

RECOMMENDATIONS AFTER INSERTION OF AN IUD

It is best if you stay in the waiting room for 15 minutes immediately after the procedure to make sure you do not have an allergic reaction to the local anesthetic.

DO NOT PUT ANYTHING INTO THE VAGINA FOR THE NEXT 24 HOURS: no tampons, no menstrual cup, no cream or vaginal ovule, no finger, no sex.

After insertion of hormonal IUD, continue your previous contraceptive method or use condoms for 7 days.

The copper IUD is immediately effective.

Remember to protect yourself against sexually transmitted infections by using a condom.

IT IS NORMAL:

- to feel cramps in the lower abdomen. These symptoms should gradually decrease over the next few days.

To relieve yourself: take anti-inflammatory drugs (ibuprofen, Advil, Motrin, Naprosyn or Anaprox). If you have contraindications to anti-inflammatory drugs, take acetaminophen (Tylenol, Atasol)

- to have slight bleeding for few days after the installation.

IUD with copper: your menstrual bleeding will be as before, regular or irregular, but it will be longer, heavier and more painful.

IUD with hormones: your bleeding will vary in quantity and duration during the first 3 to 6 months. Afterwards, your periods should decrease or maybe stop completely.

You should see your doctor or clinic if you have these symptoms:

- pain in the lower abdomen which increases especially if accompanied by a fever of more than 38.5°C
- very heavy bleeding (more than 2 pads per hour for more than 2 hours)
- pain during intercourse that lasts and becomes incapacitating

LOST OR DISPLACED IUD:

You may lose the IUD or it may move. This can happen during the first weeks after insertion and more rarely thereafter.

The loss or displacement of the IUD may not be felt, or it may be that:

- you have unusual cramps in the lower abdomen

- you felt a small hard end (end of the IUD) at the cervix of your uterus or that the IUD threads appear unusually long. The IUD threads usually come out 2 cm from the cervix, these threads are necessary to be able to easily remove the IUD when the time comes. Your partner can feel the threads during penetration, especially in the first few weeks.

If so, make an appointment with the clinic or your doctor and use a condom every time you have sex until you are examined.

NB: in our experience, the majority of losses of IUDs (moved or expelled) were in patients who used, even adequately, the menstrual cup (DivaCup). We recommend that you do not use it if you have an IUD. If you decide to use it anyway, be sure to release the suction on the cervix before extracting it from your vagina.

EFFICIENCY:

The IUD is an effective and safe method.

- IUD with copper: failure rate of 1%, so if you are late in your menstrual cycle, always take a pregnancy test.
- Hormonal IUD: failure rate of 0.1%.

If you are pregnant with your IUD, consult quickly to confirm that the pregnancy is in the uterus and not outside (ectopic pregnancy).