

IUD Insertion

Pre-procedure:

- It is recommended that you take two 220 mg of Naproxen sodium (Aleve) **OR** 600 mg of ibuprofen (Motrin or Advil) one hour prior to your scheduled appointment. If you have an allergy to ibuprofen, you may take three regular strength Tylenol.
- Please eat meals regularly on the day of your appointment; do not arrive at your appointment with an empty stomach.

Insertion procedure:

- A urine pregnancy test will be done in the office prior to the procedure; please be prepared to provide a urine specimen.
- During the procedure a speculum will be inserted into your vagina (similar to when you have a Pap smear).
- The cervix will be cleansed with an antiseptic solution
- An instrument will be attached to your cervix and measurements of the uterus will be taken
- The IUD will then be inserted and the instruments will be removed from your cervix.
- The entire procedure usually takes 5-10 minutes during which time you can expect brief cramping (mild to moderate in intensity depending on your anatomy and tolerance to pain).

After your IUD is inserted:

- Paragard IUD: You may have spotting for several days up to a week after the IUD is inserted.
- Liletta IUD: You may have spotting for two to eight weeks after the IUD is inserted.
- You may also have cramping for one to two days for which you may continue ibuprofen or Tylenol as needed.
- Please avoid intercourse for three days after IUD insertion to decrease the chance of the uterus expelling the IUD.

Call us at (413) 794-8484 (even outside of normal office hours) if you have:

- Moderate to severe pain
- A fever above 100.4° F
- Heavy bleeding
- Nausea and vomiting

Follow Up:

A follow up appointment will be scheduled six weeks after IUD insertion to check IUD placement and to answer questions or concerns.

Additional information including risks and benefits will be provided at your IUD visit. Please visit our website at www.bogg.com for more information.