



IUD INSTRUCTIONS

You have decided to have an intrauterine device placed at Gynecology Specialists of Philadelphia. Please review the following guidelines regarding IUDs.

1. **INSURANCE:**

Insurance coverage for IUDs varies. We will work with your insurance company and with your prescription plan to find the most affordable coverage for you. In order for this to happen, you must fill out and sign the appropriate forms. **DO NOT FILL OUT THESE FORMS UNLESS YOU ARE SURE YOU WANT THE DEVICE.** IF you have a co-pay or if the device is uncovered, you should be contacted by your plan. Although we do everything possible to work with your insurance, the only way to know for sure if the device will be 100% covered is to call your insurance plan yourself. **IF YOU DO NOT FILL OUT THE FORMS, YOUR IUD WILL NOT BE ORDERED FOR YOU.** Our fax is 215-243-4668.

2. **IUD approved:**

Once we receive approval from your insurance company, you will be notified by telephone or via text. The insurance process can take anywhere from 2-4weeks. Please be patient! Do not ignore 1-800 calls as it may be the specialty pharmacy calling you to obtain your co-pay or get the okay to send your device to the office. If you do not hear back from the pharmacy or from our office after 3 weeks, please call our office.

3. **Day of Insertion:**

- Schedule the appointment to be while on your period
- Insert misoprostil tablet (prescribed by your provider) into your vagina, the night before your IUD appointment. Your pharmacy may accidentally tell you to swallow the pill **BUT PUT IT IN YOUR VAGINA THE NIGHT BEFORE.** There is no right or wrong way to insert it. Put some warm water on it and push it as far up as you can right before you go to sleep. This will help the cervix open up and make insertion easier. You may feel crampy or have increased bleeding. That's normal.

Take ibuprofen, if you can, 2 hours prior to your appointment. This will help with cramping. We recommend that you take ibuprofen throughout the day to help with cramps. Schedule a follow-up appointment in 4 weeks from insertion