



# ROSEWALL

## WOMEN'S CLINIC

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### **Patient information: after care for IUD (Copper)**

Today we have done an ultrasound to check that there is good placement of your IUD. It is normal to take a few weeks to adapt to the IUD and have some cramping and bleeding. If any bleeding or cramping is heavier than a period and you cannot manage, please call us.

If requested by the physician, you will be booked for a phone call 5-6 weeks after the insertion to check how you are. Date and time she will call:

#### **When does it start working?**

Copper IUD's even work as a "morning after device" for 5-7 days after unprotected sex. They are more effective than "Plan B" or "morning after" pills.

#### **Maintaining your IUD:**

##### **Today:**

Do not put anything inside of your vagina for 24 hours.

Why? Sex, tampons, swimming, and a bath or hot tub could introduce bacteria from the vaginal canal to your uterus. While there is not great medical evidence to clarify this, it seems reasonable to be safe.

##### **This Week:**

Check inside with one finger to see what is normal for you.

Why? IUD strings are hard to feel (like thin dental floss) and only about 1-2cm long. Some women cannot feel their cervix or the strings and this is ok. Finding out what is normal for you can help. Some women like to have their sexual partner do the first check. Afterwards, if you ever have bad cramps and the string becomes a lot longer, you know the IUD has slipped.

##### **Next few months:**

Expect some irregular bleeding and cramping that may last anywhere from a few weeks to a few months.

Why? The copper IUD may take 2-3 months to adjust and part of how they work is low-grade sterile irritation. When you have intercourse or exercise, you may notice some spotting or bleeding immediately or a few hours later. This is normal and usually settles within a few months.

**You might get slightly heavier periods with cramping.** Over time, your periods should return to normal but you may get 2-3 heavier ones. Ibuprofen, Tylenol or whatever you generally use for periods should help.

Check inside with one finger to see if it feels like same as before.

Rarely, the copper IUD can slip. This is normal. Checking yourself will give you the confidence that there is no change.

#### **Reasons to call the clinic:**

- If you think the IUD has fallen out. If you suspect this, avoid sex or use a back up method (such as condoms) until we are able to see you.
- If cramping is severe, keeping you awake at night or preventing work/ school and you have already tried 800mg of ibuprofen or another anti-inflammatory.