

## WHAT TO EXPECT WHEN HAVING AN IUD INSERTED

An IUD can be inserted at anytime in your menstrual cycle as long as you are practicing a reliable method of birth control or have abstained from sex since your last menstrual period. If you are not using birth control the IUD can be placed only if you have abstained from sex for the two weeks prior to your date for IUD insertion.

If you have a medical condition that requires that you take an antibiotic prior to medical procedures please inform us. If appropriate we will prescribe an antibiotic for you.

Motrin 800 mg (Ibuprophen) may be taken one hour before coming to your appointment to help reduce cramping during the insertion of the IUD. If you are unable to take Motrin you may take two Extra Strength Tylenol. The majority of patients remain comfortable throughout the insertion of the IUD but others experience mild to moderate cramping. As needed, and with your permission, we will administer a topical or local numbing medication.

After the IUD is inserted you may experience spotting and possibly cramping. Motrin 800 mg every 8 hours or Extra Strength Tylenol is helpful. Generally the discomfort is short lived but the spotting may persist for 3-6 months and be quite unpredictable. We encourage you to chart the spotting and to be patient. For many patients (dependent on the type of IUD chosen) the menstrual period stops. This can be considered as safe and does not put you at any medical risk. Please talk with your Health Professional about this common side effect. You will be given a card upon leaving the office that reminds you of the date of when your IUD needs to be removed. We will also have this information on record in your file.

A return visit is scheduled at 6-8 weeks post IUD insert. This is a fairly short visit where we will evaluate your satisfaction with the IUD and discuss any concerns that you may have. A vaginal exam will be performed.

Please go to the hospital if you experience any of the following symptoms in the first 48 hours after your IUD is inserted:

1. Severe cramping (like labor pains)
2. Heavy vaginal bleeding (saturation of maxi-pad or super tampon every 45 minutes to 1 hour)
3. Fever of 100.5 or above. Rarely do we see these problems. Most of our patients report great satisfaction with the IUD. Please call with any concerns that you may have.