



women's
health clinic

FACT SHEET: You have decided on a Copper IUD

Before the IUD is inserted, you should:

- Read the IUD information given to you.
- Be sure you understand the risks and benefits. If you don't know about these, ask your health care provider.
- Be comfortable with inserting a finger into your vagina to check for the string after every period or monthly if your periods are irregular (or having your partner do this).
- Be aware of and be comfortable with some possible changes to your period: irregular bleeding, heavier periods, longer periods, or having more cramps during your period.

To have the IUD inserted:

- We will insert the IUD when you have your period.
- Your appointment will take approximately 40 minutes.
- Call the clinic at 947-1517 the day your period starts to make the appointment. We will do our best to insert the IUD during that period or your next one.

The day of your appointment:

- Most women experience some pain and cramping with an IUD insertion.
- If you have no problems taking ibuprofen (Motrin, Advil) or naproxen (Aleve) you may take 200-400 mgs one hour before your appointment
- If you are unable to take ibuprofen, you may take acetaminophen (Tylenol).
- Bring a pad and wear appropriate underwear to wear home after the insertion.
- Arrange for a ride home from your appointment in case you feel queasy or uncomfortable.
- You may want to write down any questions you have and bring them to your appointment.

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

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