



Before Your IUD Insertion

Patient Information for all Intrauterine Devices (IUDs): MIRENA, JAYDESS, FLEXI-T and PARAGARD

An IUD (intrauterine device or coil) is an excellent form of birth control. For the copper (non-hormonal) IUD (Paragard), your chances of becoming pregnant each year is about 1 in 100 - for the hormonal IUDs (Mirena and Jaydess), your chances are about 1 in 1000. The hormonal IUDs also usually work well for reducing menstrual bleeding in women who have heavy periods.

Now that you've decided to have an IUD inserted, it's important that you follow the instructions below. Following the instructions below will also help minimize any discomfort you may feel during the procedure.

1. Ideally the insertion is done during your normal menstrual bleeding: **book your appointment for day 3 or 4 after the estimated start of your next period.** If you have irregular periods, wait until the first day of your period and make an appointment for as soon after as possible — **NO SEXUAL INTERCOURSE from the first day of your period until your appointment.**
2. If you have been prescribed **Misoprostol** (a medication to soften your cervix to aid IUD insertion):
 - The medication comes as two 200mcg pills. They should be inserted into your vagina as high as you can get them. If your appointment is scheduled in the morning, insert the pills **before you go to bed the night before.** If your appointment is scheduled in the afternoon, insert the pills **4 hours prior to your appointment.**
 - **Misoprostol is not safe to take if you think you may be pregnant!**
3. Two hours before your appointment, take the Naproxen as prescribed: one 500mg (or two 250mg) tablet(s). Having something to eat or drink can help with any indigestion the Naproxen may cause.
4. **Eat a good breakfast or lunch prior to your appointment;** it will help you feel better during and after your procedure.

THE PROCEDURE (takes about 10 minutes):

- You will be asked to lie on the examining table after undressing from the waist down (with a sheet to cover you).
- Your doctor will perform an examination to assess the position of your uterus and cervix.
- Next, a speculum will be inserted into your vagina (same as with a Pap smear).
- Your cervix will be washed with antiseptic solution in order to help prevent infection. A small, straight hollow tube (called a "pipelle") will be used to check the length of your uterus.
- The IUD will be removed from its package, and then using the insertion device (a long, hollow tube much like the pipelle) it will be inserted into your uterus.
- Your doctor will then remove the insertion device, use scissors to trim the strings on the IUD, a swab will be inserted through the speculum to clean the small amount of bleeding that usually occurs, and then the speculum will be removed.



After Your IUD Insertion

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- 1. Uterine cramping is common after IUD placement.** You can help relieve the discomfort with heating pads, Tylenol (acetaminophen), Aspirin or Advil (ibuprofen). If your cramping becomes very painful, please come visit us.
- 2. Irregular bleeding and spotting is normal for the first few months** after the IUD is placed. In some cases, women may experience irregular bleeding or spotting for up to six months after the IUD is placed. This bleeding can be annoying at first but usually will become lighter with the Mirena IUD quickly. Please visit us if your bleeding is excessive and not getting better.
- 3. Your period will likely be shorter and lighter with a Mirena IUD.** Approximately 40% of women will stop having periods altogether with the Mirena IUD. Your period may be heavier and longer with the Paragard IUD.
- 4. IUDs do not protect against sexually transmitted infections** including the AIDS virus (HIV), warts (HPV), gonorrhea, Chlamydia, and herpes. Condoms should be used to decrease the risk sexually transmitted infections. If you think that you have been exposed to a sexually transmitted infection, please come visit us.
5. If you had the IUD placed for birth control, the Paragard IUD is effective immediately. The Mirena IUD is effective immediately if it was inserted within seven days after the start of your period. If you have Mirena inserted at any other time during your menstrual cycle, use another method of birth control, like condoms for at least 7 days.
- 6. It is possible for the IUD to come out of the uterus.** If it does slip out of place, it is most likely to happen in the first few months after being put in. To make sure your IUD is in place, you can feel for the IUD strings between periods. To check for strings, wash your hands. Then, sit or squat down. Place one finger into your vagina until you feel your cervix. It will feel hard and rubbery, like the end of your nose. The string ends should be coming through your cervix. Do not pull on the strings. If the strings feel much longer than before, if you feel the hard plastic part of the IUD, or if you cannot feel the strings at all, the IUD may have moved out of place. Please call the clinic and consider using a back up form of birth control until you are seen.
7. Please schedule a follow-up appointment for 4-6 weeks after your IUD has been placed.
- 8. Pregnancy is unlikely after IUD placement, but can happen.** If you have early pregnancy symptoms like nausea and vomiting, breast tenderness, frequent urination or abdominal pain, you can take a pregnancy test. Please call the clinic if you have any concerns or if your pregnancy test is positive.
9. The IUD should only be removed by a healthcare provider.
 - a. The Mirena IUD should be removed and/or replaced after 5 years.
 - b. The Paragard IUD should be removed and/or replaced after 10 years.

Warning Signs: Please come see us or present to the Emergency Department if any of the following occur:

- Severe abdominal pain or cramping
- Unusual bleeding
- Fever or chills
- Foul smelling vaginal discharge
- Painful intercourse
- Positive pregnancy test