

## IUD Care Instructions

Today you have had an IUD inserted. It is common to feel light-headed and nauseated afterwards (vasovagal response to pain). You may have bleeding and cramping. These are normal post procedural effects. You may resume normal activities and intercourse as soon as you feel able to. If you are on an oral contraceptive you should finish your pack.

IUD insertion risks include:

1. Infection within the first 2 weeks after insertion (fever and worsening pain)
2. Uterine perforation (worsening pain than the insertion, 1/1000 risk)
3. Incorrect IUD placement or expulsion (heavy bleeding and cramping)

If you have had a progesterone intrauterine system, you may have irregular bleeding/spotting for 3-6 months.

If you have a copper IUD your periods will be heavier and crampier.

The IUD string has been cut 2-3 cm from the cervix. You may feel for it after each period or monthly. If your partner feels it during intercourse the string may be trimmed.

Chance of pregnancy: 1% with copper IUD, less than 1% with hormonal intrauterine system. If you think you are pregnant you should do a urine pregnancy test!

Avoid menstrual cups (Diva cup, etc) as it may dislodge the IUD.

**Your IUD should be removed after \_\_\_\_ years.**

You can have it checked annually for the string if you cannot palpate it yourself. Please keep a record for yourself of your IUD expiration date.

You should rebook an appointment in 3-6 weeks for string check. If there are concerns about the IUD insertion an ultrasound will be arranged.

**If there are urgent concerns Please call the office. If there is an emergency, please go to your nearest emergency room.**