

# IUD Insertion Aftercare Information



The following information is for intended for patients of Hope Clinic following the insertion of an Intrauterine Device (IUD).

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**Hormonal IUDs such as Liletta may take up to 7 days to begin preventing pregnancy and are effective for up to 7 years. The Copper IUD (Paragard) will be effective immediately after it is placed and for up to 12 years.**

## What to Avoid:

- Avoid putting anything inside of your vagina for at least 24 hours following an IUD insertion. This includes refraining from sex, tampon or menstrual cup use, douching, taking baths, or swimming.
  - If your IUD was placed immediately following an abortion procedure, please refer to those aftercare instructions for more safety information.
- If you use a menstrual cup with an IUD, please make sure to break the suction on the cup prior to attempting to remove the cup from your vagina. Failure to break the suction can result in expulsion of the IUD.

## What to Expect:

- Light vaginal bleeding (spotting) is to be expected following the insertion of an IUD. We recommend wearing a pad.
- Irregular bleeding and spotting can be normal for the first few months after an IUD is placed. For some people, this can last for up to 6 months.
- Cramping after an IUD insertion is normal.
  - You can help relieve any discomfort with the use of ibuprofen, acetaminophen.
  - The use of heating pads can be helpful for relieving pain/cramping.

## IUD Maintenance

- Monthly string-checks are recommended after having an IUD placed. To check for the strings on your IUD, wash your hands thoroughly and place a finger in the vagina. You should be able to feel the end of the strings by feeling around. If you cannot feel these strings, please contact your healthcare provider.
  - The strings attached to your IUD may become softer overtime. This is normal.
- While IUDs provide protection from pregnancy, they do not provide protection against sexually transmitted infections (STIs).
  - It is important to get tested for sexually transmitted infections (STIs) regularly. It is a good idea to get tested annually and every time you have a new sexual partner.

The following could be signs of problems with an IUD.

Please give us or another healthcare provider a call immediately if you have any of the following issues or concerns.

## Reasons to contact a health care provider after IUD insertion:

- IUD comes out or you can feel more of the IUD than just the strings
- If you can no longer feel your IUD strings
- Severe abdominal pain/cramping not improved by ibuprofen/acetaminophen
- Heavy bleeding: soaking through (from top to bottom/end to end) 2 heavy protection maxi-pads in one hour for more than an hour
- If you think you have a sexually transmitted infection (STI)
- You find out you are pregnant or have a positive pregnancy test

If at any point you decide you no longer wish to use the IUD as a method of contraception, please contact a healthcare provider, such as Hope Clinic or any other reproductive health provider, for removal of the device. If an IUD is removed or if it expels, you are no longer protected from pregnancy.

**Thank you for trusting Hope Clinic with your care.**

Not local? Need a reproductive health provider in your area?

Visit [www.opa-fpclinicdb.hhs.gov](http://www.opa-fpclinicdb.hhs.gov) to find a family planning provider near you.