

# 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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