



What to expect: INTRAUTERINE DEVICE (IUD) INSERTION

WHAT HAPPENS?



1. Your healthcare provider will position you on the examination table so you are comfortable and your legs will be supported by stirrups.
2. A speculum will be inserted to open the vagina and gain access to the cervix.
3. Special instruments will then be used to align and position the cervix for accurate insertion of the IUD.
4. The IUD is contained in a long cylindrical tube which is then inserted into your uterine cavity.
5. Once the insertion tube is in position, the IUD will be released and the tube is removed.
6. The physician will trim the IUD strings to approximately 1-2 cm.
7. During the insertion you may have feelings of cramping, dizziness, fainting or slower heart rate. Report these symptoms to your physician should they appear.



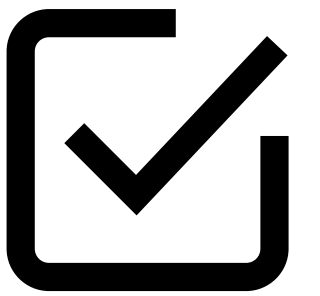
WHY ITS DONE?

An IUD insertion is done as a form of contraceptive (birth control) when determined as the most appropriate choice by the patient and physician. It is also used to reduce menstrual bleeding and pain.



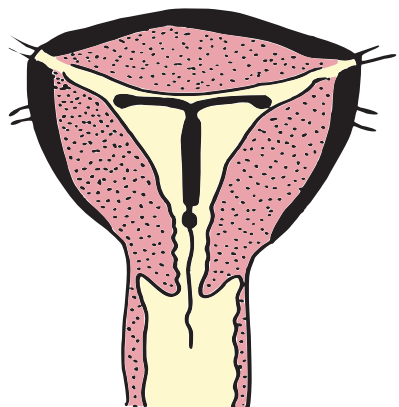
HOW DO I GET READY?

Prior to insertion, your physician will go over your relevant health history and a screening for STIs may be performed as well as a pregnancy test. Taking an NSAID (Non-steroidal anti-inflammatory) such as Advil or other ibuprofens 1-2 hours before the procedure can help reduce cramping.



WHAT IS IT?

The IUD is a small plastic or copper T-shaped device containing various amounts of hormones which will be placed in the uterus. The IUD will cause changes to the uterine lining similar to the birth control pill, making it difficult for sperm to fertilize the egg.



WHICH TYPES ARE OFFERED?

Hormonal IUD:

Kyleena: A highly effective low hormone IUD that lasts for up to 5 years and releases a hormone called levonorgestrel

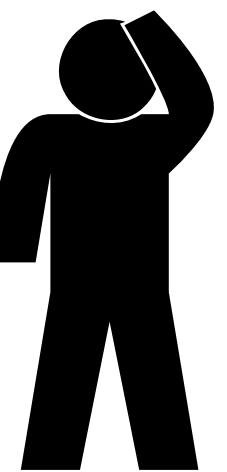
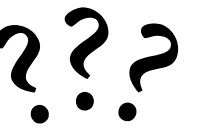
Mirena: A highly effective form of birth control which can last up to 5 years, has a slightly larger amount of levonorgestrel compared to Kyleena

Non-hormonal IUD:

Copper IUD: Copper IUDs can last for 5 or 10 years and are an excellent form of birth control but have a higher chance of heavy menstrual bleeding and cramping compared to hormonal IUDs

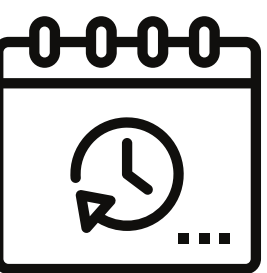
WHAT ARE THE RISKS?

During the insertion of the IUD, there is a rare chance of perforation of the uterus. Following the insertion, and depending on the type of IUD, some possible side effects may include headaches, acne, breast tenderness, irregular bleeding, mood changes, and cramping may result. Usually these side effects are short term and self-resolve



WHAT HAPPENS AFTER?

A follow-up appointment will be made 4-6 weeks after insertion to check the IUD strings. You may have some intermittent cramping and irregular bleeding often for the first month after insertion. You may take pain killers as needed. Advise your healthcare provider if you think you may be pregnant, have persistent heavy vaginal bleeding, abdominal pain, fever, unusual vaginal discharge, STI exposure, and if you are unable to find the strings.



HOW LONG DOES THE PROCEDURE TAKE?

The IUD insertion is generally a quick procedure, taking around 5 minutes. Additional time may be required for STI checks or pregnancy tests before insertion.

