



IUD Insertion

What to expect for the procedure:

- Insertion of IUD will be done within the first 5 days of your menstrual cycle.
- You may experience mild cramping or pain when the IUD is placed as well as after.
- You will be able to leave 15 minutes after the procedure and drive yourself home.

How to prepare:

- You can take an over the counter pain reliever such as ibuprofen (Advil, Motrin) or Acetaminophen (Tylenol) 1 Hour before your appointment.
- We recommend taking it easy the rest of the day, no heavy lifting or exercise.

What to expect after the procedure:

- You may experience light spotting and cramping for the first few days afterwards. It is possible that it could last for 3-6 months.
- You may have sexual intercourse as soon as you feel comfortable after your IUD insertion, however, we do recommend back up contraception such as condoms for the first month.
- Your first period may be heavier and may come a few days earlier than normal.

When to call your Dr:

- Call your doctor if you have a foul-smelling discharge, intolerable pain, discomfort or bleeding that is heavy.
- Call your doctor if you are experiencing side effects that you don't like.
- Call your doctor if the IUD falls out. DO NOT try to reinsert.

Maintenance:

- Follow up appointment should be scheduled 4 weeks after insertion.
- It is important to check the IUD strings every day for the first few days after insertion. Your Dr will instruct you on how to check them. DO NOT tug on strings

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