



IUD Insertion and Removal Instructions

IUD Insertion Instructions:

Pre-procedure:

- The IUD can be inserted any time during the menstrual cycle.
- If you are at risk for pregnancy and you are *not* currently using an alternative birth control method, please use condoms or abstinence for **2 weeks** before insertion.
- If you are at risk for pregnancy and you are currently using an IUD or other hormonal contraceptive method (birth control pill, for example), please use condoms or abstinence for **1 week** before insertion.
- Per protocol, we will ask you to give a urine sample to check for pregnancy and rule out sexually transmitted infections before insertion.
- We recommend that you take 600-800 mg of Ibuprofen/Advil with food 60 minutes before your appointment. In addition, you can also take up to 1000 mg of Acetaminophen/Tylenol one hour before your appointment.

Post-procedure:

- You can continue to take up to 800 mg of Ibuprofen/Advil every 8 hours and up to 1000 mg of Acetaminophen/Tylenol every 6 hours for cramping.
- A heating pad applied to your lower abdomen can be very helpful for cramps.
- Please do not insert anything in the vagina including tampons, or have intercourse for 1 week after insertion.
- In some cases, back-up contraception is needed. Your provider will discuss this on an individual basis.
- It is important that you return for your IUD check 4-6 weeks after insertion. At this appointment, we will check the IUD strings and review your cramping and bleeding patterns.
- Please contact our office if you have excess pain not relieved with Ibuprofen/Advil or Acetaminophen/Tylenol; heavy bleeding requiring you to change a pad every hour or faster; unexplained fever; foul smelling vaginal discharge; or other concerns.

IUD Removal Instructions:

Pre-procedure:

- If the IUD **has not** expired, it's advised that you either abstain or use condoms 100% of the time for the whole **1 week** prior to the removal.
- If the IUD **has** expired, it's advised that you either abstain or use condoms 100% of the time for the whole **2 weeks** prior to the removal. Ideally you should be protecting yourself from pregnancy starting on the day of the IUD expiration date. If you do not know the duration/expiration date of your device, please contact the provider's office where you had the IUD inserted to acquire that information.

For questions or concerns, please contact Vermont Gynecology at 802-735-1252

AFTER HOURS EMERGENCY TELEPHONE NUMBER: 802-350-1260