



ROSEWALL

WOMEN'S CLINIC

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Patient information: after care for IUD (Mirena or Kyleena)

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?

IUD's work to prevent pregnancy right away if it is inserted on your period, the same day as a D&C, an abortion or if it is a replacement.

Your IUD will take about 10 days to work if inserted between your periods. Use backup until your next period. Take a pregnancy test if your period is late.

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 weeks:

You will likely get some irregular bleeding and cramping that may last anywhere from a few weeks to a few months if this is your first IUD.

Why? The IUD takes some time to adjust. Over time, your periods will reduce but at first it is normal to get more frequent bleeding. Ibuprofen, Tylenol or whatever you generally use for periods should help.

You should have a lighter period or no period. If you get a heavier one, check that your IUD has not fallen out- can you feel the strings are much longer or outside your body like a tampon? If it fails (extremely rare) you would get pregnancy symptoms like breast tenderness and nausea.

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.