

## IUD Post-Insertion Instruction Sheet

- ✓ The copper IUD works right away to prevent pregnancy. Hormonal IUDs starts working within 5-7 days, so you should use condoms for backup for 1 week.
- ✓ You can go back to your normal activities as soon as you feel like it. This includes using tampons, taking baths, and having sexual intercourse.
- ✓ The IUD does not prevent sexually transmitted infections (STIs) or HIV. You should still use condoms to prevent infections.
- ✓ You should have a follow-up appointment with us in 4 weeks to make sure your IUD is still in place. The IUD has the greatest chance of coming out in the first few weeks after the insertion. If your IUD has moved or has fallen out, you *can* become pregnant.

### What to expect:

- You may have more cramps or heavier bleeding with the IUD, especially during the first 3 months you use it.
- There may be more bleeding with the copper IUD than with the hormonal IUDs.
- Medicine called NSAIDS can be used at any time to help decrease bleeding and cramping. These include:
  - Ibuprofen or Advil 400-600mg every 6 hours
  - Naprosyn or Aleve 250-500mg every 12 hours
- Consider taking NSAIDS for 2-3 days starting at the beginning of your next period to PREVENT some of the bleeding and cramping.

### Copper IUD (Paragard®):

- May have increased bleeding and cramping with periods
- Should be replaced in no later than 10 to 12 years date: \_\_\_/20\_\_\_

### Progestin IUD (Mirena® Skyla® Liletta®):

- May have decreased bleeding and cramping with periods
- May not have any periods after first year
- Should be replaced in 3 to 7 years depending on device date: \_\_\_/20\_\_\_

If you develop any of the following *Warning Signs*, come in right away for a check-up:

#### If within the first 3 days after insertion you have:

- Fever (>101)
- Chills
- Strong or sharp pain in your stomach or belly (not better with medicine)

#### At any time if you:

- Miss your period
- Feel pregnant
- Have a positive home pregnancy test
- Can't feel the string, or it feels shorter or longer than before

You may call the Health Center at \_\_\_\_\_ between \_\_\_\_\_ on weekdays.  
At all other times, you can call the On-Call provider at \_\_\_\_\_.