

WHAT TO EXPECT WHEN HAVING AN IUD INSERTED

IUDs most commonly inserted at Alliance include:

- Mirena - releases low dosage of hormones, effective up to 5 years, recommended for women who have had at least one child
- Kyleena – releases low dosage of hormones, effective up to 5 years, can be used whether or not you have had a child
- Paragard – copper releasing, hormone free, effective up to 10 years

An IUD can be inserted at any time in your menstrual cycle as long as you are using hormonal contraceptives, condoms, or have abstained from sex for the two weeks prior to insertion. Our policy is to perform a urine pregnancy test prior to your procedure so please come to your appointment prepared to give a urine sample. **Failure to use contraception or refrain from intercourse may necessitate rescheduling your appointment.**

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 (Ibuprofen) 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. If needed, we will administer a topical or local numbing medication.

On occasion, due to difficult insertion or anatomic factors, ultrasound is used to assist in the placement of the IUD. This may or may not be covered by your insurance and may or may not be applied to deductibles and copays.

After the IUD is inserted, you may experience spotting and possibly cramping. Motrin 800 mg every 8 hours or Tylenol XS is helpful. Generally, the discomfort is short lived. Changes in your bleeding pattern may occur and are dependent on the type of IUD chosen. With the Mirena IUD you may have spotting that persists for 3-6 months and be quite unpredictable. We encourage you to chart the spotting and be patient. For some patients the menstrual period stops completely. This can be considered safe and does not put you at any medical risk. Please talk with your Health Professional about this common side effect. With the Paragard IUD (non-hormonal), your period may become heavier or crampier, especially in the first 6-12 months.

You will be given a card upon leaving the office that reminds you of the date 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 insertion. 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 call the office or go to the hospital (during off hours) 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 our office at 517-484-3000 with any concerns that you may have.

Mirena IUD

<u>Procedure Codes</u>	<u>Estimated Charges</u>
J7298 (device)	\$1032.00*
58300 (insertion)	\$165.00*
58301 (removal)	\$154.00*

Kyleena IUD

<u>Procedure Codes</u>	<u>Estimated Charges</u>
J7296 (device)	\$1320.00*
58300 (insertion)	\$157.00*
58301 (removal)	\$154.00*

Paragard IUD

<u>Procedure Codes</u>	<u>Estimated Charges</u>
J7300 (device)	\$950.00*
58300 (insertion)	\$157.00*
58301 (removal)	\$154.00*

Please note patients are responsible for knowing and understanding their insurance policy and benefits.

Please contact your insurance company to verify that your policy will cover these procedure codes.

Recommended questions to ask when calling your insurance are:

1. Are these codes a covered benefit on my policy?
2. Will I be responsible to pay out of pocket for any copay or deductible for these services?

*Prices are subject to change. Please contact either your insurance company or our office to verify.