Insertion Steps:

Liletta®
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1. Remove inserter from tray: grasp the handle below the sliders and twist gently.

2. How to Load IUD:
   a) Ensure both sliders are fully forward: Maintain forward pressure on the blue slider
   b) Ensure the arms are in the same horizontal plane of the handle and flange
   c) Pull the threads straight back until you feel a hard stop
   d) Then lock the threads into the cleft at the bottom end of the handle

3. Use the tray notch to adjust the flange to measured uterine depth

4. Apply forward pressure on the BLUE slider, advance the tube until the flange is 1.5 - 2 cm from the external cervical os

5. Slide only the BLUE slider back until sliders merge together to form a common thumb recess

6. Maintain the position of the GREEN slider in-line with double line markings

7. Wait 10-15 seconds to allow for the arms to fully open

8. Without moving the sliders, advance the inserter until the flange touches the cervix

9. Hold inserter steady and move both sliders (BLUE and GREEN) down toward the handle until a click is heard and the GREEN indicator at the bottom of the handle is visible

10. Look at the cleft to ensure the threads were properly released

11. Withdraw the inserter from the uterus.
Liletta® Insertion Cheat Sheet

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Insertion Steps: ParaGard®
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ParaGard® Insertion Cheat Sheet

1. Open package,
2. Using sterile gloves, fold horizontal arms against the stem and push the tips of arms securely into insertion tube. (If you do not have sterile gloves, you can load while Paragard is in the sterile package)
3. Insert the solid white rod in the inserter tube until it touches the end of the IUD
4. Set the flange using the package diagram
5. Ensure the arms and flange are in the same horizontal plane
6. Insert loaded insertion tube through cervical os until ParaGard® touches the fundus
7. Release arms: HOLD SOLID WHITE ROD STEADY, pull tube downward until it touches the white ring
8. Gently move the insertion tube to the top of the fundus until slight resistance is felt
9. Withdraw solid white rod
10. Withdraw insertion tube.
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9. Withdraw solid white rod
10. Withdraw insertion tube.
Insertion Steps:
Mirena® + Skyla® + Kyleena®
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1. Move slider all the way to the forward position to load IUD,
2. Set the flange to correspond to the uterine depth
3. Continue holding the slider in the forward position
4. Insert through the cervix until the flange is 1.5 – 2cm from the cervix
5. While holding the inserter steady, move the slider down to the mark to release the arms of the IUD
6. Wait 10 seconds for the arms to open completely
7. Advance inserter to fundus until the flange touches the cervix
   a) If you encounter fundal resistance do not continue to advance
8. Move slider all the way down to release IUD.

Bayer makes the same inserter for Mirena®, Skyla®, and Kyleena®
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