

2152 S Vineyard#138, Mesa AZ 85210  
480-539-6646-p 480-539-6696-fx

## **PATIENTS INQUIRING OR REQUESTING IUD**

- 1) If you are interested in having an IUD placed, you must complete a focused consult appointment with either Dr. Christine Brass-Jones, Dr. Denise Grobe or Mary Ann Shostek, PA-C to discuss options, benefits, risk factors and possible complications.
- 2) Per ACOOG recommendations, you will have the following tests completed prior to scheduling IUD insertion:  
  
Negative PAP test (within one year of procedure)  
Negative Gonorrhea and Chlamydia cultures (within six months of procedure)
- 3) Insurance coverage will be verified and you will be advised of cost and/or copay for the IUD and insertion procedure when we contact you to schedule an appointment.
- 4) You are advised to take 1000 mg of Tylenol or 800 mg of Ibuprofen (Motrin) one hour prior to appointment for IUD insertion and may use it 6-8 hours after procedure.
- 5) Be sure to have a light meal 1-2 hours prior to IUD insertion.
- 6) The day of procedure, you will provide a urine sample for pregnancy testing. Any positive pregnancy test will prevent you from receiving the IUD.

## **WHAT TO EXPECT THE DAY OF INSERTION**

You will recline on the exam table in the same position as for a pelvic exam or Pap test. The practitioner will insert a speculum into the vagina in order to visualize the cervix. She will swab the cervix with a solution to prevent infection. The practitioner will place a clamp on the cervix in order to steady it for the insertion. The clamp may be painless or sometimes cause a mild cramp. Then, she will perform a procedure to measure the length of the cervix and uterus. This involves placing a long narrow instrument through the cervix and to the top of the uterus. This typically may cause mild discomfort and cramping. If the cervix is tightly closed, the procedure may be a little more difficult. After obtaining the measurement, the instrument is removed. The practitioner then sets the right measurement on the IUD insertion device to be sure it is delivered to the correct position in the uterus. The IUD is then inserted through the cervix to just near the top of the uterus, and is then "set" in the uterus. The insertion device is removed, leaving the IUD inside. The practitioner then cuts the strings which are connected to the IUD, leaving just enough length for monthly checks of placement and for removal at some time in the future. The clamp is removed from the cervix, and the speculum is removed from the vagina.

You should remain lying on the exam table for 5-10 minutes until cramps or discomfort has resolved. Tylenol or Ibuprofen (Motrin) can be taken as necessary at home for any discomfort. You may experience some bleeding immediately after the procedure. This is normal. However, if you are having extremely heavy bleeding (filling a pad or tampon every hour), extreme pain, or fever, call the office for advice or go to the Emergency Room. We will have you make an appointment for 2 weeks post insertion.

## **WHAT TO EXPECT OVER THE LONG TERM**

The first few months after IUD insertion, you may have irregular bleeding, sometimes heavy, sometimes light. This bleeding may be accompanied by cramping and pain. It will take your body a couple of months to adjust. Be patient, but call if you are concerned.

If you have a Mirena, Skyla or Kyleena IUD, your periods should become light, possibly even to the point where you just have a little spotting or no periods.

Schedule your followup appointment 2 weeks after the IUD insertion. The IUD strings will be checked at this time.

You should check monthly (after your period is easiest) to feel that the IUD strings are still present, indicating the IUD is still in place.

Remember that the IUD does not protect against sexually transmitted diseases, so safe sex practices are still necessary. You should still have your yearly pap smear!

The Mirena IUD needs to be removed in 5 years, Paraguard needs to be removed in 10 years.

Skyla IUD needs to be removed in 3 years, Kyleena IUD needs to be removed in 5 years. Liletta is approved for removal in 4 years, and will increase to a 7yr device. Check with your doctor.

Enjoy your new form of birth control!