



women's
health clinic

FACT SHEET: After you've had a copper IUD inserted

After the IUD is inserted:

- If you don't have an allergy Ibuprofen (Advil, Motrin) or Naproxen (Aleve) works well for the pain of insertion, which should go away in a couple of days.
- Know when your IUD needs to be replaced. It is effective for up to 5 years.
- Check the IUD strings regularly – once a month or more often.
- Make sure you can tell if something may be wrong with the IUD. Seek medical help if you have a fever, abdominal pain, unusual vaginal discharge, abdominal pain with sex, or can feel the IUD at the cervix.
- Make a follow-up appointment for about six weeks after the insertion.
- If you are unable to feel the strings, call us for an appointment. Be sure to use condoms as back up birth control in case your IUD has fallen out.
- If you think you may be pregnant, do a pregnancy test as soon as possible. If the pregnancy test is positive, call us for an appointment as soon as possible. There is a risk of tubal pregnancy with IUD failure. Generally, the risk of ectopic or tubal pregnancy is very low due to the effectiveness of the IUD in preventing pregnancy.
- Your IUD is effective for contraception immediately.

Signs of a possible problem:

If you experience any of the following call you will need to make an appointment to see a healthcare provider.

- Heavy bleeding in the few days after insertion. Needing to change tampon or pad every hour for 3 hours or more.
- Missing string.
- Bleeding between periods.
- No period.
- Symptoms of pregnancy (nausea, sore breasts, etc).
- Pain/cramping in abdomen other than what you would normally get with your period.

For more information, visit the following websites:

- The Canadian Federation for Sexual Health, www.cfsh.ca
- Society for Obstetricians and Gynaecologists of Canada, www.sexualityandu.ca
- Sexuality Education Resource Centre, www.serc.mb.ca
- Up To Date, www.uptodate.com

Disclaimer: WHC provides health information for your learning only. It should not be used to replace a visit with a health care provider.

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