



ROSEWALL

WOMEN'S CLINIC

P: 778-225-9738 Email: rosewallwomensclinic@gmail.com

IUD Information

What is an intrauterine device (IUD)?

- A small T-shaped plastic device that is placed inside the uterus to prevent pregnancy.
- They are more than 99% effective at preventing pregnancy and last for years (sometimes longer).
- There is an immediate return to baseline fertility after removal.

The hormonal IUD (Mirena or Kyleena)

- Contain a synthetic progesterone called Levonorgestrel.
- Thickens cervical mucus and thins the lining of the uterus.
- Reduces cramping and bleeding during period (some people will have no periods at all).
- 1-10% chance of side effects including headache, acne, breast pain, mood changes, ovarian cysts, cramping, or change in vaginal discharge.
- Some people may experience irregular bleeding or spotting for the first 2-6 months.
- Costs approximately \$360 (without coverage).

The copper IUD

- Copper ions affect sperm motility and reduce their ability to fertilize an egg.
- Fertilized eggs are prevented from implanting in the uterus.
- It has no effect on hormones levels.
- Potentially heavier bleeding and increased cramping during periods.
- Costs approximately \$100-\$150.

Risks of IUD insertion

- 5% risk of expulsion (IUD falling out).
- 1% risk of pelvic infection. A vaginal STI swab is recommended on the day of the procedure to limit this risk.
- 0.1% risk of uterine perforation.
- 0.6% risk of uterine perforation if postpartum or breastfeeding.

Prior to IUD insertion

- You will need to continue with a reliable form of contraception. If not using contraception, abstain from intercourse for 2 weeks prior to the IUD insertion or from the start of your last menstrual period.
- During your telephone consultation, please notify the physician if you experience severe painful periods, significant anxiety, or have experienced a previous difficult IUD insertion. We can talk about ways to make the process more comfortable for you.



ROSEWALL

WOMEN'S CLINIC

P: 778-225-9738 Email: rosewallwomensclinic@gmail.com

IUD Information

IUD insertion appointment details

- Eat a light meal and **take 600-800 mg of ibuprofen (Advil) one our before your appointment.**
- **Bring the IUD with you to your insertion appointment.** FYI: It comes in a rather large box
- Be prepared to provide a urine samples when you arrive so we can perform a urine pregnancy test.
- Expect strong cramping at the time of insertion. It generally settles within a few minutes.
- Some people feel nauseous or lightheaded after the procedure. This passes quickly, but we would advise you to stay lying down until you are feeling better.
- If possible, bring a companion who can drive you home.
- Bring a pantyliner as there may be some mild bleeding.

Aftercare instructions

- **To limit the risk of infection, do not put anything in the vagina for the first 24 hours.**
 - No tampons, menstrual cups or vaginal intercourse.
 - Avoid baths, swimming and hot tubs.
- Check for the IUD strings at some point within the first few weeks by inserting a clean index finger or middle finger inside the vagina until you feel the strings coming out of the cervix.
- If using a menstrual cup, make sure to completely break the seal before removal to minimize the risk of IUD expulsion, or consider using a non-suction based menstrual cup (Nixit).

Hormonal IUD (Mirena or Kyleena)

- Abstain from intercourse or use back-up contraception for 7 days after insertion |(unless you are switching directly from another hormonal IUD).
- Cramping within the first few weeks is normal.
- You can use a heating pad or anti-inflammatories such as ibuprofen (Advil) to relieve any discomfort.

Copper IUD

- Effective immediately as contraception/
- Taking anti-inflammatories such as ibuprofen (Advil) for the first few days of each period will help to minimize the amount of bleeding and cramping.
- Perform regular string checks after each period as this is most likely time for an expulsion to occur.

When to contact a healthcare provider (PAINS)

P prolonged or excessive bleeding or cramping

A abdominal or pelvic pain with intercourse

I infection symptoms: fever, chills, foul smelling discharge

N no IUD strings present, or you can feel the plastic part of the IUD coming out of the cervix

S symptoms or pregnancy or a positive pregnancy test