**, the insertion device **400** is extended distally into the uterus (not shown) until a flange **433** reaches a set distance from an external orifice **422** of the cervix **420**, and the IUD is partially deployed from the insertion device sheath **432** into the uterus (not shown). A clinician operating the insertion device can, during use, maintain a position shown in **FIG. 4E** for a period of time, e.g., 10-25 seconds, and more often 15 seconds, to ensure that the IUD arms **406a**, **406b** are fully unfolded or expanded to the desired position or configuration. Subsequently, as shown in **FIG. 4F**, the insertion device **400** is advanced distally until the flange **433** reaches the external orifice

of the cervix (not shown), whereby the IUD arms *406a*, *406b* contact the fundus *416* of the uterus (not shown).

[0062] FIGS. 5A-5C illustrate positioning of an IUD *502* during a third phase of an insertion procedure. As shown in FIGS. 5A-5B, the IUD *502* is completely deployed from the insertion device (not shown) into the uterus *514*, and the IUD strings *510* extend from the uterus *514*, through the cervix *520*, and into the vagina *524*, as shown in FIG. 5B. FIG. 5B provides a planar view showing a detailed illustration of the relevant female anatomy, including the uterus *514*, fundus *516*, openings of the fallopian tubes *518a*, *518b*, cervix *520*, cervical canal *521*, external orifice *522* of the cervix *520*, and internal orifice *523* of the cervix *520*.

[0063] Upon completion of the IUD insertion phase, post-insertion procedures are performed, such as removal of the insertion device sheath from the patient and trimming the IUD strings to an appropriate length for a particular patient.

[0064] The insertion devices of the present disclosure demonstrate improved device structure and operation technique, as well as increases the ease of operability. The insertion devices of the present disclosure are configured to reduce pain and trauma suffered by patients during the IUD insertion procedure. Most women have a cervix which varies in diameter of the opening from about 1 to about 3 millimeters. The size and shape of the cervix varies widely with the patient's age, the patient's hormonal state, and whether the patient has born a child via vaginal birth. However, the IUD and insertion device typically have a diameter larger than the diameter of the cervical canal, especially at the external orifice and internal orifice of the cervix or uterus. Such a mismatch between the diameters of the cervix and insertion device creates a resistive pathway for IUD insertion which can hinder proper insertion of the IUD and result in a traumatic insertion for the patient. Diameters of IUDs and traditional insertion devices are large compared to the typical female human cervical canal into which the IUD and applicator are inserted during the IUD insertion process. As will be appreciated by those skilled in the art, traumatic IUD insertion procedures can cause a variety of adverse side effects including, but not limited to, bleeding, intense pain, and an adverse vasovagal response, which can result in fainting or seizure.

[0065] Pain during the IUD insertion procedure is reduced by the structure and operation of the insertion device, as well as by the ease of operability of the insertion device. Traumatic insertion can result from difficulties in operating the IUD insertion tool, malfunctioning of the insertion device, improper IUD positioning during insertion, operator error, and inherent design features of the insertion device itself. The insertion devices of the present disclosure are configured to reduce resistance and friction during the IUD insertion process. The insertion devices are configurable to operate smoothly, quickly, steadily, easily, and in a highly controlled and consistent manner, thereby reducing trauma to the patient during insertion and deployment of the IUD.

[0066] The present disclosure provides insertion device structures and operation which controls the position of the IUD during various phases of the insertion procedure. Traditional insertion devices do

not provide a reliable mechanism to position the IUD and maintain appropriate IUD positioning throughout the insertion procedure. Securing the IUD in the proper location during multiple stages of insertion is important for proper and painless insertion. Improper IUD positioning such as misalignment and premature or late deployment of the IUD can cause unsuccessful and painful insertion. The present disclosure provides improved position control through the use of position control features for control of both in-plane and longitudinal alignment of the IUD during the insertion procedure. In an aspect of the disclosed devices, the insertion device further includes position control feedback or signal features to provide verification and assurance of proper IUD positioning.

II. IUD Position & Alignment Control

[0067] The insertion devices of the present disclosure are configurable to exhibit a high degree of control and accuracy of the position of an IUD during an IUD insertion procedure. It is important to control the positioning and alignment of the IUD with a high degree of accuracy during the IUD insertion procedure. For example, in the IUD insertion procedure illustrated in **FIGS. 3-5** and discussed above, it is important to control the longitudinal position of the IUD, in-plane alignment of the IUD, and cross-section of the IUD and insertion device sheath.

[0068] As discussed above, the IUD **302** is rotatable r in-plane about longitudinal axis x as shown in **FIG. 3D**, such that the IUD arms or similar features of the IUD will deploy in-line with respective openings of the patient's fallopian tubes **518a**, **518b**, as shown in **FIG. 5B**, to achieve an in-plane alignment. Generally speaking, when an IUD is in an in-plane alignment the IUD is laid flat, or substantially flat, within a plane defined by the openings of fallopian tubes **518a**, **518b** and cervical canal **521**, such as the coronal plane shown x - y in **FIG. 5B**. The IUD arms **506a**, **506b**, or the like functional feature for a non-T-shaped IUDs, will be positioned near the openings of the fallopian tubes **518a**, **518b** when the IUD is deployed. The proximal end of the IUD elongated body **504** is proximate to the internal orifice **523** of the cervix, and the IUD strings **510** extend proximally from the IUD **502** into the vagina **524**.

[0069] In phase 1 of insertion, as shown in **FIGS. 3A-3E**, the IUD **302** is positioned within a delivery device **300** such that the IUD **302** will not prematurely deploy but will deploy readily during the transition to phase 2. The cross-section of a distal end **20** of the insertion device **300** is configurable such that it presents a minimal diameter along a longitudinal portion of the insertion device that is inserted into a patient's cervix and uterus, and the distal tip **301** of the insertion device **300** is further configurable to present a distal end that is rounded or curved, smooth, and free of blunt or abrupt features. The use of a rounded distal tip which is free of blunt or abrupt features reduces or eliminates harm or trauma to the patient and reduces any impediment to smooth insertion of the insertion device through the cervical canal and into the uterus. The IUD **302** is preferably deployed into the uterus having in-plane alignment such that the deployed IUD will be substantially in, for example, a coronal plane as discussed above.

[0070] Position Control Features

[0071] The present disclosure describes insertion devices comprising one or more features for controlling a longitudinal position of an IUD throughout various phases of the IUD insertion procedure. The insertion devices are adaptable and configurable to include an IUD insertion device comprising an elongated inner member and an elongated sheath at least partially encasing or surrounding the elongated inner member, wherein the inner member and sheath are configurable to engage in translation movement relative to one another along the longitudinal axis. The IUD insertion devices moreover can accommodate a variety of IUD configurations.

[0072] The elongated sheath of the insertion device houses the IUD during the insertion procedure and has a narrow sheath tip cross-section at its distal end such that the distal end of the sheath and IUD housed therein will fit through the cervix during insertion of the insertion device into the uterus. In at least some configurations, the distal 1mm to 2mm of the tip of the tube is tapered from its maximum diameter (e.g., 3-5mm) to a value at the distal most portion that is about 50-90% of the diameter (e.g., a diameter from about 2.4 mm to about 4.4 mm). The insertion device sheath tip is configured to compress an IUD positioned within the sheath along the elongated or longitudinal axis of the IUD by confining the IUD within a narrow sheath opening. In at least some configurations, the insertion device sheath is an elongated member which is hollow, such as an elongated hollow cylinder or tube, along at least a portion of its longitudinal length. The elongated sheath of the insertion device is further configurable to be flexible enough to allow the sheath to be moldable or conformable to each patient's unique anatomy, yet strong and rigid enough to prevent collapsing or undesired movement during the insertion procedure. Suitable materials for the insertion device sheath include biocompatible materials such as plastic or thermoplastic polymer including, for example, polyethylene or polypropylene.

[0073] The elongated inner member fits at least partially within the cavity or opening of the sheath, and thus, the elongated inner member is at least partially encased or surrounded by the sheath, whereby the inner member can glide within the sheath along a longitudinal axis without undesired friction. The elongated inner member can be a rod, sheath, or any elongated member capable of translating the IUD along a longitudinal axis during the IUD insertion procedure. The elongated inner member, or plunger, is typically configured such that it is flexible enough to allow the plunger to take the shape of the elongated sheath once molded or conformed to an individual patient's anatomy. Suitable materials for the insertion device sheath includes biocompatible thermoplastic polymers such as polyethylene or polypropylene. In an aspect of the disclosed devices, at least a portion of the plunger is hollow to provide a pathway for one or more string components of the IUD to pass.

[0074] The translational movement of the elongated inner member and insertion device sheath relative to one another along a longitudinal axis allows for translational movement of the IUD relative to the insertion device sheath and/or elongated inner member along the longitudinal axis. The IUD

and inner member typically do not translate along the longitudinal axis relative to one another. Additionally, the insertion device sheath and IUD typically translate relative to one another along the longitudinal axis during the IUD insertion procedure, whereby the insertion device sheath is pulled proximally (withdrawn) from the uterus and cervix while the IUD remains deployed in the uterus.

[0075] As will be appreciated by those skilled in the art, the insertion devices are configurable such that the elongated inner member can be pushed or extended distally (toward the patient and away from the operator) to deploy the IUD or withdrawn or extended proximally (away from the patient and towards the operator). Thus, for example, the sheath can be withdrawn proximally and/or the elongated inner member can be extended distally to deploy the IUD.

[0076] In some configurations, the plunger is configurable such that it remains stationary during the insertion procedure and only the sheath is retracted. In other aspects, the sheath is configurable to remain stationary and only the plunger is advanced distally. In still other aspects, the insertion device includes one or more of sheath and plunger position control features which allow movement of both the sheath and the plunger, either simultaneously or at different times and either the same distance or different distances. For example, in step 1, the insertion device is advanced distally through the cervical canal and into the uterus. In step 2, the position control feature pushes the plunger distally slightly to deploy the IUD arms. Optionally, the position control feature then moves both the plunger and sheath distally so that the arms of the IUD approach the fundus of the uterus (i.e., the top portion opposite the cervix). In step 3, either the sheath is retracted and the plunger is advanced distally, or the sheath alone is retracted proximally.

[0077] The insertion devices of the disclosure are further adaptable and configurable to include a handheld IUD insertion device further comprising an elongated inner member, an elongated sheath at least partially encasing or surrounding the elongated inner member, and at least one control feature which controls the translational movement of the elongated inner member and the elongated sheath relative to one another along a longitudinal axis.

III. Slider Controls

[0078] In an aspect of the insertion devices of the present disclosure, as illustrated in **FIGS. 6A-6C**, the insertion device **600** having a proximal end **10** and a distal end **20**, comprises a handheld insertion device, comprising an elongated inner member (plunger) **634**, an elongated sheath **632**, an interface such as user interface or handle **635**, and a slider **642** for actuating or controlling the translational movement of the elongated sheath **632** and the elongated inner member **634** relative to one another along their longitudinal axes. The insertion device handle **635** provides a housing for insertion device parts such as the proximal end **10** of the sheath **632**, the proximal end of the plunger **634**, and slider **642**. The handle **635** is further configurable to enable an operator to engage the handle **635** when operating the insertion device **600**. The handle **635** is configurable to include an elongated guide (slot, channel, slider track or slider window) **640**. Elongated guide **640** is adaptable and configurable to provide a guide or channel (e.g., u-shaped channel, or a channel having a lower

surface, and two side walls) along which the slider **642** can move or glide during operation. Slider **642** is configurable such that it physically attaches to the elongated sheath **632** and directly controls the longitudinal location and translational movement of sheath **632** in at least one of a proximal and distal direction relative to elongated inner member **634** and the IUD (not shown). In operation, an operator's finger, or, more preferably, thumb, moves the slider **642** along the elongated guide **640**.

[0079] The slider and elongated guide system is configurable to enable the user to control IUD positioning during the insertion procedure. As shown in **FIG. 6B**, slider **642** is located in a distal-most starting position during step 1 of the insertion procedure. In step 2, the user moves the slider **642** along elongated guide **640** to a second position (not shown). In step 3, the user moves the slider **642** along the elongated guide **640** to a third position (not shown). Typically, the slider **640** is positioned in a distal position and then moved proximally for steps 2 and 3.

[0080] As described above, preserving a smooth, rounded, and low profile tip of the insertion device, as shown in **FIGS. 3A-4A**, reduces pain and prevents premature deployment of the IUD from the insertion device. Maintaining a proper IUD position and controlling the positions of the IUD, the elongated sheath of the insertion device, and the elongated inner member of the insertion device during insertion process can also alleviate other issues that can arise during the insertion procedure, such as management of the IUD strings. In addition to the slider and elongated guide system described above, the insertion devices of the present disclosure are further configurable to include one or more additional features to improve IUD position control.

[0081] In another aspect of the disclosed devices, the slider, elongated guide, and/or housing are adaptable and configurable to include one or more position control features which can ensure that the slider is maintained at the proper location in each of the phases of the insertion procedure, such as the positions shown in **FIGS. 3-5**. For example, as shown in **FIG. 6C** (which depicts the handle without the slider **642** positioned in the elongated guide **640**) the position control features **641a**, **641b**, **641c** aid the user in controlling the slider position, thereby positioning the slider in a predefined location corresponding to each procedural step. As illustrated in **FIGS. 6c-d**, the position control features **641a**, **641b**, **641c** are female indentions configured to mate with male protrusions on the slider (not shown). These position control features are detents that act as a mechanism that temporarily keeps one part (the slider and its attachment) in a certain position relative to that of another (the handle), and can be released by applying force to one of the parts. By precisely controlling the position of the sheath slider of the insertion device, the sheath will be positioned properly relative to the IUD since the sheath slider controls the sheath. Position control features can be "soft stop" features which impede or interrupt an otherwise uniform sliding movement of the slider along the elongated guide.

[0082] In some configurations, the soft motion control features (e.g., stop features, position control features, and movement control features) do not rely on direct physical contact between motion

control surfaces of different components of the insertion device, such as provided with the detent configuration. For example, the elongated guide soft stops **641a**, **641b**, **641c** are adaptable and configurable to include a decrease in a width w of the elongated guide **640**, or a decrease in tolerance between the elongated guide and the slider, whereby increased friction exists between the sheath slider **642** and the housing **635** at different locations along the elongated guide **640** corresponding to a procedural stop or pause—e.g., step 1, 2, or 3 corresponding to IUD positions shown in **FIGS. 3A**, **4C**, and **5C**, respectively. This configuration could be in lieu of the detent configuration described above. The position control features of the housing, elongated guide, and/or slider can include physical features such as detents, notches, grooves, protrusions, tabs, ridges, flanges, flaps, gates, flexible members, contours, curves, shapes, etc., which are configurable to impede slider movement at the corresponding locations in the housing or elongated guide. Soft motion control features may, for at least some configurations, be advantageous over hard motion control features because the soft motion control features may increase a user's control during operation.

[0083] As will be appreciated by those skilled in the art, motion control features can also include “hard stop” features which include physical contact between the slider and the surface of other components of the insertion device to prohibit further movement of the slider in an undesired direction. Typically, hard stops include direct physical contact between two or more device components, whereby the hard stop prohibits further movement of either component past the hard stop point. For example, the insertion device shown in **FIG. 6D** includes a first hard motion control surface **641d** (e.g., stop surface) at the distal end of the elongated guide **640** and a second hard motion control surface **641e** at the proximal end of the elongated guide **640**. In this configuration, step 1 of the insertion procedure can be defined by physical contact between the slider **642** and the first hard motion control surface **641d**, and step 3 of the insertion procedure can be defined by physical contact between the slider (not shown) and the second hard motion control surface **641e**. Intermediate stopping can be facilitated with the use of a soft-stop **641b** similar to the soft-stop illustrated in **FIG. 6C**.

[0084] When the stopping position for a procedural phase involves a hard motion control feature (e.g., stop features, position control features, and movement control features), the user might be more likely to use excessive speed or force when moving the slider. Hard motion control features might encourage the user to disregard the need for caution, precision, and delicacy, because the user will rely on contact between the hard motion control surfaces for assurance that the procedural step is complete. The user might be more likely to use excessive force and forcefully slam the slider or other position control feature into contact with the hard motion control surface, which could result in disruptive movement of the entire insertion device as a whole and cause pain to the patient or disrupt the insertion procedure. Unlike hard stops, the soft motion control surfaces of the present disclosure encourage the user to exercise caution, precision, and delicacy during the insertion procedure. Further, certain soft stop control features of the present disclosure features can be tactilely felt by the

user's thumb or finger, providing a sensory signal to the user corresponding to procedural steps or stopping points. For example, with the device shown in **FIG. 6D**, the user would not feel the hard motion control surfaces **641d**, **641e** directly in contact with the user's thumb.

[0085] However, as explained in further detail below regarding the device shown in **FIGS. 8A-8F**, the device has a proximal end **10**, a distal end **20**, an upper surface **30**, a lower surface **40**, and at least one side surface **50**. When using the devices of the disclosure, the user can feel the housing surfaces **844a**, **844b**, which are force limiting features, in direct contact with the user's thumb at steps 1 and 3, respectively, as shown in **FIGS. 8D** and **8F**. Although the force-limiting features **844a**, **844b** of insertion device **800** prevent slider **842** movement beyond the housing surface **844a**, **844b**, the force-limiting features do not require contact between multiple insertion device components, e.g., between the slider **842** and the housing surfaces **844a**, **844b**. Additional benefits of soft motion control features will be recognized by persons of skill in the art. For example, soft motion control features can minimize sharp edges of the insertion device and prevent the insertion device from pinching the user.

[0086] Position control features of the present disclosure, such as slider features, elongated guide features, and/or housing features, are soft motion control features which provide a soft stop during insertion device operation and merely impede or interrupt the sliding movement of the slider along the elongated guide, thereby contributing to a smooth, uninterrupted sliding motion. However, the features can also include "hard stop" features which prohibit further movement of the slider in an undesired direction.

[0087] Alternatively or additionally, the housing or elongated guide can be adapted and configured to include one or more sensory signal features or indicators which provide a sensory feedback to the user that the slider is in the appropriate position corresponding to one or more phases of the insertion procedure. Indication features such as sensory signal features are discussed in further detail below. For example, sensory signal features of the insertion device can include a visual indicator such as a visual alignment feature, an auditory indicator such as a click or other noise heard by the insertion device operator, and/or a tangible indicator feature which can be felt by the operator, such as a tangible indicator felt by the operator's finger or thumb.

[0088] The slider can be a sheath slider attached to the elongated sheath for retracting the sheath to deploy the IUD. Alternatively or additionally, the slider can be a plunger slider which is attached to the plunger and pushes the plunger distally to deploy the IUD. The slider can include any appropriate structure which allows the user to move the slider. For example, the slider can include a button, tab, slot, or any suitable interface for moving the slider and the attached sheath or plunger in the appropriate direction. Preferably, the slider glides smoothly along the elongated guide, although it is also preferred that some friction exists between the slider and elongated guide such that the slider will not glide too easily along the elongated guide. Some friction between these components is preferred so that the user has control over the slider movement and the slider will not glide easily or

unintentionally along the elongated guide without user-applied force—i.e., the slider will not move in the elongated guide due to mere gravitational force or external motion. As will be understood by persons of skill in the art, the tolerance or spacing between the insertion device components can be adjusted to provide the appropriate amount of frictional force between the components. Such frictional force or resistance exists unanimously or substantially between the slider and the housing or elongated guide rather than between the sheath and the plunger.

[0089] Additional elongated guide configurations can be incorporated into any of the insertion devices of the present disclosure. For example, the housing or handle described above is adaptable and configurable to have a variety of elongated guide configurations as shown in **FIGS. 7A-7C**. For example, for a curved elongated guide **740**, as shown in the examples depicted in the figures. In **FIGS. 7A-7C**, the one or more curves **c1, c2, c3**, are configurable to correspond to a procedural step such as a stop or pause, whereby the curves provide a soft stop or increased resistance to movement of the slider **742** within the elongated guide **740** or channel. The increased friction between the elongated guide **740** and the slider **742** at the one or more curves **c1, c2, c3** of the elongated guide **740** slows the slider **742** motion, thereby creating a soft stop at the one or more curved locations along the length of the elongated guide. The curves **c1, c2, c3** in the elongated guide **740** are disposed along the longitudinal axis **x** of the insertion device handle, whereby the slider moves from side to side as it slides along the elongated guide. As will be appreciated by those skilled in the art, in some configurations, both a side-to-side movement and longitudinal movement are achievable by the slider. In still other embodiments (not shown), the elongated guide curves are disposed at different depths within the handle, whereby the slider moves up and down as it slides along the elongated guide. As will be understood by persons of ordinary skill in the art, the elongated guide can be disposed along any suitable axis of the insertion device. For example, the elongated guide can be disposed along the longitudinal **x**-axis of the insertion device or along an axis perpendicular thereto. Additionally, as will be understood by persons of ordinary skill in the art, the elongated guide can have any suitable shape not limited to the straight or curved paths shown in the figures and described herein.

[0090] Additional aspects for the slider or other position control features are discussed in further detail below. For example, the insertion device is configurable to include multiple sliders for control of multiple insertion device components. For example, the insertion device can have a bilateral configuration such that the slider or other control features can be operated from the top or bottom side of the device housing, thereby allowing for left-handed or right-handed control while still providing the benefits of the improved insertion device of the present disclosure. The insertion device is further adaptable to include additional control features built into the slider itself to allow for added functionality in addition to control of the sheath or plunger movement. For example, the insertion device can include IUD string control features and signal features for indication of procedural steps or IUD location.

[0091] As shown in the configuration of the insertion device illustrated in FIGS. 8A-8F, the insertion device 800 of the present disclosure includes an elongated sheath 832, sheath flange 833, an elongated inner member or plunger 834, a slider 842, housing 835 including a housing top piece or upper surface 835a and a housing bottom piece or lower surface 835b, and elongated guide 840. Slider 842 can be integrally formed from a sheath slider, e.g., such that it operates in a unified manner or is constructed or constructable from a single piece, attached to the elongated sheath 832. However, as will be understood by persons of skill in the art, a slider can be attached to the plunger or formed integrally therewith without departing from the scope of the disclosure. The insertion device 800 includes control features for controlling the relative positions of the sheath 832, plunger 834, and IUD (not shown in FIG. 8). Such position control features can include slider features, elongated guide features, and/or housing features, including, but not limited to, any of the features described above. The slider 842 and housing 835 or elongated guide 840 each includes at least one alignment surface, wherein the surfaces become aligned when the slider is positioned at a location corresponding to the appropriate slider position corresponding to a defined step in the IUD insertion procedure. The slider and housing/elongated guide can further be adapted and configured to include multiple alignment surfaces, wherein different slider and/or housing/elongated guide surfaces are differently aligned during different phases of the IUD insertion procedure—e.g., at different locations along the elongated guide, at different phases of the insertion procedure, or at different times during the insertion procedure.

[0092] Turning to FIG. 8C, the sheath 832 engages the slider 842 at the proximal end 10 of the sheath and the distal end 20 of the slider mechanism. The slider 842, as depicted, has an upper surface 842a, a lower surface 842b, and two side surfaces 842c, 842d. The upper surface 842a is further characterized by an indentation having a length L1 and sized sufficiently to communicate with user's finger during use. The indentation is further characterized by a first side surface 842e, a second side surface 842f which faces the first side surface 842e, and a lower surface 842g. The plunger 834 engages the housing 835 at the proximal end 10 of the plunger 834 and the distal end of the housing 835. The plunger 834 is an elongated shaft having a first diameter d1 along a distal section s1, second diameter d2 along a penultimate section s2, different than the first diameter d1, and a third diameter d3 along a proximal section s3, which is greater than the second diameter and may be the same as the first diameter. The housing 835, as depicted, has an upper surface 843a, a lower surface 843b, and two side surfaces 843c, 843d. The upper surface 843a is further characterized by an indentation having a length L2 greater than the length L1 of the slider. The indentation or channel is defined by a first side surface 842a, a second side surface 842b which faces the first side surface 842a, and a lower surface 842c. As depicted in the configuration of FIG. 8, the width of the slider 842 is such that it fits within an elongated channel 840 of the housing 835.

[0093] In the configuration illustrated in FIGS. 8A-F, slider 842 includes at least a first slider surface 842e and at least a second slider surface 842f, and housing 835 includes at least a first

surface **844a** and at least a second surface **844b**. **FIGS. 8D-8F** illustrate these position control features of the slider **842** and housing **835** during the different phases of an IUD insertion procedure. **FIG. 8D** corresponds to step 1, **FIG. 8E** corresponds to step 2, and **FIG. 8F** corresponds to step 3 of the insertion procedure described above. As the slider **842** is moved along a longitudinal axis x of the insertion device **800** during the various phases of IUD insertion, slider **842** surfaces **842e**, **842f** are configured to align with one of the housing surfaces **844a**, **844b** during at least one step of the procedure. In step 1, the first slider surface **842e** is aligned with the first housing surface **844a**, while the second slider surface **842f** and the second housing surface **844b** are not aligned. In step 3, the second slider surface **842e** is aligned with the second housing surface **844b**, but the first slider surface **842f** and the first housing surface **844a** are not aligned. While only two alignment points are shown in **FIGS. 8D-8F**, fewer or more than two alignment points are envisioned by the present disclosure. For example, the insertion device can further include additional slider and/or housing surfaces which are aligned at step 2 of the insertion procedure. Lower surface **842g** of the slider **842** and lower surface **844c** of the housing are configurable such that the depths **d4** (the depth established between **835a** and **844c**), **d5** (the depth established between **842a** and **842g**) relative to the upper surfaces **835a**, **842a** of the housing **835** and the slider **842** are the same or similar.

[0094] When the respective features (e.g., surfaces **842**, **844**) are aligned during use, such alignment indicates to the user that the IUD is in the proper location corresponding to the corresponding procedural step. The position control features can be configured such that the features are force-limiting (or force-absorbing) features which restrain or prohibit further movement of the slider past designated locations in the elongated guide. The features are also configurable to prevent the user from applying excessive force to the slider, which could interfere with the IUD positioning or even cause damage to the insertion device.

[0095] As shown in **FIGS. 9A-9B**, width w of the sheath slider **942** and/or elongated guide **940** is sufficiently narrow such that the user's finger or thumb can control and move the slider **942** along the elongated guide **940** without the ability to move the slider **942** past the force-limiting features on the handle **935** or elongated guide **940**. For example, in one aspect, the elongated guide **940**, slider **942**, and slider surfaces **942a**, **942b** each has a width which prevents the user from moving the slider **942** past the force-limiting features **944a**, **944b** of the handle **935** housing. This limited width prevents the user from moving the slider past the alignment points.

[0096] The force-limiting features improve IUD position control by preventing the user from moving the IUD out of the appropriate position. For example, in step 1 corresponding to **FIGS. 8D** and **FIGS. 3A-3D**, the force-limiting feature **844a** prevent user-applied force to the slider from moving the slider past the force-limiting feature **844a**. Since the user's thumb cannot fit through the elongated guide past the force-limiting feature **844a**, the user's thumb abuts the force-limiting feature **844a** and the slider **842** will not move distally. As shown in **FIGS. 9A-9B**, the user's thumb is prevented from moving beyond the force-limiting features **944a** and **944b** due to the narrow width w of the slider **942**

and the elongated guide **940**. Preferably, the width of the elongated guide **940** or slider **942** (or the combined width of multiple sliders) is 0.75 inches (19 mm) or less, 0.7 inches (17.8 mm) or less, 0.5 inches (12.7 mm) or less, 0.35 inches (8.9 mm) or less, or 0.25 inches (6.3 mm) or less.

[0097] Any excessive force applied to the slider by the user will be completely transferred to or absorbed by the stationary force-limiting feature. As an additional benefit, the force-limiting features, such as force-limiting features **844a** and **844b**, prevent undesirable movement of the entire insertion device as a whole during the insertion procedure. As mentioned above, the alignment or coinciding of the slider and housing features can provide a signal to the user which indicates that the IUD is in the proper location corresponding to the corresponding procedural step.

[0098] As will be appreciated by those skilled in the art, additional features and mechanisms in addition to the surfaces and alignment discussed above, can be used for position control and are envisioned by the present disclosure. The control features can include additional or different characteristics, as will be understood by a person of skill in the art. Such position control features of the slider, housing, and/or elongated guide can include physical attributes such as shapes, distinctive physical features, angles, contours patterns, colors, sizes, or visual symbols, which aid the user in precisely controlling the IUD position throughout the insertion procedure. For example, the features could be misaligned when the defined procedural steps occur and aligned at other times—i.e., misaligned at defined procedural steps 1, 2, and/or 3, and aligned at times between said steps. The mechanical features could also be configured to coincide in a manner other than by alignment of the surfaces or other physical features. In certain aspects, when a defined procedural step is achieved such that a slider is in the appropriate corresponding position, an insertion device can display a visual signal to the user which appears only when the slider is in the proper location corresponding to such procedural step. For example, the insertion device could display a visual indicator symbol such as a picture, word, character, number, pattern, color change, etc., whenever the slider location corresponds to a procedural step (or whenever the slider location does not correspond to a procedural step). Indication features of the insertion device of the present disclosure are discussed in further detail below.

[0099] The present devices can be configured to include a handheld insertion device adapted and configured to insert an IUD or IUS comprising an elongated inner member, an elongated sheath at least partially encasing or surrounding the elongated inner member, and one or more control features for controlling various features of the insertion device. The control features are further adaptable and configurable to include at least one control feature which controls the translational movement of the elongated sheath and the elongated inner member relative to one another along the longitudinal axis, and at least one control feature for controlling one or more string components of the IUD during the insertion procedure and/or post-insertion. String control features, mechanisms, and methods of the present disclosure are discussed in further detail below. As will be appreciated by persons of skill in

the art, any such string control features, mechanisms, and methods can be used in combination with the various insertion device designs discussed herein.

[00100] In one aspect of the insertion device of the present disclosure, as illustrated by the example in **FIGS. 10A-10F**, the insertion device **1000** having a proximal end **10** and a distal end **20** comprises a handheld insertion device comprising an elongated inner member or plunger **1034**, an elongated sheath **1032**, a handle or housing **1035**, a sheath slider **1042** projecting or extending from an upper and/or lower surface of the housing **1035** and adapted and configured to control the translational movement of the elongated sheath **1032** and the elongated inner member relative to one another along their longitudinal axes in one or more of a proximal and/or distal direction, and at least one string control feature for controlling one or more strings attached to the IUD (shown and described above with respect to **FIG. 2**). A string control feature can include, for example, a string control slider **1046**, as shown in **FIGS. 10A-10F**. As explained in further detail below, the string control slider **1046** is adaptable and configurable to control securement of the strings, e.g., by allowing locking and unlocking of one or more strings attached to the IUD.

[00101] The insertion device housing **1035** provides a housing for the proximal end of insertion device parts such as the sheath **1032**, plunger **1034**, and slider **1042**. Additionally, the housing **1035** forms a handle configured for an operator to hold the insertion device during use. The housing **1035** includes one or more slider windows or elongated guides **1040a**, **1040b** which allow user access to sliders **1042**, **1046**. A first elongated guide **1040a** provides a guide along which the sheath control slider **1042** can glide or move during operation. A second elongated guide **1040b** provides a guide along which the string control slider **1046** can glide during operation. Slider **1042** can be a sheath slider which is physically attached to sheath **1032** and is adapted and configured to control the longitudinal location and translational movement of sheath **1032** relative to inner member **1034** and the IUD. In an insertion procedure, the operator's thumb is used to move sliders **1042**, **1046** along their respective elongated guides **1040a**, **1040b** which are positioned adjacent to each other and may be partially or completely overlapping to control both the elongated sheath **1032** and the IUD strings (not shown in **FIG. 10**), respectively.

[00102] As can be seen in **FIG. 10B**, the insertion device **1000** includes a bilateral configuration, wherein the side-by-side sheath control and string control sliders **1042**, **1046** are accessible from either the top (upper) or bottom (lower) surface of the housing/handle **1035**. Bilateral configuration of the sliders **1042**, **1046** allows for both left-handed and right-handed users to operate the insertion device in the same manner. The sheath **1032** comprises a flexible yet rigid material which is shapeable or moldable to each patient's unique anatomy. Insertion device **1000** is further configurable to include one or more force-limiting features **1044a**, **1044b** adapted and configured to prevent the user from applying excessive force to the sliders **1042**, **1046**. The one or more force-limiting features **1044a**, **1044b** can be configured such that the features extend either one or both of above and below either or both of the upper and lower surface of the housing. The force-limiting

features *1044a*, *1044b* can also be formed integrally with the housing *1035*, as shown in **FIG. 10A-10B**. In at least some configurations, at least one said force-limiting feature functions as a soft stop rather than as a hard stop, whereby user-applied force is limited by the force-limiting feature without requiring contact between insertion device components or insertion device component surfaces. Rather, the force-limiting feature limits user-applied force applicable to the one or more sliders by impeding or prohibiting the user's finger from moving the slider past a certain point along the longitudinal axis. For example, as shown in **FIG. 10C**, the insertion device *1000* includes a sheath control slider *1042* having a first surface *1042a* and a second surface *1042b*, a string control slider *1046* having at least a first surface *1046a* and a second surface *1046b*, and a housing *1035* having a first surface *1044a* and a second surface *1044b*. The housing *1035* includes at least one force-limiting feature corresponding to the housing surfaces *1044a*, *1044b*.

[00103] As will be appreciated by those skilled in the art, the force limiting feature prevents the slider from continuing motion in a distal (forward) direction when the force limiting feature(s) are engaged. Without the force limiting feature, the slider would continue distal (forward) movement.

[00104] As shown in **FIGS. 10A-10F**, the bilaterally operative insertion device *1000* can further be configured to comprise a housing *1035* which includes one or more garage, aperture, cavity, or opening features which surround or cover at least a portion of one or more sliders *1042*, *1046* at one or more positions during certain phases of the insertion procedure. For example, as shown in **FIGS. 10D-E**, the distal and proximal force-limiting features of the housing *1035* each comprises a cavity *1045a*, *1045b*. In step 1 of the insertion procedure, the sheath slider *1042* is located in the first cavity *1045a*, near the distal end of the sheath elongated guide *1040a*. In step 3 of the insertion procedure, both the sheath slider *1042* and the string control slider *1046* are located in the second cavity *1045b*, near the proximal end of the elongated guides *1040a*, *1040b*. Insertion device *1000* further comprises one or more alignment features, such as surface features of the one or more sliders and housing or elongated guides. As shown in **FIG. 10D**, the housing includes a first surface *1044a* at the distal end of the sheath elongated guide *1040a* and a second surface *1044b* at the proximal end of the sheath elongated guide. The sheath slider *1042* includes a first surface *1042a* and a second surface *1042b*. As shown in **FIGS. 10E-F**, the string control slider *1046* includes a first surface *1046a* and a second surface *1046b*. As mentioned above, the alignment or coinciding of the slider and housing features can provide a signal to the user which indicates that the IUD is in the proper location corresponding to the corresponding procedural step. For example, alignment/position control surfaces *1044a* and *1042b* are aligned at step 1, as shown in **FIG. 10D**. Surfaces *1042a* and *1046a* are aligned at step 2, as shown in **FIG. 10E**. Surfaces *1042a*, *1046a*, and *1044b* are aligned at step 3, as shown in **FIG. 10F**. As described above, the force-limiting features and the alignment features are soft motion control features which do not require physical contact between the insertion device features or components. Such a soft motion control feature prevents undesirable movement of the

insertion device during the insertion procedure and promotes smooth user movements without disruptions caused by components of the insertion device contacting one another.

[00105] As shown in **FIGS. 10C-10F**, the alignment of the position control features or alignment surfaces corresponds to defined procedural steps and corresponding IUD positions. Additionally, alignment of these features provides a force-limiting mechanism to prevent further slider movement caused by user-applied force. As shown in **FIG. 10D**, corresponding to the insertion device **1000** configuration during step 1 of the insertion procedure, the sheath slider is in the full distal position along the longitudinal axis of the elongated guide. The sheath slider first surface **1042a** is aligned with the housing first surface **1044a**, whereby the user's finger can simultaneously contact both aligned surfaces **1042a** and **1044a**. The housing first surface **1044a** is a force-limiting feature, whereby the user's finger will abut the housing first surface **1044a**, and the user is prevented from sliding the sheath slider **1042** past the force-limiting feature **1044a**. Preferably, the combined width of both sliders is sufficiently narrow to prevent the user's finger from entering either of the cavities **1045a**, **1045b**.

[00106] As shown in **FIG. 10E**, corresponding to the insertion device configuration during step 2 of the insertion procedure, the sheath slider and string control slider are each in a middle position along the longitudinal axis of the elongated guide. During steps 1 and 2, the string control slider can be disposed in a separate elongated guide **1040b**, and the string control slider can be positioned in the full distal position of the elongated guide **1040b**. As the user slides the sheath slider **1042** backward along the elongated guide, the sheath slider **1042** approaches the string control slider **1046**. Eventually, the sheath slider **1042** second surface **1042a** and the string control slider first surface **1046a** are aligned, signifying that the IUD is in the appropriate position corresponding to step 2.

[00107] As shown in **FIG. 10F**, corresponding to the insertion device **1000** configuration during step 3 of the insertion procedure, the sheath slider **1042** and string control slider **1044** are in the full proximal position along the longitudinal axis of the elongated guides **1040a**, **1040b**. The sheath slider second surface **1042b** is aligned with the string control first surface **1048a**, and the user simultaneously slides both the sheath slider and string control slider **1048** backward toward the housing second surface **1044a**. Upon reaching step 3 of the insertion procedure, the user's finger contacts both aligned surfaces **1042b** and **1046a**, as well as the housing second surface **1044b**. The housing second surface **1044b** is a force-limiting since the user's finger abuts the housing second surface **1044b** and the user is thereby prevented from sliding the first sheath slider surface **1042a** and the first string control slider surface **1046a** past the force-limiting feature **1044b**.

[00108] The sheath slider **1042** and string control slider **1046** are configurable such that they may but need not be physically attached to one another. Moreover, the sheath slider **1042** and string control slider **1046** are configurable so that they can translate or slide freely and independently of one another. The combined width of the sheath slider **1042** and string control slider **1046** has a width sufficient to allow a user's finger or thumb to control and move the sliders along their respective

elongated guides *1040a*, *1040b*. In at least some configurations, the control and movement of the sliders is performed simultaneously. The housing *1035* includes one or more garage, cavity, or opening which is configured to surround or covers at least a portion of one or more sliders. For example, as shown in FIG. 10C, force-limiting features *1044a* and *1044b* of housing *1035* each comprise a cavity *1045a*, *1045b*. In step 1 of the insertion procedure, the sheath slider *1042* is at least partially positionable within the first cavity *1045a* during at least part of the procedure, near the distal end of the elongated guide. In step 3 of the insertion procedure, the sheath slider *1042* and string control slider *1046* are both at least partially positionable within a second cavity *1045b*, near the proximal end *10* of the elongated guides *1040a*, *1040b*. As described above, force-limiting features of the insertion device *1000* can be soft motion control features which do not require physical contact between the insertion device features. Such a soft motion control feature prevents undesirable movement of the insertion device during the insertion procedure and promotes smooth user movements without disruptions caused by components of the insertion device contacting one another. Additionally, the alignment or coinciding of the slider and housing features can provide a signal to the user which indicates that the IUD is in the proper location corresponding to the corresponding procedural step.

[00109] As shown in FIG. 11, the distal (forward) limit of the sheath slider movement is configurable such that the distal end *20* of the sheath control elongated guide *1140*, and the proximal limit of the sheath control slider *1142* movement is defined by the proximal end *10* of the sheath control elongated guide *1140*. In addition to the sheath control elongated guide *1140*, the insertion device *1100* further comprises a string control slider *1146* which is adaptable and configurable to move within the elongated guide *1140*. The string control slider *1146* is configured such that it has two protrusions *1146a*, *1146b* extending above the upper surface *30* of the handle *1135*. A channel *1136c* is formed in the string control slider *1146* between the two protrusions *1146a*, *1146b*. When the user slides the sheath control slider *1142* proximally to the position where the user's thumb contacts both the sheath control slider *1142* and the string control slider *1146*, the sheath control slider *1142* is dimensioned such that it can slide between the channel *1136c* formed in the string control slider *1146*. When the sheath control slider *1142* and the string control slider *1146* are both advanced in a distal most direction *20*, the sheath control slider fits within the channel of the string control slider *1146* such that the two sliders create a single profile extending from the housing *1135*. Moreover, alignment of both sliders sends feedback to the user that the sheath control slider is in the appropriate position for step 2. The feedback can be tactile, visual, or audible. When the user slides the sheath control slider *1142* and string control slider *1146* simultaneously during the transition from step 2 to step 3 of the insertion procedure, both sliders *1142*, *1146* contact the distal end of the elongated guide *1140*, thereby prohibiting the user from further movement of the sliders in the distal direction. Distal movement of the sheath slider *1142* is also impeded since the sheath control

slider *1142* and string control slider *1146* are moved simultaneously by the user. This mechanism sends feedback to the user, indicating that step 3 of the insertion procedure has been accomplished. [00110] In another example, the insertion device includes multiple sheath sliders or multiple string control sliders. Thus, for example, the string control slider *1146* can be formed from two distinct sliders *1146b*, *1146c* which are configured to operate independently and wherein each slider controls one of the two strings on the IUD device.

[00111] In yet another aspect, as shown in FIGS. 12A-12B, the insertion device *1200* which has an elongated sheath *1232* and a handle *1235*, includes a sheath slider *1242* and a string control slider *1246* in the handle *1235*. As in the configuration depicted in FIGS. 10A-10F, the sheath slider *1242* slides in a proximal *10* and distal *20* direction along a pathway defined by a first elongated guide *1240a*, and the string control slider *1246* is moveable along a pathway defined by a second elongated guide *1240b*. In this aspect, the distal and proximal limits of movement for the sliders *1242*, *1246* can include elongated guide features such as hard motion control surfaces *1241a*, *1241b*, *1241c*, *1241d*, rather than the cavities of insertion device *1000* illustrated in FIGS. 10A-10F. The distal limit for movement of the sheath slider *1242* is the hard motion control feature *1241a* of elongated guide *1240a*, and the proximal limit for movement of the sheath slider *1242* is the hard motion control feature *1241b* of elongated guide *1240a*. The distal limit for movement of the string control slider *1246* is the hard motion control feature *1241c* of elongated guide *1240b*, and the proximal limit for movement of the string control slider is the hard motion control feature *1241d* of elongated guide *1240b*.

[00112] In step 1 of the insertion procedure (position not shown), the sheath slider *1242* is in the distal most position at the hard motion control feature *1241a* of elongated guide *1240a*, and the string control slider *1246* is the distal most position at the hard motion control feature *1241c* of elongated guide *1240b*. In step 2 of the insertion procedure (position not shown), the sheath slider *1242* is in a median position, positioned somewhere along the length of the elongated guide, with the string control slider *1246* which is in the full distal position at the hard motion control feature *1241c* of elongated guide *1240b*. In step 3 of the insertion procedure (position not shown), the sheath slider *1242* and string control slider *1246* are aligned and located at the proximal hard motion control feature *1241d* of elongated guide *1240b*. Although the proximal limit of movement for the sheath slider *1242* is configured as a proximal hard motion control feature *1241b* of the sheath control elongated guide *1240a*, the insertion procedure is complete at step 3 when the sheath slider *1242* is aligned with the proximal hard motion control feature *1241d* of elongated guide *1240b*. An optional hollow area, indentation, cleft or cleavage *1248* can be provided in a proximal surface of the handle *1235* into which one or more strings can be held.

[00113] As will be understood by persons of skill in the art, the insertion devices of the present disclosure can include any suitable combination of position control features, including, but not limited to hard motion control features, soft motion control features, force-limiting features, cavities, or the

like. For the sake of clarity and conciseness, all possible combinations of such features are not discussed in detail herein, but such combinations are included in the insertion device of the present disclosure.

[00114] The insertion devices of the disclosure are also configurable to include a handheld IUD insertion device further comprising an elongated inner member, an elongated sheath at least partially encasing or surrounding the elongated inner member, and one or more control features for controlling various features of the insertion device. Control features include, but are not limited to, at least one control feature which controls the translational movement of the elongated sheath and the elongated inner member relative to one another along the longitudinal axis in one or both of a proximal and distal direction, and at least one control feature for controlling one or more strings attached to the IUD during the insertion procedure and/or post-insertion. The sheath slider and string control slider are configured such that the sliders have a telescopic configuration. The string control features, mechanisms, and methods of the present disclosure are discussed in further detail below. As will be appreciated by persons of skill in the art, any such string control features, mechanisms, and methods can be used in combination with the various insertion device configurations discussed herein.

[00115] As illustrated by the example in **FIGS. 13A-13B**, the insertion device **1300** comprises an elongated sheath **1332**, an elongated inner member or plunger (not shown), a handle or housing **1335**, at least one elongated guide, a first slider **1342** for controlling the translational movement of the elongated sheath **1332** and the elongated inner member relative to one another along their longitudinal axes, and a string control slider **1346** for controlling one or more strings attached to the IUD. The string control feature can include a string control slider **1346**, as shown in **FIGS. 13A-13B**. As explained in further detail below, the string control slider **1346** can control the locking and unlocking of one or more strings attached to the IUD. The insertion device housing **1335** is adaptable and configurable to provide a housing for insertion device parts such as the sheath **1332**, plunger, and sliders **1342**, **1346**, and provides a handle for the operator to hold the insertion device during operation. The housing **1335** is further adaptable and configurable to include a slider window or elongated guide which allows user access to the sliders **1342**, **1346**. The elongated guide can be configured as illustrated in **FIGS. 13A-B** to include multiple elongated guides **1340a**, **1340b** which provide a guide **1340** along which the sliders **1342**, **1346** can glide during operation. As will be appreciated by those skilled in the art, movement of the sliders along the one or more elongated guide can be one or more of concurrent or independent, at any given time during the procedure. As illustrated, slider **1342** is a sheath slider which is attachable to sheath **1332** and directly controls the longitudinal location and translational movement of the sheath **1332** relative to the elongated inner member and IUD. Slider **1346** is a string control slider (e.g., a string-unlocking or string release slider). In an insertion procedure, the operator's thumb is used to move both sliders **1342**, **1346** proximally and distally along the respective elongated guides **1340a**, **1340b** to control the sheath **1332** and IUD strings, respectively. As can be seen in **FIG. 13B**, the insertion device **1300** is configurable

to include a bilateral configuration, wherein the sliders *1342*, *1346* are accessible from either the top *30* (upper) or bottom *40* (lower) face or surface of the handle *1335*. Moreover, the telescoping slider configuration allows for left-handed or right-handed user operation without the need for a bilateral configuration with slider control features on both the top and bottom of the handle/housing.

[00116] As illustrated in FIGS. 13A-B, the sheath slider *1342* and string control slider *1346* each slide along the elongated guide along a longitudinal axis in a proximal or distal direction. At the distal end of the guide is a housing with a cavity *1345* into which at least a portion of the slide can be advanced. The sliders *1342*, *1346* have a telescopic configuration, whereby at least one slider slides within or through at least one other slider along the longitudinal axis. As will be appreciated by persons of skill in the art, although the sheath slider *1342* slides through the string control slider *1346* in the configuration shown in FIGS. 13A-13B, the disclosure also includes designs where the string control slider *1342* slides within or through the sheath slider *1346*.

[00117] In alternative configurations, a first slider can include a plunger slider rather than a sheath slider. The telescopic configuration of the sliders allows for a more streamlined, compact, and reduced-size insertion device. Additionally, this configuration can help avoid user confusion since the sliders move along the same path in the elongated guide. As with the previous example, an optional hollow area, indentation, cleft or cleavage *1348* can be provided in a proximal surface of the handle *1335* into which one or more strings can be held.

[00118] The insertion device *1400* of FIGS. 14A-14B, is similar to the insertion device *1300* of FIGS. 13A-13B, but the insertion device *1400* is further configurable to comprise a first cavity *1445a* and a second cavity *1445b* in the handle *1435*. During step 3 of the insertion procedure, the sheath slider *1442* and string control slider *1446* are in the full proximal *10* position along the longitudinal axis of the elongated guide *1440*, and at least partially surrounded by the proximal cavity *1445b*. Additional visual indication features *1460*, *1460'*, *1460''* are shown. Visual indication features can be provided on the elongated sheath *1432*, the handle *1435*, or both. The numbers 1, 2, and 3 on the insertion device components provide a visual indication to the user the appropriate positions of the insertion device components during the multiple phases of the insertion procedure. Visual indicators, such as numbers, can be applied in any suitable fashion including, but not limited to, printing, etching, molding, carving, and the like. Moreover, visual indicators can be positioned such that they are visible only during certain aspects of the procedure, and not visible during other aspects of the procedure.

[00119] As with other configurations discussed above, alignment of certain control features or surfaces are configurable to correspond to a defined procedural step and corresponding IUD position, e.g., as shown in FIGS. 15A-15C. As shown in FIG. 15A, the insertion device *1500* is depicted as it would be configured during step 1 of the insertion procedure with the sheath slider *1542* is in a full distal *20* position along the longitudinal axis of the elongated guide *1540*. As shown in FIG. 15B, which depicts the insertion device *1500* as it would be configured during step 2 of the insertion procedure, the sheath slider *1542* and string control slider *1546* are each in a middle or intermediate

position relative to a proximal end and distal end of the elongated guide **1540** along the longitudinal axis of the elongated guide, at a location between the distal and proximal ends of the elongated guide. As the user slides the sheath slider **1542** proximally along the elongated guide **1540** in transition from step 1 to step 2, the sheath slider **1542** approaches the string control slider **1546** and slides beneath or through a cavity in the string control slider **1546** in a telescopic manner.

[00120] As shown in **FIG. 15B**, a surface of the sheath slider **1542** aligns with a surface of the string control slider **1546** to form a smooth interface where a user's thumb meets both sliders simultaneously, or substantially simultaneously. As shown in **FIG. 15B**, in step 2, a first sheath slider surface **1542a** and a first string control slider surface **1546a** are aligned, signifying that the IUD is in an appropriate position corresponding to step 2. In step 3, as illustrated in **FIG. 15C**, corresponding to the insertion device **1500** configuration during step 3 of the insertion procedure, the alignment of the first sheath control slider surface **1542a** and the first string control surface **1546a** allows the user to simultaneously move both sliders in sync from step 2 to step 3. As shown in **FIG. 15C**, corresponding to the insertion device configuration during step 3 of the insertion procedure, the sheath slider **1542** and string control slider **1546** are in a proximal position along the longitudinal axis of the elongated guide **1540**. When the sliders are retracted proximally, a second sheath control slider surface **1542b** abuts a proximal elongated guide surface **1540b**.

[00121] As discussed above, the insertion devices of the present disclosure can include one or more sliders such as a string control slider to control the string release feature and a sheath or plunger slider to control translational movement of the elongated sheath and the elongated inner member relative to one another along their longitudinal axes. As discussed above, the insertion devices can include one or more elongated guides in which the sliders glide along the longitudinal axis of the insertion device. In the above configurations a simple slider and elongated guide configuration has been discussed for the sake of simplicity and conciseness. In the above configurations, such as those shown in **FIGS. 6, 8, and 10-15**, the slider movement can cause simple, direct translational movement of the corresponding insertion device components—e.g., the sheath slider can be directly attached to the sheath, whereby when the sheath slider is moved backward a given distance, the sheath also moves backward the same distance. As will be understood by those of skill in the art, additional mechanisms of operation for the control features are envisioned by the insertion device of the present disclosure. The insertion devices of the present disclosure can include any number of a variety of different mechanisms of operation for transforming a user's input motion into translational or rotational movement of the insertion device components, such as those mechanisms available and known to those of skill in the art. For example, the insertion devices can include a crank system, a piston system, a rotary system, an oscillating lever system, a ratchet system, a rack and pinion system, a gear system, a hydraulic system, a spring system, a Geneva mechanism system, or the like, as well as combinations of any such systems.

[00122] In one general class of configurations, as shown in **FIGS. 16A-16C**, the insertion device includes a slider **1642** positioned within an elongated guide **1640** which controls a linkage system **1650**. The configurations illustrated in **FIGS. 16A-C** are configurable to reduce an overall travel required by the user to achieve the various positions during use of the device. As will be appreciated by reviewing the figures, a travel multiplier can be achieved such that a given user movement is magnified and thus requires less actual movement by the user on the slider. Thus, the movement achieved in the handle is not 1:1 of the movement achieved at the distal end of the device. In configuration illustrated in **FIGS. 16A-16C**, the linkage system comprises one or more rods **1651**, **1651'**, **1651''** and pins **1652**, **1652'**, **1652''**. The linkage system is attached to a translational member such as the sheath, plunger, or a string control feature. As illustrated in **FIGS. 16A-16C**, the slider **1642** moves along the elongated guide **1640**, and the slider controls a linkage system **1650** which is attached to and moves the sheath **1632**. As will be understood by those of skill in the art, the linkage system components are adjustable to correspond to target distances for movement of the sheath during, for example, phases 1, 2, and 3 of the IUD insertion procedure. In the aspect illustrated in **FIGS. 16A-16C**, the linkage system **1650** is fixed at the proximal end of the linkage system **1650**, and the linkage system **1650** is attached to the sheath at the distal end of the linkage system **1650**.

[00123] A similar aspect is illustrated in **FIGS. 17A-17C**. The crank system **1750** features one or more rods **1751**, **1751'** and pins **1752**, **1752'**, **1752''**. However, in this configuration, the crank system **1750** engages the slider **1742** at its distal end **20** and a gear **1753** at its proximal end **10**. The crank system is positioned within the handle **1735** and at least a portion of the crank system **1750** operates within the elongated guide **1740**. The crank system **1750** is further configurable to include a rotating dial member or gear **1753** attached to the proximal end of the crank system **1750** to limit or control the movement of the proximal end of the crank system **1750**. As the gear **1753** is rotated about a central axis the longitudinal position of the sheath control slider **1742** moves proximally as the gear moves in a counter-clockwise direction, as shown in **FIGS. 17A-C**. Pivot point shown **1752''** is configurable such that it remains stationary during the movement depicted in **FIGS. 17**. Where the pivot point **1752''** remains stationary, the overall linear movement required of the user is reduced. This facilitates one-handed operation by a user during use.

[00124] In another general class of configurations, as illustrated in **FIGS. 18A-18B**, the insertion device **1800** includes a lever **1842** attached to a gear system **1855** including a first gear **1856**, wherein the first gear **1856** moves a second gear **1857**, wherein the second gear **1857** is attached to the sheath **1832**. When the lever **1842** is actuated by the insertion device operator, e.g. by squeezing the lever, the first gear **1856** causes the second gear **1857** to move proximally, thereby moving the sheath **1832** proximally. The insertion device **1800** can further include a spring (not shown) attached to the lever **1842**, wherein the spring (not shown) provides a counter-force to the user's input force applied to the lever **1842**. The insertion device **1800** is further configurable to include a ratchet

mechanism, whereby the spring returns the lever **1842** to its starting position without causing the sheath to move distally.

[00125] In another embodiment, as illustrated in **FIGS. 19A-19B**, the insertion device **1900** includes at least one gear or rack **1957** positioned within the handle **1935** housing attached to the lever **1942**.

When the lever **1942** is depressed by the operator, the gear **1957** moves a ratchet **1958** attached to the sheath **1932**, whereby the gear **1957** moves the sheath proximally.

[00126] In other embodiments, as illustrated in **FIGS. 20A-20D**, **21A-21D**, and **22A-22C**, the insertion devices include position control features such as buttons **2042**, **2046** which exhibit vertical movement rather than longitudinal movement along a elongated guide. In this manner, the insertion device operator can press downward on the one or more buttons to activate the position control features. For example, as illustrated in **FIGS. 20A-20D**, the insertion devices include a first button **2042** which is a sheath position control button, and a second button **2046** which is a string control button in the housing **2035**. The string control button activates a string unlocking feature; exemplary string control features are discussed in further detail below. As illustrated in **FIGS. 20A-20D**, the first button is pressed downward in step 1 to retract the sheath. In step 2, a surface of the first button and a surface of the second button are aligned. In step 3, both the first and second buttons are pressed downward to further retract the sheath and activate the string control feature, such as a string unlocking feature. After step 3 is completed, the surfaces of the buttons can be aligned with the housing **2035** which provides a force-limiting feature preventing further downward movement of the buttons. In other embodiments, further movement of the buttons is prevented by a hard stop or a soft motion control feature, such as the features discussed in detail throughout the detailed description of this specification. As illustrated in **FIGS. 20A-20D**, the buttons can be telescoping with respect to one another, whereby a first button moves through or within the second button. The embodiment illustrated in **FIGS. 21A-21D** is similar to the embodiment illustrated in **FIGS. 20A-20D**, except that the sheath position control button **2142**, and string control button **2146** are located side-by-side in the housing **2135** rather than in a telescoping configuration.

[00127] **FIGS. 22A-22C** illustrates a mechanism of action for the sheath position control buttons described in **FIGS. 20A-20D** and **21A-21D**, according to an example embodiment of the present disclosure. As illustrated in **FIGS. 22A-22C**, the sheath control button **2242** positioned in the housing **2235** contacts a sheath feature **2232r** during one or more phases of the insertion procedure. For example, the sheath feature can include a ramp or angled surface. When the button is pressed downward by the operator, the input force is translated from the button to a feature or surface **2242a** of the button. The button feature or surface **2242a** pushes against the sheath feature **2232r** and moves the sheath in the backward direction. Additionally or alternatively, as will be understood by persons of skill in the art, the insertion device can be configured to push the plunger distally rather than push the sheath proximally. As can be seen **FIGS. 22A-22C**, the button feature **2242a** moves along the ramp or angled surface **2232r**, allowing simultaneous downward movement of the button **2242** and

longitudinal movement of the sheath **2232**. This mechanism of action is a non-limiting example of the embodiments envisioned by the present disclosure. Any suitable features and mechanisms are included in the present disclosure, as will be understood by persons of skill in the art. For example, the insertion device can include a gear system to allow simultaneous downward movement of the sheath position control feature and longitudinal movement of the sheath.

[00128] As described above, preserving a low profile dome shape at the distal end of the insertion device prevents or reduces trauma during the insertion process as well as premature escape of the IUD from the insertion device during the insertion process. In certain insertion device embodiments, in order to pass through the cervix without increased resistance, the insertion device must be positioned at the distal tip of the tube such that the arms and hands of the IUD are pressed together and form an atraumatic configuration at the tip of the insertion device. The insertion devices of the present disclosure are further adaptable to include one or more dimensional motion control features associated with the sheath and/or plunger to provide enhanced control of the distance between the plunger, sheath, and IUD, such that the IUD remains securely in the proper position during one or more steps of the insertion procedure. Alternatively or in addition to the position control features discussed above which are associated with the sliders, elongated guides, and housing, the sheath and/or plunger can include separate position control features directly attached to or associated with the sheath or plunger itself. These features can include dimensional motion control features to accurately control the distance between the tip of the plunger and the tip of the sheath. For example, as illustrated in the example embodiments of **FIGS. 23A-23C**, the insertion device can include a sheath **2332** and a plunger **2334**, wherein one or both of the plunger **2334** and sheath **2332** each comprises one or more position control features associated therewith. For example, the plunger **2334** can include a first motion control feature **2338** having a first motion control surface **2338a** and a second motion control surface **2338b** on an opposing surface. The plunger **2334** can further include a second motion control feature **2339** having a first motion control surface **2339a**. As depicted the first motion control surface **2338a** of the first motion control feature **2338** is configured to face or oppose the first motion control surface **2339a** of the second motion control feature **2339**. The sheath **2332** is further adaptable and configurable to include one or more first motion control feature **2336** having a first motion control surface **2336a** configured to face the first motion control feature **2338a** of the first motion control feature **2338** of the plunger **2334** and a second opposing motion control surface **2336b** configured to face the first motion control feature **2339a** of the second motion control feature **2339** of the plunger **2334**. The sheath **2332** is further adaptable to include additional motion control features such as one or more second motion control feature **2337a** at a distal end and one or more third motion control features **2337b** proximally positioned relative to the second motion control feature. As will be appreciated by those skilled in the art, the motion control features **2336**, **2337** illustrated in the cross-section shown in **Figs. 23a-c** can be distinct features placed at intervals on the interior surface of the sheath, or can form a continuous ring around an interior surface of the sheath.

[00129] As illustrated in **FIGS. 23A-23C**, the various position control features or motion control features, as well as the various motion control surfaces, are locatable at different positions along the longitudinal axis of the insertion device **2300**. Much like the position control features discussed above, these features are adaptable to correspond to various phases of the IUD insertion procedure. These motion control features or motion control surfaces are configurable to control the position of the insertion device components during insertion, including the relative positions of the IUD, sheath, and plunger.

[00130] For example, in step 1 of an insertion procedure illustrated in **FIG. 23A**, a proximal surface of the distal plunger motion control feature **2338** contacts a distal surface of the first sheath motion control feature **2336** such that the first motion control surface **2338a** of the distal plunger motion control feature **2338** contacts the first motion control surface **2336a** of the sheath first motion control feature **2336**, thereby preventing further movement of the plunger in the proximal direction and the sheath in the distal direction. In this manner, the motion control surfaces **2336a** and **2338a** are hard motion control surfaces with respect to one another. As will be appreciated by persons of skill in the art, these features or surfaces can also include soft motion control features or surfaces which merely impede rather than prohibit further movement. For example, as illustrated in **FIG. 23D-E**, the sheath **2332** includes one or more distally positioned soft motion control features **2337a**, **2337b**. In operation, for the device depicted in **FIG. 23D**, the sheath **2332** includes at least one motion control feature **2337c** which is a cutout or detent that is conformable to a shape or profile of an IUD or a portion thereof. For example, the detent **2337c** allows the IUD hands (not shown) to rest therein and properly align the IUD along the longitudinal axis of the sheath **2332**. Additionally, the one or more detents **2337a** can be positioned in limited locations which are located in-plane around an inner circumference of the sheath **2332** to properly align the IUD arms in-plane prior to deployment within the patient.

[00131] In step 2 of the insertion procedure illustrated in **FIG. 23B**, the sheath **2332** is retracted in the proximal direction (or the plunger is advanced distally) such that the sheath first motion control feature **2336** approaches the proximally positioned or second plunger motion control feature **2339**. The insertion device **2300** is configurable to include one or more additional motion control features such as a second sheath motion control feature **2337a** and a third sheath motion control feature **2337b**. These motion control features can be soft motion control features which merely impede further movement of the sheath **2332** and plunger **2338** relative to one another and/or provide an indication, such as tactile feedback, to the insertion device operator that the insertion device **2300** has achieved an intermediate phase of the insertion procedure. The soft motion control features **2337a**, **2337b** can further be configurable to correspond to the IUD position in step 2, as illustrated in **FIG. 4C** and described above. These features provide a signal to the insertion device operator that the IUD arms are deployed from the sheath. As illustrated in **FIG. 23B**, the one or more sheath soft motion control features **2337a** can be positioned distally along the sheath relative to the first sheath motion control

feature **2336**, and/or the one or more sheath soft motion control features **2337b**. Moreover, the motion control features **2336b** are locatable proximally along the sheath **2332** relative to the first sheath motion control feature **2336**. These motion control features provide a low resistive force against the plunger **2338** after the insertion device **2300** is advanced past step 2 and into step 3. This can be achieved by minimizing the size or length of the first and second plunger motion control features **2336**, **2339** along the longitudinal axis of the plunger **2334**, as illustrated in **FIGS. 23D** and **23E**. In this manner, only a short length or portion of the plunger **2334** will contact the resistive soft motion control features **2337a**, **2337b**, **2337d**. For example, the plunger motion control features **2336**, **2339** are configurable to have a length which is similar to the length of the sheath soft motion control features **2337a**, **2337b**, or can have a shape, such as a curved or rounded shape, which minimizes contact between the plunger motion control feature **2338** and the soft motion control feature **2337d**.

[00132] In step 3 of the insertion procedure illustrated in **FIG. 23C**, the sheath **2332** is further retracted proximally (or the plunger is advanced distally), and the proximal plunger motion control feature **2339** contacts the first sheath motion control feature **2336** such that the first motion control surface **2339a** of the proximal plunger motion control feature **2339** contacts the second motion control surface **2336b** of the sheath first motion control feature **2336**, thereby preventing further movement of the plunger in the proximal direction and the sheath in the distal direction. In this manner, the motion control surfaces **2336b** and **2339a** are hard motion control surfaces with respect to one another. As will be appreciated by persons of skill in the art, these features or surfaces can also include soft motion control features or surfaces which merely impede rather than prohibit further movement.

[00133] As will be understood by persons of skill in the art, the present disclosure includes variations of the example embodiment illustrated in **FIGS. 23A-23C**. For example, the sheath and/or plunger can include any suitable number of motion control features which can include any suitable number or arrangement of motion control surfaces. As discussed above regarding the position control features of the sliders, elongated guide, and housing, the plunger and/or sheath motion control features can include any suitable type of hard motion control features, soft motion control features, or any suitable combination thereof. For example, the motion control features or surfaces can include physical features such as detents, notches, grooves, protrusions, tabs, ridges, flanges, flaps, gates, flexible members, contours, curves, shapes, etc. Additionally, while the motion control features or surfaces are preferably located closest to the distal or front end of the insertion device, such features or surfaces can suitably be located at any suitable position along the longitudinal axes of the sheath and plunger.

[00134] With these plunger and sheath motion control features, loading the plunger and IUD into the sheath prior to insertion is achievable by pre-loading the components during insertion device manufacture. Additionally, the motion control features are arrangeable such that the motion control features are aligned in a first position and then misaligned in a second position which is achievable

upon rotating one or more of the plunger and sheath relative to one another, thereby allowing the IUD and plunger to be loaded into the sheath by first rotating the components, then sliding the plunger motion control features past the sheath motion control features, and finally rotating the components again to realign the plunger and sheath motion control features so that they are aligned during the insertion procedure. In another embodiment, the IUD can be loaded into an opening in the housing/handle or the side wall of the sheath, as discussed in further detail below.

[00135] In still another embodiment, the insertion devices are adaptable to include a plunger having a feature for locking the IUD into place to prevent the IUD from moving relative to the plunger along the longitudinal axis of the insertion device during one or more phases of the insertion procedure. For example, the plunger can include a feature which grasps or pinches the IUD during at least the first insertion phase, and optionally the second and third phases. For example, the plunger can grasp or pinch the IUD at the proximal end of the IUD near the strings, or grasp or pinch the IUD strings. The insertion device can further include an IUD unlocking feature. For example, the sheath can include a feature which unlocks the IUD from the plunger as the sheath is moved during step 2 or step 3, or after step 3.

[00136] The insertion devices of the present disclosure are further adaptable to include features which provide an atraumatic distal or front end or tip of the insertion device to minimize pain induced by the insertion device as it passes through the patient's cervix and into the uterus, as well as during withdrawal of the insertion device from the patient after the IUD is inserted. The insertion devices of the present disclosure are also adaptable to include features which minimize the cross-sectional dimensions of the distal end of the insertion device during insertion and reduce or eliminate the blunt or abrupt features at the distal end of the insertion device which may cause pain or discomfort to the patient as the insertion device passes through the cervix during use.

[00137] The insertion devices are also configurable to include a sheath **2432** having a tapered or rounded distal end or tip **2432t**, wherein the cross-section, or outer diameter, D , of the insertion device sheath decreases from a proximal value towards the distal end or tip of the insertion device, as illustrated in **FIGS. 24A-24G**. The sheath tip **2432t** is tapered or taperable toward the distal end of the sheath **2432**, as illustrated in **FIGS. 24A-24B**. As illustrated in **FIG. 24B**, the thickness T of the sheath **2432** wall can also be minimized at the distal-most end of the sheath **2432** to reduce the impact of the sheath wall thickness on the patient. The thickness of the sheath wall can be reduced at the distal end of the sheath relative to the thickness measured at a different location along the longitudinal axis of the sheath **2432**. Maintaining a thicker sheath wall away from the distal-most end of the sheath will allow for the appropriate rigidity of the sheath, while a reduced sheath wall thickness near the sheath tip **2432t** will minimize any abrupt features which may scratch or pinch the patient during insertion. As illustrated in **FIG. 24C**, the ends **2432e** of the sheath wall can further be rounded to minimize abrupt or sharp features of the insertion device. The insertion device sheath **2432** can also include an opening **2432o**, as illustrated in **FIGS. 24A-24C**.

[00138] In another general class of embodiments, as illustrated in FIGS. 24D-24F, the sheath tip 2432t is formed such that the IUD is substantially or completely covered by the sheath 2432 during an initial phase of the insertion procedure, e.g., when the insertion device is inserted through the cervix. At this initial phase of the procedure the devices are configurable such that the sheath lacks or nearly completely lacks an opening at the sheath tip 2432t. The tip can be formed as part of the sheath, as illustrated in FIG. 24D. Alternatively, as illustrated in FIG. 24E, the sheath tip can include a separate component such as a sheath cap or cover 2432c which fits or slides over the sheath 2432 to cover the end of the sheath during insertion. Preferably, the sheath cover has a thickness which is thinner than the sheath wall, but is made from a material which is strong enough to contain the IUD during insertion. The sheath cover can be made from a material which is the same as the sheath material, or the sheath and cover can comprise different materials. The cover is configurable to be attached to the sheath via mechanical force or chemical adhesion, including suitable methods of attachment known in the art. As will be appreciated by those skilled in the art, if the diameter of the tapered tip is smaller than the diameter of the opening of the external orifice of the cervix, and then gradually increases in diameter along its length to accommodate the IUD, the tip can be advanced through the external orifice and as the diameter of the device increases the device will apply lateral pressure on the walls of the cervix causing the opening to the cervix to slowly increase in diameter to accommodate the remainder of the device.

[00139] In another example embodiment, as illustrated in FIG. 24F, the insertion device includes an outer sleeve or sheath 2432a and at least one inner sheath 2432b. The IUD 2402 is housed by the inner sheath 2432b, and the inner sheath slides into the outer sheath 2432a in a telescopic manner so that the inner sheath and IUD can be loaded into the outer sheath to prepare the insertion device for the IUD insertion procedure. The example embodiment illustrated in FIG. 24F depicts an inner sheath 2432b comprising the tapered or rounded sheath tip 2432t. However, as will be understood by persons of skill in the art, the inner sheath and/or the outer sheath is configurable to comprise the sheath tip 2432t. Preferably, the interface *i* between the sheath and cap of FIG. 24E, or between the inner and outer sheaths of FIG. 24F, is a seamless interface which will not pinch, scratch, bind or otherwise harm the patient during the insertion procedure. For example, a seamless interface is achievable by matching the outer diameter of both components at the interface, *i*, e.g., matching the outer diameters of the sheath 2432 and sheath cap 2432c at the interface *i* shown in FIG. 24E, or matching the outer diameters of the outer sheath 2432a and the inner sheath 2432b at the interface *i* shown in FIGS. 24F-G. In the embodiment illustrated in FIG. 24F, the inner sheath 2432b can include a lip 2432l which allows for the outer diameter of the inner sheath 2432b to match the outer diameter of the outer sheath 2432a, while at the same time allows the inner sheath to slide within the outer sheath along the portion of the inner sheath which is below the lip 2432l. In another example embodiment (not shown), the interface can be located at a distance along the longitudinal axis of the

insertion device which is far enough from the distal end of the sheath such that the interface will not enter the patient's cervix during the insertion procedure.

[00140] Since the sheath and plunger motion control features are small due to their position inside the sheath or affixed to the plunger, the insertion devices are configurable to include one or more force-limiting features, such as those discussed above, to prevent the user from applying excessive force to the slider which could subsequently break or damage the sheath and plunger motion control features.

IV. Thread Locking and Unlocking Features

[00141] As described above, the insertion devices of the present disclosure include one or more string control features or mechanisms. The string control feature can include one or more string locking features and at least one string unlocking feature or mechanism. The one or more string control features or mechanisms can include manual features, automatic features, or a combination thereof.

[00142] In one general class of configurations, as illustrated in **FIGS. 25A-25B** and **26A-26E**, the insertion devices are adaptable to include a dimensional feature such as an opening, detent, notch, wedge, or cleft **2548**, whereby the one or more IUD strings (not shown) are firmly engageable within the dimensional feature. The dimensional string locking feature is formable in the insertion device housing **2535** or as part of another suitable insertion device component. In one example embodiment, the insertion device operator can pull the IUD strings into the dimensional string locking feature **2548** upon loading the IUD into the insertion device. In additional embodiments, the strings can be automatically placed or locked in the string locking feature, as discussed below in additional embodiments. The one or more string locking features can function to control the IUD position during insertion and/or move the strings out of the way to prevent the strings from interfering with the insertion procedure. Additional advantages will be appreciated by persons of skill in the art. The strings can be manually, automatically or semi-automatically removed from the locking feature **2548** upon completion of IUD insertion.

[00143] In addition to the at least one string locking feature, the insertion device includes one or more string unlocking features to remove the strings from a locked position. The one or more unlocking features can include manual and/or automatic string unlocking features. As illustrated in the example embodiment of **FIGS. 26A-26E**, the insertion device can include a movable string control feature **2649** which pushes or releases the strings out of the string locking feature **2648**. As illustrated in **FIGS. 26A-26E**, the insertion device includes a movable string release feature which can move past or through the string locking feature **2648**. As discussed above and illustrated in **FIGS. 26A-26E**, the string locking feature can include an opening or dimensional feature in the insertion device housing **2635**. When the string unlocking feature **2649** is in a first position, the strings remain locked in the string locking feature **2648**. When the string unlocking feature **2649** is moved, the strings are released or unlocked by the string unlocking feature **2649**.

[00144] As in the example embodiment illustrated in **FIGS. 26A -26C**, the insertion device can include a feature **2649** which is both a string locking and string unlocking feature. For example, the string

control feature **2649** is configurable to lock the IUD strings into place by pinching the strings against housing **2635** in a first position (not shown). For example, the strings can be pinched or locked in the string locking feature **2648** by the string control feature **2649**. When the string control feature is moved (e.g., pushed proximally), as illustrated in **FIG. 26A**, the strings are released from the string locking feature **2648** since the string locking and unlocking control feature **2649** is no longer pinching or locking the strings against the housing **2635**, string locking feature **2648**, or another insertion device component. As illustrated in **FIG. 26A**, the housing or string locking feature **2648** and/or the string unlocking feature **2649** can include an angled or tilted surface, whereby a surface of the string unlocking feature **2649** contacts a surface of the string locking feature **2648** when the strings are locked, and the surfaces are not in contact when the strings are unlocked.

[00145] In the example embodiments illustrated in **FIGS. 26D-26E**, the string locking feature **2648** locks or controls the strings in a dimensional feature in the insertion device housing **2635**, and the string unlocking feature **2649** releases, eases or unlocks the strings when it is moved from a first position (as illustrated in **FIG. 26D**) to a second position (as illustrated in **FIG. 26E**). For example, the strings are positionable such that they extend beyond, or protrude through, a proximal end of the insertion device through an opening in the string unlocking feature **2649**. For example, the feature **2649** can include a hollow tube portion through which the strings are threaded. In this embodiment, the strings are pulled firmly from the opening in the feature **2649** and into the string locking feature **2648**. When the string unlocking feature **2649** is moved proximally, the unlocking feature **2649** pushes against the strings to remove them from the locking feature **2648**. As will be understood by persons of skill in the art, these non-limiting example embodiments are illustrated to illustrate the string control features envisioned by the present disclosure, and additional embodiments and mechanisms of operation are included, such as additional embodiments discussed throughout this specification.

[00146] The string control feature **2649**, which can be a string locking and/or string unlocking feature, is further configurable to be controllable by a string control feature such as a slider **2646**, as illustrated in **FIGS. 26D-26E**. As illustrated in **FIG. 26D**, the string control feature **2646** includes a slider position return feature **2646r** which allows the user to move the slider **2646** back to its starting position. The slider position return feature can include a spring, detent, tab, or any other suitable feature, as will be understood by persons of skill in the art. The string control **2646** feature is adaptable to include a telescoping string control slider, e.g., as in the embodiment illustrated in **FIGS. 13-15**, as discussed in further detail above. Alternatively, or additionally, the string control feature **2649** is controllable by one or more string release buttons **2647**, as illustrated in **FIGS. 26B** (top view) and **26C** (side view). The buttons **2647** can be located in or on the housing in a separate location from the sheath control slider **2642**, as illustrated in **FIGS. 26B-26C**. The at least one button **2647** can include a slider, a depressible button, or any other suitable control feature or mechanism for moving the string unlocking feature **2649**. The string control feature **2649** can be adapted and configured to include an elongated

member which is physically attached to or operatively connected to the one or more string control features such as the string release slider **2646** or the string release button **2647**.

[00147] FIGS. **27A-27C** show additional details of the insertion device **800** illustrated in FIGS. **8A-8F** and described in further detail above. In one configuration, as illustrated in FIGS. **27A-27C**, the insertion device includes a string control feature **2747** comprising one or more dimensional string locking features **2748**. The string locking features **2748** are configurable such that each feature include a surface **2748a** adapted and configured to pinch or lock the one or more IUD strings **2710** which extend from within the elongated sheath **2732** against another component or surface of the insertion device. The string locking features **2748** or surfaces **2748a** are formable from ramps, curved surfaces, tilted surfaces, rounded features, depressions, protrusions, or other suitable dimensional features. The string control feature **2747** provides both a string locking and string unlocking mechanism. When the string control feature is moved from a first position to a second position, the IUD string is locked or restrained in a first position or unlocked or unrestrained. When the string control feature **2747** is in a first position, as illustrated in FIG. **27C**, the at least one IUD string **2710** is lockable or restrainable into place by the string locking feature **2748**, whereby the surface **2748a** of the feature **2748** pinches, presses or restrains the string against another component or surface of the insertion device (not shown), such as an interior surface of the handle **2735**. When the string control feature **2747** is moved to a second position, as illustrated in FIG. **27C**, the string is released from the locked position. The string locking features **2748** include a curved or tilted surface to allow for gradual locking or restraining of the insertion device as the curved or tilted surface moves across the string. The string control feature **2747** is moveable through a range of motion from the locked to unlocked position by sliding, swiveling, or otherwise moving the feature **2747**.

[00148] In still another embodiment, the insertion device includes a string locking feature comprising one or more grooves or teeth which grab and lock the string into place, pinching the string against the grooves or teeth and another surface of the insertion device. For example, as illustrated in FIG. **28**, the string locking feature **2847** comprises a first component with at least one surface having teeth **2848a**. The string locking feature **2847** may further comprise a second component with at least one surface having teeth **2848b** wherein the teeth of the first component face the teeth of the second component. Moving the string locking feature **2847** toward the second component surface **2848b** causes the two surfaces having teeth to engage or pinch a string **2810** positioned between the surfaces, thereby locking the string into place. In one embodiment, the string is locked or restrained by depressing the string control feature **2847** and released or unlocked by releasing the string control feature **2847**. In other embodiments, the string is lockable by another feature such as a latch or hinge which secures the surfaces **2848a**, **2848b** together. In still other embodiments, the string control feature **2847** is moved by sliding or rotating the string control feature **2847**, whereby the string is pinched between a first surface of the string control feature **2847** and a second surface, wherein the first and/or second surface comprises teeth or grooves. As will be appreciated by those skilled in the

art, the string control mechanisms are adaptable to secure a string in a first position, and then release the string, or to control the tension of the string relative to the IUD during deployment by restraining the string or strings until the string is released. Thus, all string locking and unlocking features and mechanisms are adaptable to lock, restrain, tension, or release (either partially or fully) the strings that engage the mechanisms.

[00149] In still other embodiments, the string locking and unlocking feature or mechanism is adaptable to include a hinge or clamp feature, whereby the strings are locked when the hinge or clamp is closed or tightened, and the strings are unlocked when the hinge or clamp is opened or loosened.

[00150] In yet another embodiment, the insertion devices are configurable to include one or more mechanisms which prevent the user from deploying the IUD while the strings remain in a locked or restrained position. Such a feature can facilitate the prevention of pain associated with the insertion procedure when the device operator pulls on the deployed IUD strings, e.g. when the insertion device attempts to retract the insertion device post-insertion while the strings remain locked. By requiring that the strings are unlocked before the insertion device will allow full deployment of the IUD, the preventative feature provides a feedback mechanism, signal or reminder to the operator that the strings need to be unlocked before proceeding with the procedure.

[00151] In one example embodiment, as illustrated in **FIGS. 29A-29D**, the insertion devices disclosed herein are configurable to include a string locking and unlocking feature **2947**, which includes one or more alignment features **2960**. As illustrated in **FIGS. 29A-29D**, the IUD strings are locked and unlocked by the string control feature **2947**. The string **2910** passes through an aperture **2948**. For example, sliding or rotating the string control feature **2947** can lock and unlock the strings depending on the direction the feature is moved or rotated. When the strings are locked or pinched by the string locking feature **2947**, as illustrated in **FIG. 29B**, the string control feature **2947** exhibits an interface which prevents the sheath from proceeding beyond the string control feature interface. For example, the sheath can include one or more dimensional features **2961**, such as tabs or protrusions, which align with one or more features **2960** of the string control feature **2947**, such as the openings **2960**, **2960'** illustrated in **FIGS. 29A-29D**. When the strings are locked, sheath features **2961**, **2961'** are not aligned with the openings **2960**, **2960'** in the string locking feature **2947**, and the sheath **2932** cannot be retracted, as illustrated in **FIG. 29B**. When the strings are unlocked, the sheath features **2961**, **2961'** are aligned with the openings **2960**, **2960'** in the string locking feature **2947**, and the sheath can be retracted, as illustrated in **FIGS. 29C-29D**.

[00152] In yet another embodiment, the insertion device includes a string cutting feature. The string cutting feature can be a string unlocking feature, whereby the strings are cut by a cutting feature of the insertion device and thereby released from a locked position. Alternatively, the string cutting feature can be separate from the string unlocking feature. As will be understood by persons of skill in the art, the string cutting feature can include a blade or any known mechanism suitable for cutting or breaking the IUD strings.

[00153] Either manual, automatic or semi-automatic string locking or unlocking features are contemplated in the insertion devices of the present disclosure. Incorporating any of the features mentioned above, the insertion devices are configurable to include an automatic string locking feature, whereby the strings are automatically locked and unlocked by the insertion device without requiring additional procedural steps or user input. Automatic locking and unlocking features can include any suitable features or mechanisms known in the art, as well as the features of the present disclosure discussed herein. For a manual process, a user pulls on the strings when the device is in a correct or desired position or configuration, e.g. when a dome shape is achieved, and then positions the one or more strings into the cleft such that the cleft walls pinch the strings, thereby locking the strings into place.

V. Feedback Features

[00154] As described above, the insertion devices of the present disclosure are adaptable and configurable to include one or more indicator or signal features which provide a sensory signal to the user that the IUD and other insertion device components are in an appropriate or targeted position corresponding to one or more phases of the IUD insertion procedure. The sensory indicator features or user feedback of the present disclosure includes, but is not limited to, a visual indicator such as a visual alignment feature described above, an auditory indicator such as a click or other noise heard by the insertion device operator, and/or a tactile indicator feature which can be felt by the operator, such as a tactile indicator felt by the operator's finger or thumb (e.g., when the one component of the device engages another component, such as occurs with configurations featuring soft motion control features).

[00155] The insertion devices are further configurable to include one or more signal features to alert the operator at various stages of the insertion procedure or to provide assurance that the IUD is properly positioned, thereby signaling the operator to perform the next step in the procedure. Likewise, such guidance can inform the clinician of instances where the IUD is improperly positioned, either by the lack of the aforementioned positive signal showing proper IUD positioning, or by including an additional negative signal feature. The insertion devices include non-visible indicator features such as tactile or auditory indicator features. In this manner, the insertion device provides indicators without requiring the user to look away from patient and back toward the insertion device, whereby the user can focus on the patient at the point of insertion.

[00156] In additional aspects of the disclosure, the insertion devices are adaptable to display a visual indicator symbol such as a picture, word, number, pattern, color change, or the like, whenever the IUD location corresponds to a procedural step (or, conversely, whenever the IUD location does not correspond to a procedural step). As illustrated in **FIGS. 30A-30B**, indication features of the insertion device can include symbols **3070** which depict the IUD positioning corresponding to the procedural step and insertion device positioning. For example, the slider **3042** can include a viewer window **3071** which displays a symbol depicting the corresponding IUD positioning at various slider

positions. When the slider **3042** is moved by the operator, the window aligns with and shows the appropriate symbol printed or molded onto the insertion device housing or another insertion device component corresponding to a configuration of the IUD and/or IUD and insertion device at a corresponding procedural step.

VI. Pre-Insertion IUD Loading

[00157] The present disclosure includes various features for preparing the insertion device for the IUD insertion procedure, as well as related methods. For example, the IUD **3102** can be loaded into the housing or sheath **3132** through one or more openings **3132h** in the insertion device sheath, including an outer sheath **3132a** or an inner sheath **3132b**, as illustrated in **FIGS. 31A-31B**.

[00158] In additional aspects, as illustrated in **FIG. 32A-32B**, the IUD **3202** and plunger **3234** are simultaneously loaded into the insertion device through an opening **3235h** in the insertion device housing **3235**. The plunger **3234** is adaptable and configurable to include one or more features **3234f** for attaching the plunger **3234** to the housing **3235** upon loading the plunger **3234** and IUD **3202** into the insertion device. As illustrated in **FIG. 32B**, the insertion device can further be adapted and configured to include a packing sleeve or inner sheath **3232b** which provides a loading sheath to fold the IUD **3202** for loading into the insertion device. The packing sleeve or inner sheath **3232b** can include one or more stopping features **3232c** for stopping the packing sleeve **3232b** from traveling into the outer sheath **3232a** as the plunger **3234** is inserted through the housing and into the outer sheath. For example, the stopping feature **3232c** is configurable to include a dimensional feature such as a protrusion which contacts a surface within the housing **3235** and prevents the packing sleeve from further movement. The IUD can be a T-shaped IUD, or any other IUD configuration, which is pre-packaged with the IUD arms in the extended position. The packing sleeve can be slid over the IUD prior to IUD loading to fold the IUD arms together for loading into the insertion device.

[00159] In another aspect, the handle or housing top and bottom pieces can be separated or opened to allow for loading of the plunger and IUD. For example, the housing can include a hinge which allows the housing to swing open for IUD loading.

[00160] In still another aspect of the present disclosure, the sheath or plunger position control features allow movement of the sheath or plunger to load the IUD into the sheath for insertion. For example, the IUD can be loaded into the insertion device sheath by advancing the sheath distal to cover the IUD prior to insertion. The insertion device can include a sheath slider located in a second middle position along the elongated guide prior to IUD insertion. While the IUD is locked to the plunger or housing, the slider is moved distal to advance the sheath distal and cover the IUD arms. Then, the insertion procedure is started with the sheath slider the first distal position. Step 2 of the insertion procedure involves moving the sheath slider backward to the second middle position, and step 3 involves moving the sheath slider backward to the third proximal position along the elongated guide.

[00161] While various aspects of the present disclosure have been described above, it should be understood that they have been presented by way of example only, and not limitation. It will be

apparent to persons skilled in the relevant art that various changes in form and detail can be made therein without departing from the spirit and scope of the disclosure. Thus, the breadth and scope of the present disclosure should not be limited by any of the above-described exemplary aspects, but should be defined only in accordance with the following claims and their equivalents. As will be understood by persons of skill in the art, any of the foregoing device or process components can be used in any suitable combination to form the insertion device of the present disclosure.

[00162] While preferred embodiments of the present invention have been shown and described herein, it will be obvious to those skilled in the art that such embodiments are provided by way of example only. Numerous variations, changes, and substitutions will now occur to those skilled in the art without departing from the invention. It should be understood that various alternatives to the embodiments of the invention described herein may be employed in practicing the invention. It is intended that the following claims define the scope of the invention and that methods and structures within the scope of these claims and their equivalents be covered thereby.

CLAIMS

WHAT IS CLAIMED IS:

1. An insertion device comprising:
 - an elongated sheath having a proximal end and a distal end and a lumen extending between the proximal end and the distal end;
 - an elongated inner member having a proximal end and a distal end disposable within the lumen of the elongated sheath;
 - a proximally positioned user interface, wherein the proximally positioned user interface further comprises one or more elongated guides formed at least partially therein and along at least a portion of a length thereof; and
 - a moveable sheath slider in communication with the elongated sheath wherein the moveable sheath slider is adaptable and configurable to securely move within the elongated guide and further wherein the moveable sheath slider controls axial movement of the elongated sheath.
2. The insertion device of claim 1, wherein the elongated guide further comprises one or more motion control features along the length of the elongated guide.
3. The insertion device of claim 2, wherein the one or more motion control features are selected from the group comprising a hard motion control feature, a soft motion control feature.
4. The insertion device of claim 2, wherein the one or more motion control features comprises at least one force-limiting feature configurable to limit an amount of force applied to the moveable sheath slider.
5. The insertion device of claim 3 wherein the one or more motion control features are selected from the group comprising detents, notches, grooves, protrusions, tabs, ridges, flanges, flaps, gates, flexible members, elongated guide contours, and elongated guide curved surface.
6. The insertion device of claim 1, wherein the elongated guide has a length, a width and a depth, and further wherein the elongated guide width is at least one of a variable length along and a staged width selected from two or more of a first width and a second width.
7. The insertion device of claim 1, wherein the elongated guide has an in-plane profile selected from rectangular, s-shaped, c-shaped, u-shaped, w-shaped, circular, semi-circular, and oval.
8. The insertion device of claim 2, wherein the sheath slider comprises one or more surface profiles adapted and configured to mechanically complement the one or more motion control features.

9. The insertion device of claim **8**, wherein the one or more surface profiles of the sheath slider are selected from the group comprising one or more of each of non-planar surfaces, curved surfaces, and angled surfaces.
10. The insertion device of claim **1**, wherein the housing and the sheath slider further comprises one or more alignment surfaces, wherein the one or more alignment surfaces of the housing is adapted and configured to mechanically complement the one or more alignment surfaces of the sheath.
11. The insertion device of claim **10** wherein a first sheath slider alignment surface aligns with a first housing alignment surface at a first position along the length of the elongated guide.
12. The insertion device of claim **10**, wherein the one or more sheath slider alignment surfaces and the one or more housing alignment surfaces are selected from the group comprising a curved surface, an angled surface, a tilted surface and a dimensional surface.
13. The insertion device of claim **1**, wherein the elongated guide further comprises one or more cavities on one or more of the proximal end of the elongated guide and the distal end of the elongated guide wherein the one or more cavities are adapted and configured to house at least a portion of the movable sheath slider.
14. The insertion device of claim **1**, further comprising a string control slider.
15. The insertion device of claim **14**, wherein the string control slider is adaptable and configurable to securely move within the elongated guide.
16. The insertion device of claim **14**, wherein the elongated sheath slider and the string control slider are adapted and configured to operate at least one of simultaneously and independently within one or more elongated guides.
17. The insertion device of claim **14**, wherein the sheath slider and the string control slider are telescopically movable along at least a first portion of the elongated guide, and further wherein the sheath slider and the string control slider are configurable such that at least one of the sheath slider and the string slider partially surrounds the remaining slider.
18. The insertion device of claim **14**, wherein the sheath slider and string control slider are further configurable to comprise one or more vertical surfaces, wherein the one or more vertical surfaces are selected from the group comprising a first sheath slider vertical surface, a second sheath slider vertical surface, a first string control slider vertical surface, and a second string control vertical

surface, wherein one or more of the vertical surfaces are configured to form an aligned adjacent surface at one or more positions along the length of the elongated guide.

19. The insertion device of claim **14**, wherein the sheath slider and the string control slider have a combined width less than or equal to at least one of 0.75 inches (19 mm), 0.7 inches (17.8 mm), 0.5 inches (12.7 mm), 0.35 inches (8.9 mm), or 0.25 inches (6.3 mm).

20. The insertion device of claim **1**, wherein the insertion device is configurable to receive an IUD within the distal end of the lumen of the elongated sheath further comprising at least one string locking feature adaptable and configurable to secure one or more string components of the IUD.

21. The insertion device of claim **20**, wherein the at least one string locking feature comprises one or more of a cleft, a clamp, a wedge, a pincher, a spring, or teeth.

22. The insertion device of claim **21**, wherein the string locking feature comprises a cleft, and the string unlocking feature comprises a movable member which pushes the one or more strings out of the cleft to unlock the one or more strings.

23. The insertion device of claim **1**, wherein the distal end of the elongated sheath has an atraumatic tip selected from the group comprising a rounded tip and a tapered tip.

24. The insertion device of claim **23**, wherein the distal end of the elongated sheath has an outer diameter of about 3mm to 5mm.

25. The insertion device of claim **23**, wherein the distal end of the elongated sheath has an outer diameter which is equal to or less than 80%, 50%, 30% of the outer diameter of the proximal end of the elongated sheath.

26. The insertion device of claim **23**, wherein the distal end of the elongated sheath has an outer diameter which is less than the maximum cross-sectional dimension of an IUD positionable within the lumen of the elongated sheath.

27. The insertion device of claim **23**, wherein the distal end of the elongated sheath further comprises one or more slits or flaps at the forward end of the sheath.

28. The insertion device of claim **1** further comprising one or more feedback mechanisms selected from the group comprising audible, visible, and tactile.

29. An insertion device comprising:
an elongated sheath having a proximal end and a distal end and a lumen extending between the proximal end and the distal end;
an elongated inner member having a proximal end and a distal end disposable within at least a portion of the lumen of the elongated sheath;
a proximally positioned user interface; and
an actuatable sheath control button associated with the proximally positioned user interface in communication with the elongated sheath wherein the actuatable sheath control button is adaptable and configurable to controls axial movement of the elongated sheath wherein the elongated sheath extends distally from the housing, and wherein the sheath control button causes the sheath to proximally retract when the sheath control button is actuated.
30. The insertion device of claim **29**, further comprising an elongated guide and one or more motion control features along the length of the elongated guide.
31. The insertion device of claim **30**, wherein the one or more motion control features are selected from the group comprising a hard motion control feature, a soft motion control feature.
32. The insertion device of claim **30**, wherein the one or more motion control features comprises at least one force-limiting feature configurable to limit an amount of force applied to the moveable sheath slider.
33. The insertion device of claim **32** wherein the one or more motion control features are selected from the group comprising detents, notches, grooves, protrusions, tabs, ridges, flanges, flaps, gates, flexible members, elongated guide contours, and elongated guide curved surface.
34. The insertion device of claim **29**, wherein the elongated guide has a length, a width and a depth, and further wherein the elongated guide width is at least one of a variable length along and a staged width selected from two or more of a first width and a second width.
35. The insertion device of claim **29**, wherein the elongated guide has an in-plane profile selected from rectangular, s-shaped, c-shaped, u-shaped, w-shaped, circular, semi-circular, and oval.
36. The insertion device of claim **30**, wherein the sheath slider comprises one or more surface profiles adapted and configured to mechanically complement the one or more motion control features.

37. The insertion device of claim 36, wherein the one or more surface profiles of the sheath slider are selected from the group comprising one or more of each of non-planar surfaces, curved surfaces, and angled surfaces.

38. The insertion device of claim 29, wherein the housing and the sheath slider further comprises one or more alignment surfaces, wherein the one or more alignment surfaces of the housing is adapted and configured to mechanically complement the one or more alignment surfaces of the sheath.

39. The insertion device of claim 38 wherein a first sheath slider alignment surface aligns with a first housing alignment surface at a first position along the length of the elongated guide.

40. The insertion device of claim 38, wherein the one or more sheath slider alignment surfaces and the one or more housing alignment surfaces are selected from the group comprising a curved surface, an angled surface, a tilted surface and a dimensional surface.

41. The insertion device of claim 29, wherein the insertion device is configurable to receive an IUD within the distal end of the lumen of the elongated sheath and wherein the insertion device further comprises at least one of a string locking feature and a string control button adaptable and configurable to secure one or more string components of the IUD.

42. The insertion device of claim 41, wherein the at least one string locking feature comprises one or more of a cleft, a clamp, a wedge, a pincher, a spring, or teeth.

43. The insertion device of claim 42, wherein the string locking feature comprises a cleft, and the string unlocking feature comprises a movable member which pushes the one or more strings out of the cleft to unlock the one or more strings.

44. The insertion device of claim 41, wherein the sheath control button and the string control button are disposable adjacent to one another on the housing.

45. The insertion device of claim 41, wherein the combined width of the sheath control slider button interface and the string control slider button interface is less than or equal to at least one of 0.75 inches (19 mm), 0.7 inches (17.8 mm), 0.5 inches (12.7 mm), 0.35 inches (8.9 mm), or 0.25 inches (6.3 mm).

46. The insertion device of claim 30, wherein the sheath control button and the string control slider button are configurable such that at least one of the sheath control slider button and the string control slider button partially surrounds the remaining button.

47. The insertion device of claim **30**, wherein two or more of the sheath control button, the string control button, and housing are further configurable to comprise one or more vertical surfaces, wherein the one or more vertical surfaces are selected from the group comprising a first sheath control button vertical surface, a second sheath control button vertical surface, a first string control button vertical surface, and a second string control button vertical surface, a first housing vertical surface and a second housing vertical surface wherein one or more of the vertical surfaces are configured to form an aligned adjacent surface at one or more positions along the length of the housing.

48. The insertion device of claim **29**, wherein the distal end of the elongated sheath has an atraumatic tip selected from the group comprising a rounded tip and a tapered tip.

49. The insertion device of claim **36**, wherein the distal end of the elongated sheath has an outer diameter of about 3mm to 5 mm.

50. The insertion device of claim **37**, wherein the distal end of the elongated sheath has an outer diameter which is equal to or less than at least one of 80%, 50%, 30% of the outer diameter of the proximal end of the elongated sheath.

51. The insertion device of claim **36**, wherein the distal end of the elongated sheath has an outer diameter which is less than the maximum cross-sectional dimension of an IUD positionable within the lumen of the elongated sheath.

52. The insertion device of claim **36**, wherein the distal end of the elongated sheath further comprises one or more slits or flaps at the forward end of the sheath.

53. The insertion device of claim **29** further comprising one or more feedback mechanisms selected from the group comprising audible, visible, and tactile.

54. An insertion device comprising:
an elongated sheath having a proximal end and a distal end and a lumen extending between the proximal end and the distal end wherein the distal end of the elongated sheath forms an atraumatic tip selected from the group comprising a rounded tip and a tapered tip;
an elongated inner member having a proximal end and a distal end disposable within the lumen of the elongated sheath; and
a proximally positioned user interface.
55. The insertion device of claim **54**, wherein the elongated guide further comprises one or more motion control features along the length of the elongated guide.
56. The insertion device of claim **55**, wherein the one or more motion control features are selected from the group comprising a hard motion control feature, a soft motion control feature.
57. The insertion device of claim **55**, wherein the one or more motion control features comprises at least one force-limiting feature configurable to limit an amount of force applied to the moveable sheath slider.
58. The insertion device of claim **57** wherein the one or more motion control features are selected from the group comprising detents, notches, grooves, protrusions, tabs, ridges, flanges, flaps, gates, flexible members, elongated guide contours, and elongated guide curved surface.
59. The insertion device of claim **54**, wherein the elongated guide has a length, a width and a depth, and further wherein the elongated guide width is at least one of a variable length along and a staged width selected from two or more of a first width and a second width.
60. The insertion device of claim **54**, wherein the elongated guide has an in-plane profile selected from rectangular, s-shaped, c-shaped, u-shaped, w-shaped, circular, semi-circular, and oval.
61. The insertion device of claim **55**, wherein the sheath slider comprises one or more surface profiles adapted and configured to mechanically complement the one or more motion control features.
62. The insertion device of claim **61**, wherein the one or more surface profiles of the sheath slider are selected from the group comprising one or more of each of non-planar surfaces, curved surfaces, and angled surfaces.
63. The insertion device of claim **54**, wherein the housing and the sheath slider further comprises one or more alignment surfaces, wherein the one or more alignment surfaces of the housing

is adapted and configured to mechanically complement the one or more alignment surfaces of the sheath.

64. The insertion device of claim 63 wherein a first sheath slider alignment surface aligns with a first housing alignment surface at a first position along the length of the elongated guide.

65. The insertion device of claim 63, wherein the one or more sheath slider alignment surfaces and the one or more housing alignment surfaces are selected from the group comprising a curved surface, an angled surface, a tilted surface and a dimensional surface.

66. The insertion device of claim 54, wherein the elongated guide further comprises one or more cavities on one or more of the proximal end of the elongated guide and the distal end of the elongated guide wherein the one or more cavities are adapted and configured to house at least a portion of the movable sheath slider.

67. The insertion device of claim 54, further comprising a string control slider.

68. The insertion device of claim 67, wherein the string control slider is adaptable and configurable to securely move within the elongated guide.

69. The insertion device of claim 67, wherein the elongated sheath slider and the string control slider are adapted and configured to operate at least one of simultaneously and independently within one or more elongated guides.

70. The insertion device of claim 67, wherein the sheath slider and the string control slider are telescopically movable along at least a first portion of the elongated guide, and further wherein the sheath slider and the string control slider are configurable such that at least one of the sheath slider and the string slider partially surrounds the remaining slider.

71. The insertion device of claim 67, wherein the sheath slider and string control slider are further configurable to comprise one or more vertical surfaces, wherein the one or more vertical surfaces are selected from the group comprising a first sheath slider vertical surface, a second sheath slider vertical surface, a first string control slider vertical surface, and a second string control vertical surface, wherein one or more of the vertical surfaces are configured to form an aligned adjacent surface at one or more positions along the length of the elongated guide.

72. The insertion device of claim 54, wherein the distal end of the elongated sheath has an outer diameter which is less than an outer diameter of the proximal end of the sheath.

73. The insertion device of claim **54**, wherein the insertion device is configurable to receive an IUD within the distal end of the lumen of the elongated sheath further comprising at least one of a string locking feature and a string control button adaptable and configurable to secure one or more string components of the IUD.

74. The insertion device of claim **73**, wherein the at least one string locking feature comprises one or more of a cleft, a clamp, a wedge, a pincher, a spring, or teeth.

75. The insertion device of claim **74**, wherein the string locking feature comprises a cleft, and the string unlocking feature comprises a movable member which pushes the one or more strings out of the cleft to unlock the one or more strings.

76. The insertion device of claim **73**, wherein the sheath control button and the string control button are disposable adjacent to one another on the housing.

77. The insertion device of claim **73**, wherein the combined width of the sheath control slider button interface and the string control slider button interface is less than or equal to at least one of 0.75 inches (19 mm), 0.7 inches (17.8 mm), 0.5 inches (12.7 mm), 0.35 inches (8.9 mm), or 0.25 inches (6.3 mm)..

78. The insertion device of claim **54**, wherein the sheath control slider button and the string control slider button are configurable such that at least one of the sheath control slider button and the string control slider button partially surrounds the remaining button.

79. The insertion device of claim **54**, wherein two or more of the sheath control button, the string control button, and housing are further configurable to comprise one or more vertical surfaces, wherein the one or more vertical surfaces are selected from the group comprising a first sheath control button vertical surface, a second sheath control button vertical surface, a first string control button vertical surface, and a second string control button vertical surface, a first housing vertical surface and a second housing vertical surface wherein one or more of the vertical surfaces are configured to form an aligned adjacent surface at one or more positions along the length of the housing.

80. The insertion device of claim **54**, further comprising one or more cavities one wherein the one or more cavities are adapted and configured to house at least a portion of the proximal end of the elongated sheath.

81. The insertion device of claim **54**, wherein the distal end of the elongated sheath has an outer diameter of about 3mm to 5mm.

82. The insertion device of claim **54**, wherein the distal end of the elongated sheath has an outer diameter equal to or less than 80%, 50%, 30% of the outer diameter of the proximal end of the elongated sheath.

83. The insertion device of claim **54**, wherein the distal end of the elongated sheath has an outer diameter which is less than the maximum cross-sectional dimension of an IUD positionable within the lumen of the elongated sheath.

84. The insertion device of claim **54**, wherein the distal end of the elongated sheath further comprises one or more slits or flaps at the forward end of the sheath.

85. The insertion device of claim **54** further comprising one or more feedback mechanisms selected from the group comprising audible, visible, and tactile.

86. A kit comprising:

an insertion device having an elongated sheath having a proximal end and a distal end and a lumen extending between the proximal end and the distal end; an elongated inner member having a proximal end and a distal end disposable within the lumen of the elongated sheath; a proximally positioned user interface, wherein the proximally positioned user interface further comprises one or more elongated guides formed at least partially therein and along at least a portion of a length thereof; and a moveable sheath slider in communication with the elongated sheath wherein the moveable sheath slider is adaptable and configurable to securely move within the elongated guide and further wherein the moveable sheath slider controls axial movement of the elongated sheath; and

an intrauterine device positionable within the distal lumen of the elongated sheath.

87. A kit comprising:

an insertion device having an elongated sheath having a proximal end and a distal end and a lumen extending between the proximal end and the distal end, an elongated inner member having a proximal end and a distal end disposable within the lumen of the elongated sheath, a proximally positioned user interface, and an actuatable sheath control button associated with the proximally positioned user interface in communication with the elongated sheath wherein the actuatable sheath slider is adaptable and configurable to controls axial movement of the elongated sheath, wherein the elongated sheath extends outward from the housing, and wherein the sheath control button causes the sheath to proximally retract when the sheath control button is actuated, and

an intrauterine device positionable within the distal lumen of the elongated sheath.

88. A kit comprising

an insertion device having an elongated sheath having a proximal end and a distal end and a lumen extending between the proximal end and the distal end, wherein the distal end of the elongated sheath forms an atraumatic tip selected from the group comprising a rounded tip and a tapered tip, an elongated inner member having a proximal end and a distal end disposable within the lumen of the elongated sheath, and a proximally positioned user interface; and

an intrauterine device positionable within the distal lumen of the elongated sheath.

89. A method of using an insertion device comprising:

advancing an insertion device having an elongated sheath having a proximal end and a distal end and a lumen extending between the proximal end and the distal end; an elongated inner member having a proximal end and a distal end disposable within the lumen of the elongated sheath; a proximally positioned user interface, wherein the proximally positioned user interface further comprises one or more elongated guides formed at least partially therein and along at least a portion of a length thereof; and a moveable sheath slider in communication with the elongated sheath wherein the moveable sheath slider is adaptable and configurable to securely move within the elongated guide and further wherein the moveable sheath slider controls axial movement of the elongated sheath;

actuating the sheath slider;

at least one of moving the elongated sheath proximally and advancing the IUD distally;

automatically or semi-automatically increasing a radial diameter of the IUD; and releasing the IUD from the insertion device.

90. A method of using an insertion device comprising:

advancing an insertion device having an elongated sheath having a proximal end and a distal end and a lumen extending between the proximal end and the distal end, an elongated inner member having a proximal end and a distal end disposable within the lumen of the elongated sheath, a proximally positioned user interface, and an actuatable sheath control button associated with the proximally positioned user interface in communication with the elongated sheath wherein the actuatable sheath slider is adaptable and configurable to controls axial movement of the elongated sheath, wherein the elongated sheath extends outward from the housing, and wherein the sheath control button causes the sheath to proximally retract when the sheath control button is actuated;

actuating the sheath control button;

at least one of moving the elongated sheath proximally and advancing the IUD distally;

automatically or semi-automatically increasing a radial diameter of the IUD; and releasing the IUD from the insertion device.

91. A method of using an insertion device comprising:

advancing an insertion device having an elongated sheath having a proximal end and a distal end and a lumen extending between the proximal end and the distal end, wherein the distal end of the elongated sheath forms an atraumatic tip selected from the group comprising

a rounded tip and a tapered tip, an elongated inner member having a proximal end and a distal end disposable within the lumen of the elongated sheath, and a proximally positioned user interface;

at least one of moving the elongated sheath proximally and advancing the IUD distally;

automatically or semi-automatically increasing a radial diameter of the IUD; and releasing the IUD from the insertion device.