

## IUD INSERTION PROCEDURE

Your provider has counseled you about an IUD and has determined that it is appropriate for you. You have scheduled an appointment for the IUD insertion and should have checked with your insurance about coverage. Below will be the details about the procedure and the follow up. If you have any additional questions, please be sure to contact your provider.

It is important that you use reliable contraception and avoid getting pregnant from the time that you set up the procedure until the day of the insertion itself. Please alert our staff at any time if you think that possibility of pregnancy exists before you have the IUD inserted

### *What is an IUD?*

An IUD is a small, T-shaped device that is inserted into the uterus to provide contraception or to control dysfunctional uterine bleeding.

### *Types*

There are 3 types of IUD's:

- *Mirena*; which contains Levonorgestrel
- *ParaGuard*; which has a portion wrapped in copper
- *Skyla*; which contains Levonorgestrel

### *Procedure*

The IUD is inserted into the uterus through the opening in your cervix, where the menstrual flow leaves the cervix. It is ideal to have the IUD placed just after you have finished your period and not before it is due. However you can have it inserted at anytime as long as you are not pregnant. Your provider may perform a urine pregnancy test prior to the procedure if they feel it necessary. The insertion procedure takes only a few minutes and is done at your provider's office. IUD insertion is easiest in women who have had a vaginal childbirth. If you have never given birth or have never been pregnant, your provider may give you additional instructions about the use of medication to help your cervix dilate to accept the placement of the IUD.

The IUD placement usually causes some cramping, so we recommend taking either Ibuprofen 600mg or Aleve 440mg about 1 hour before the procedure. You will be in the same position on the exam table as you would be for a typical pelvic exam. A speculum will be placed in your vagina to visualize the cervix. Your cervix and vagina will be cleansed with an iodine solution.

An instrument will be inserted into your uterus. Your provider may have to use a dilator to gently open your cervix to make placement of the IUD easier. The IUD is then placed through the insertion tube up into the uterus, the tube is removed and the IUD strings are trimmed.

The entire procedure usually takes about 15 minutes and can usually be done without much difficulty.

### *After the Procedure*

You may experience some cramping and light bleeding or spotting for a few days. It is ok to use Ibuprofen or Aleve for relief if needed. You will be asked to set up a follow up appointment in 4-6 weeks after the IUD insertion to make sure that it is in place and answer any questions that you may have.

If you have any questions or are experiencing any unusual pain or bleeding please contact your provider.

