

Post Insertion IUD care

Congratulations!

You now have one of the best methods of reversible, safe and effective birth control

It is normal to experience pelvic cramping and spotting for several days to weeks following insertion, as your body adjusts to the IUD. Ibuprofen (Motrin, Advil) or Naproxen (Aleve) are safe to take during this time. Other tips include a heating pad or hot water bottle to the abdominal area to help with discomfort.

*If you received a **copper** IUD today, your contraception is effective immediately. If you received a **hormonal** IUD today, you will need to use condoms for 7 days before your contraception becomes effective.*

You are welcome to make a phone appointment in 6-8 weeks to follow up on your IUD insertion

This will be to confirm you are happy with the IUD and to address any questions you may have. If there are concerns, we may offer you an in person appointment for a pelvic exam and/or a requisition to go for a pelvic ultrasound. If you are comfortable feeling the strings yourself and are not experiencing any bothersome side effects, a follow up appointment is not necessary.

Some people have some irregular bleeding and/or spotting during the first few months after the IUD is inserted

The bleeding can sometimes be on a daily basis, brown, red or pink. This can be frustrating, but try to be patient. 90% of cases settle down by 3-6 months post-insertion. If you have the hormonal IUD, it may take several months to notice lightening of your menstrual cycle.

You may want to avoid intercourse and using tampons/menstrual cups for 48 hours

Sometimes the cervix and vagina are tender after an IUD insertion and you may want to wait before inserting anything into the vagina. If you use a menstrual cup, please be careful to break the suction prior to removal, as this may inadvertently pull the IUD strings.

Please call Grace Medical (647.368.8456) or seek immediate medical attention if you:

- Feel the "T" part of the IUD passing through your cervix (*If you feel the IUD may be falling out, call Grace Medical ASAP as it *may* be replaceable for free within a certain time frame)
- Think you may be pregnant
- Have a missed period using a copper IUD
- Have severe cramps, pain, or tenderness in your abdomen; especially if you have a fever

T | 647.368.8456

