

IUD Instructions

1. Preprocedure – You should be abstinent or use highly effect birth control for 14 days prior to procedure in order to avoid accidental interruption of an early pregnancy.
2. Spotting – The first 10-14 days you will have bleeding that should begin to decrease over time. During the first week avoid tampons or douching as they may introduce bacteria into the uterus. You can anticipate menstrual irregularities for the next 1-4 periods. After 1 year 20% of women will have no periods until the device is removed.
3. Pain Medication – Take two 200mg tablets of Ibuprofen one hour before the procedure. After the procecdure is over take three 200mg tablets every eight hours for the next three days.
4. Diet – There should be no change in your diet.
5. Sexual Activity – You should wait one week after the procedure is over before resuming activity. More importantly you should wait until you feel emotionally ready to begin this intimate activity which may take longer than a week.
6. Confirming Placement – During the first week you should become familiar locating the IUD string by placing you fingers into the vagina. The string is initially left longer to make this easier. Afterwards the string should be located after each menses. If you are unable to locate them you should contact our office and use an alternate form of birth control.
7. Reasons to Notify Our Clinic –
 - Worsening pain.
 - Foul smelling vaginal discharge.
 - Fever greater than 100.4 degrees farenheight.
 - Vaginal bleeding that soaks a pad an hour. If you are at all concerned about bleeding please contact our office immediately.
 - Nausea/vomiting.

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