

## IUD AFTERCARE INSTRUCTIONS

1. Uterine cramping is common after IUD placement. You can help relieve the discomfort with Ibuprofen and/or Tylenol. Some people will also use a heating pad.
2. Irregular bleeding and spotting is normal in the first few months after the IUD is placed. The spotting and cramping may last up to 6 months with a progesterone based IUD. After 6 months, those symptoms should get better. Many women will stop having periods after 1 or 2 years with these hormonal IUD's. If you have a Paragard (copper) IUD, you may have more bleeding and cramping and a longer cycle, and your cycle will continue to be monthly.
3. IUD's do not protect against sexually transmitted infections (STI) including HIV, genital warts (HPV), Gonorrhea, Chlamydia, and Herpes. Condoms should be used to decrease the risk for sexually transmitted infections. If you think you have been exposed to an STI, please make an appointment to be evaluated.
4. Pregnancy is unlikely after IUD placement, but can happen. If you have early pregnancy symptoms, you can take a pregnancy test at home. If the test is positive, please call the office to be evaluated.
5. Today, you may go back to school or work after your visit. Please abstain from intercourse, tub baths, and tampon use for 7 days after the IUD insertion as the highest rate of infection is around the time of insertion. It should be noted that the Paragard (copper) IUD is thought to be immediately effective to prevent pregnancy, but the Mirena, Kyleena, Skyla, and Liletta IUD's are not effective for 7 days.
6. Please call the office if the following symptoms occur within the first 3 weeks following insertion:
  - Fever (>101 degrees), or chills
  - Severe abdominal pain
  - Unusual bleeding
  - Foul smelling vaginal discharge
7. Keep your follow up appointment in the office for 4-6 weeks after the IUD was placed.