

YOU HAVE JUST HAD AN IUD INSERTED

It is best to remain in the waiting room for 15 minutes after the procedure. Please take the time to read the following information:

AFTER IUD INSERTION:

For the next 24 hours:

- Do not insert **anything into your vagina** (tampon, menstrual cup, male or female condom, vaginal cream or ovule, finger, penis or any other object).
- **Avoid sexual relations.**
- Bathing and showering are permitted.

IUD effectiveness:

- If you have been fitted with a **hormonal IUD**, it will be fully effective in 7 days. Continue using your previous contraceptive method or use a **condom** every time you have sex **for the next 7 days**.
- If you have been fitted with a **copper IUD**, it is effective immediately.

What can I expect?

- **Light bleeding is normal** during the first 3 months after IUD insertion.
- It is also **normal** to feel some **cramping or pain in the lower abdomen**, which should **gradually diminish** over the next few days. For relief, you can apply heat to your abdomen and/or take over-the-counter medications such as:
 - Ibuprofen (e.g., Advil[®] or Motrin[®]): take two 200 mg tablets every 4 to 6 hours (maximum of 1200 mg per 24 hours);
 - Acetaminophen (e.g., Tylenol[®]): take one to two 500 mg tablets, three to four times a day.

What symptoms should I watch for?

- **Fever** (oral temperature over 38.1°C or 100.7°F).
- **Abnormal vaginal discharge** (for example, purulent, abundant or foul-smelling discharge).
- **Very heavy bleeding** (if you need two or more sanitary napkins per hour, for 3 consecutive hours).
- Abdominal **pain** that is **severe or increasing**.
- **Painful sexual relations**.
- A **positive pregnancy test**.

If you have any of these symptoms, call _____ or 811 immediately, or go to the emergency room.

EXPULSION OF THE IUD:

During the first few weeks after insertion, it is possible, but rare, for the IUD to **move** or be **expelled** from the uterus. If you think this is the case for you:

- Make an appointment with your doctor or specialized nurse practitioner **as soon as possible**;
- Use a **condom** every time you have sex until your appointment.

WARNING:

Don't forget to protect yourself against **sexually transmitted infections (STIs)**. The IUD is an effective and safe contraceptive method, but it does not protect you against STIs!

DO I NEED A FOLLOW-UP APPOINTMENT?

- Follow-up is recommended (but not mandatory). It is usually performed after the first menstrual period following IUD insertion, or at the discretion of your health care professional (nurse, specialized nurse practitioner, midwife or doctor).
- Follow-up allows health care professionals to ensure that the IUD is well tolerated, to check for side effects and to answer any questions you may have.

For more information on contraception, STIs and sexual and reproductive health, please visit the following website: sexandu.ca