



IUD aftercare instructions

First week after IUD insertion :

- you might experience moderate cramping and bleeding. Take Advil or Tylenol if needed for pain.
- watch for signs of infection: **foul smelling vaginal discharge, fever and severe abdominal pain**. If you experience any of these symptoms you need an urgent assessment. If you are unable to get in touch with us please go to a local clinic or the Emergency Department of the nearest hospital for assessment. Most times the IUD can stay in place and an antibiotic treatment might be started.
- **for the first two days** after IUD insertion please do not take a bath, use a hot tub, swimming pool, tampon, Diva Cup, or have sex. These activities could introduce bacteria into the vaginal canal or uterus which increases your risk of developing an infection. Showering is safe to do. Use only sanitary pads during these two days.
- YOU NEED TO USE A METHOD OF BIRTH CONTROL FOR **7 DAYS** AFTER IUD INSERTION.
- We strongly discourage the use of diva cups as it has resulted in frequent, accidental IUD displacements.

Follow-up:

- A follow up visit is recommended 4-6 weeks after your IUD is inserted.
- before your follow up visit you can start checking for your IUD strings. Beginning 2 days after insertion check your strings daily for 5 days. After that, check once a month following your bleed. If you don't experience a bleed choose a date to do this monthly (e.g. 1st Sunday of each month). This is the most likely time for an expulsion to occur. If the strings feel longer or shorter or if you can actually feel the plastic of the IUD call the clinic immediately and book an appointment to see the doctor. Meanwhile use a backup method contraception or abstain from sex until the IUD is checked. If the IUD is not properly in place you will not be protected against a pregnancy.

The Mirena and Kyleena IUDs may be used up to **5 years** effectively. If you have a copper IUD this may be used up to 5 or 10 years depending on the model. If you choose to change contraception methods , wish to plan a pregnancy sooner or discontinue IUD use , the IUD can be easily removed by a healthcare professional.

If you suspect you may have been exposed to an infection you should be treated immediately even if you aren't experiencing any symptoms, as many STI's can be asymptomatic. You can book an appointment online through our website at www.fullwomensclinic.ca. if you are unable to get in touch with us please go to a local medical clinic or the Emergency Department of the nearest hospital for assessment.

REMEMBER! The IUD does not protect against STI's. Practice safe sex by using a condom as well as the IUD. Protect yourself in your partner(s).