



IUD Preparation Instructions

IUDs can be inserted at the office anytime during your cycle. It is ok to come during your period, but it is up to you when you want to book the procedure.

Please come 10 minutes early for your appointment so that we can do a urine sample to test for pregnancy.

We will also do swabs at your appointment to check for any infection (STD's).

Take Acetaminophen (Tylenol) 1000mg and Naproxen (Aleve) 440mg 30 minutes prior to the IUD insertion appointment.

Please bring a pad with you for after the procedure in case you have some bleeding.

Please DO NOT forget to pick up your IUD and bring it with you to your appointment.

If your family doctor has already given you a prescription for your IUD but your mind is not yet made up, please wait until after your consultation to fill any prescriptions as they are not returnable.