

Evelyn & Rose Women's Health

IUD Insertion: Patient Information Fact Sheet

What Is an IUD?

An intrauterine device (IUD) is a small, T-shaped device placed inside the uterus to provide long-acting reversible contraception. It is over 99% effective and can also be used to treat heavy menstrual bleeding (Mirena).

Types of IUDs

Hormonal IUDs (Mirena, Kyleena): Release progesterone, lighten periods, reduce cramping.

Copper IUD: Hormone-free, effective for 5–10 years, and can be used for emergency contraception.

Best Time for Insertion

- Days 1–7 of the menstrual cycle
- Any time if pregnancy is excluded
- 6+ weeks postpartum
- Copper IUD can be used within 5 days of unprotected intercourse for emergency contraception

How to Prepare

- Eat normally beforehand
- Take simple pain relief beforehand if safe
- Avoid intercourse for 24 hours if there is any pregnancy risk
- Bring a panty liner
- Let your doctor know if you experience anxiety or pain during procedures

What Happens During the Procedure?

A speculum is inserted, the cervix is cleaned, and the IUD is placed using a thin applicator. Strings are trimmed to 2–3 cm. The procedure takes around 5–10 minutes.

Aftercare

Cramping and light bleeding for 24–48 hours are normal. Avoid intercourse, tampons, swimming, and baths for 24 hours.

When to Seek Help

- Severe pain
- Heavy bleeding
- Fever or chills
- Foul discharge
- Suspected IUD displacement or inability to feel strings

Follow Up

A review is recommended 4–6 weeks after insertion. Annual checks thereafter, or sooner if symptoms occur.

Contact Us

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