

IUD AFTERCARE INSTRUCTIONS

1. Uterine cramping is common after IUD placement. You can help relieve the discomfort with heating pads, Tylenol (acetaminophen), Aspirin or Advil (ibuprofen) 600mg (200mg x 3 tablets) every 6 hours. If your cramping becomes very painful or you develop a fever, please call our office.
2. Irregular bleeding and spotting are normal for the first 3-6 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. Call the clinic if your bleeding is excessive and not getting better.
3. Your period will likely be shorter and lighter with a Mirena/Kyleena IUD. Approximately 40% of women will stop having periods altogether with the Mirena/Kyleena IUD after 1-2 years of use.
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 of sexually transmitted infections. If you think that you have been exposed to a sexually transmitted infection, please call our office.
5. It takes about 7 days for the IUD to be effective so use condoms or avoid intercourse for this time.
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 insertion. 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 when you have felt them easily in the past, the IUD may have moved out of place. Please call our office and consider using a back-up form of birth control until you are seen.
7. Keep your follow-up appointment for after the IUD has been placed. A second ultrasound will be performed to confirm proper location.
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 our office if you have any concerns or if your pregnancy test is positive.
9. The IUD should only be removed by a healthcare provider. The Mirena/Kyleena IUD should be removed and/or replaced after 5 years.
10. Call the clinic if any of the following occur:

Severe abdominal/pelvic pain or cramping	Foul smelling vaginal discharge
Unusual bleeding immediately after insertion	Painful intercourse
Fever or chills	Positive pregnancy test
Severe headache	Unusual vaginal sores