

Bleeding and cramping is normal after an IUD insertion. You can take Tylenol or Advil as needed for this.

If you have constant sharp pain or a fever you need to be seen urgently at the clinic or go to the Emergency Department if it is a weekend/after hours

If you have a Copper IUD you can resume sexual activity immediately.

If you have a Hormonal IUD you need to wait 1 week after your procedure before you can resume sexual activity, or you need to continue your previous birth control pill/patch/ring for 1 week after the IUD insertion.

You need to wait 24 hours before you can insert a tampon, menstrual cup, or any other hygiene product inside your vagina. This includes sexual intercourse.

You must also refrain from submerging in water for 24 hours after the IUD has been inserted. This includes bathing, swimming, enjoying the hot tub, etc. Showering is safe.

If you are having complications related to your IUD please contact us as soon as possible.

POST INSERTION - WHAT TO WATCH FOR

Infection is slightly more likely to occur in the first two weeks after the IUD is inserted.

If you have a fever or chills, a smelly discharge from your vagina, or unusual lower abdominal pain that doesn't feel like cramps, you should see a doctor as these may be signs of infection.

If you get pregnant, see a doctor. The doctor will take the IUD out right away, whether you decide to keep the pregnancy or not. IUDs do not cause tubal or ectopic pregnancies, but they do not prevent them as well as they prevent normal pregnancies. If you are pregnant with an IUD in place, you will be checked for an ectopic pregnancy.

WHAT TO EXPECT AFTER YOUR IUD INSERTION WITH COPPER IUD

Your period will get about 20-50% heavier, longer and be more painful. This usually gets easier after 3 months. You can expect to have some cramps and bleeding/spotting (on and off bleeding or brown discharge) in the first few months. This may be worse in the first 1-2 weeks.

Treat cramps with ibuprofen and/or Tylenol and a heating pad.

If a woman decides she wants the IUD removed, it is usually because the cramping and bleeding does not get better after 3 months. You can expect your regular period to come at its usual time.

MIRENA & KYLEENA

Please note that there can be heavier bleeding and cramping for up to 6 months post insertion with the hormonal IUDs.

Most women will have lighter periods over time and some women will experience period loss.

Treat cramps with ibuprofen or Tylenol and a heating pad.

FOLLOW-UP

We advise that you check for your IUD strings monthly to ensure your IUD has not been expelled. If you cannot feel the strings you should book a follow up with our office. If you have any abnormal bleeding, pain or concerns, please phone our office to book a follow-up appointment.

All IUDs inserted need to be replaced 5 years after insertion, with the exception of the Mirena which is good for 7 years for patients 25 and older.