

HOW TO PREPARE FOR YOUR UPCOMING IUD INSERTION

BEFORE INSERTION APPOINTMENT:

- No unprotected sex after your last menstrual cycle. Please use condoms until your IUD insertion.
- Pick up the IUD device from your pharmacy and bring it with you (it is best to do this a few days in advance to ensure the pharmacy has stock)
** Don't be alarmed the box is large as it contains the insertion device

DAY OF YOUR APPOINTMENT:

- Eat a light meal or snack beforehand
- Take Ibuprofen an hour before to help prevent cramping. If you can't take ibuprofen acetaminophen is an alternative option.
- Be prepared to provide a urine sample for a pregnancy test before insertion

Whats Involved?

The IUD is inserted during a simple clinic procedure (the actual procedure is only a few minutes). The doctor will insert a speculum (like the one used for a PAP). Swabs are taken and the cervix is cleansed. The cervix is then held in position and the uterus is measured for length, and the IUD is then placed inside the uterus. Most women feel cramping during the process of measuring, as well as when the IUD is placed. It is normal for the cramping to last a few minutes, and some will experience cramps for the rest of the day, and perhaps into the next morning. Occasionally some women feel queasy or lightheaded after the procedure.

What to do afterwards?

You should check that the IUD is in the proper position by feeling for the strings/threads. It is a good habit to do this once a month

