



IUD Insertion

(Skyla/Mirena/Kyleena/ParaGard)

What you should expect when getting an IUD

What to do before and after insertion

Who to call if you have any issues

An IUD is a small T-shaped flexible device that is inserted into the uterus. To put the IUD in, a health care provider will put a speculum into your vagina and then use a special inserter to put the IUD in through the opening of your cervix and into your uterus. The process usually takes less than five minutes. If you are using a hormonal birth control method like the pill, the patch, the ring or Depo-Provera ("The Shot"), please make sure to continue to use it until your IUD insertion. If you do not currently use a hormonal method of birth control, please do not have unprotected intercourse from the time your menstrual period starts until the IUD insertion.

Before your visit:

- Eat and drink something. **DO NOT FAST.**
- Many people feel perfectly fine right after they get an IUD, while others need to take it easy for a while. You may experience cramping during and after the insertion.
1 hour before your appointment you should:
 - Take 2 naproxen (Aleve) 220mg tablets, or 800 mg ibuprofen (Advil and Motrin). Patients with an allergy to naproxen or ibuprofen may use acetaminophen (Tylenol) instead.
 - **DO NOT URINATE** one hour prior to the visit because you will do a pregnancy test prior to your insertion.

After your visit:

- You may experience menstrual spotting and vaginal bleeding in the weeks after the insertion. It is also normal to experience intermittent cramping for up to 2 weeks after the procedure. You may experience light or irregular bleeding for 1-3 months.
- You may take an over-the-counter medicine, such as acetaminophen (Tylenol), ibuprofen (Advil, Motrin), and naproxen (Aleve) if needed, following label instructions.
- Use a hot water bottle or heating pad for cramping.

Seek medical help if you:

- Have fever greater than 100.4° F (38° C).
- Have new belly pain that is not relieved with ibuprofen or acetaminophen, or pain that is getting worse.
- Have severe vaginal bleeding, which is passing blood clots and/or soaking through your usual pads or tampons every 1- 2 hours.
- Feel dizzy, lightheaded, or like you may faint.
- Have foul-smelling vaginal discharge.

After insertion, strings about 1 or 2 inches long will come out of your cervix and into the top of your vagina. You can feel the strings by putting your fingers in your vagina and reaching up toward your cervix. But DON'T tug on the strings, because you could move your IUD out of place or pull it out. If the strings feel longer or absent, the IUD may be out of place or expelled. Call Goddard Women's Center 405-325-8149 and use an alternate form of contraception until it is re-inserted.

Pregnancy Prevention:

A Paragard IUD prevents pregnancy as soon as it's in place.

Hormonal IUDs (Mirena, Skyla, Kyleena) only prevent pregnancy right away IF they're put in during the first 7 days of your period. If you get a hormonal IUD any other time during your cycle, wait 7 days to have unprotected sex to avoid pregnancy. In the meantime, use condoms or another kind of birth control to prevent pregnancy.

Protect against sexually transmitted infections (STIs):

- An IUD does not protect against any STIs, e.g. gonorrhea, chlamydia or HIV.
- Using condoms every time is the most effective way to reduce risk of STIs.
- Having fewer partners usually means less risk of STIs.