



For pain relief

- » Take a non-steroidal anti-inflammatory drug like ibuprofen (Advil® or Motrin®) or naproxen (Aleve®).
- » If you cannot use ibuprofen, take Acetaminophen (Tylenol®).
- » It is normal to feel cramps in your lower abdomen after an IUD or IUS is inserted. They should gradually decrease in a few days.

After the IUD/IUS is inserted

- » Continue using your previous birth control method for 7 days.
- » We recommend a follow-up visit in 6-12 weeks. We may do a pelvic exam to ensure that the IUD/IUS is in place.
- » Check the IUD/IUS strings regularly - once a month or more often.

Infection

Infection is rare but must be treated quickly. Consult WHC or seek urgent care as soon as possible if you have:

- » lower abdomen pain that seems to get worse
- » new pain in the lower abdomen during sexual activity
- » unusual vaginal discharge that is green or yellow or has a bad smell
- » fever, chills, or feel unwell

Pregnancy and Sexually Transmitted Infections

Remember to use condoms to protect yourself from sexually transmitted infections (STIs). While an IUD or IUS is an efficient and safe method to prevent pregnancy, it does not protect you from STIs.

If you think you might be pregnant, do a pregnancy test as soon as possible. If the test is positive, call us for an appointment ASAP. There is a risk of tubal pregnancy with IUD failure.

Signs of a possible problem

Please make an appointment to see a health care provider if you:

- » have heavy bleeding (changing tampon/pad every hour for 3 hours or more) in the first few days after the IUD/IUS is inserted.
- » cannot feel the strings if you were previously been able to or can feel the tip of the IUD (a tiny hard end). Use back up birth control like condoms until you can be seen at an appointment.
- » have a copper IUD and you are bleeding between periods or have no period.

..... Women's Health Clinic • Health Services AFTER AN IUD/IUS IS INSERTED // WINTER 2018

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