

RECOMMENDATIONS FOLLOWING THE INSERTION OF AN IUD OR IUS

You have just had an IUD or IUS inserted. It is preferable that you remain in the waiting room for 15 minutes following the insertion. It is normal to feel cramps in your lower abdomen after the insertion of an IUD or IUS. These symptoms should gradually decline in the coming days.

For relief:

- Take a non-steroidal anti-inflammatory drug like Ibuprofen, 1-2 tablets every 4 to 6 hours.
- If you cannot use ibuprofen or aspirin, take Acetaminophen, 1 to 2 tablets every 4 to 6 hours.

NOTHING IN THE VAGINA FOR THE FIRST 24 HOURS FOLLOWING THE INSERTION:

No tampons, menstrual cup, vaginal creams or ovules, fingers, penis... NOTHING.

CONTINUE WITH YOUR PREVIOUS CONTRACEPTION METHOD FOR 7 DAYS AFTER THE INSERTION OF THE IUD. Condoms should be used until the follow-up visit.

A **FOLLOW-UP VISIT IS RECOMMENDED IN 6-12 WEEKS**. A pelvic exam will be done to ensure that the IUD or IUS is in place and that all is well.

LOSS OF THE IUD:

You may lose the IUD or IUS. This may occur during the first weeks after its insertion. The loss of an IUD or IUS may not be felt or:

- you could have abnormal cramps in the lower abdomen
- you might feel a tiny hard end (the bottom of the IUD or IUS) in your cervix.

Should this happen, make an appointment at the clinic and use a condom each time you have intercourse until you are examined.

INFECTION:

Infection is rare but it must be treated immediately. If you have the following symptoms:

- Pain in the lower abdomen that seems to be worsening
- New pain in the lower abdomen during intercourse
- Abnormal or offensive vaginal discharge
- Fever

Consult the clinic or emergency as soon as possible.

Don't forget to protect yourself from sexually transmitted infections (STIs). An IUD or IUS is an efficient and safe method of contraception but does not protect you from STIs.

For more information, consult the following Web site:

<http://www.sexualityandu.ca> – Birth Control and Games and Apps sections