

PATIENT INFORMATION INTRAUTERINE DEVICE (IUD) INSERTION - AFTERCARE



family
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Reproductive & Sexual Health
Care. Education. Advocacy.

The following patient information is for women who have had an intrauterine device (IUD) inserted at a Family Planning Victoria clinical service. It contains important aftercare information, advice and instructions.

If you have any concerns that are not addressed please call us : (03) 92570100.

1. You may experience some cramping, pain and bleeding for the next 48 hours and you can continue to use naproxen or ibuprofen as directed. If breastfeeding, ibuprofen can be used.
2. To reduce the chance of infection, over the next three days:
 - Avoid sex
 - Do not use tampons (pads are okay if you have bleeding)
 - Do not use menstrual cups
 - Avoid baths, swimming and spas (showers are okay)
3. A Mirena® IUD does not begin to work until seven days. Do **NOT** have any unprotected sex until then.
4. You will need to make an appointment with a nurse at FPV in six weeks for a routine check-up. Please call and change this to a doctor's appointment if you have a particular concern with your IUD.
5. Please ring us if you experience any of the following and our nurse will advise you further
 - Cramping pain that is not relieved with naproxen or ibuprofen and is getting worse
 - Vaginal discharge with a smell
 - Heavy bleeding
 - Pain during sex
 - Fever
 - Sensation of the IUD in the vagina
6. You need to check for the IUD string after every period or once a month if you have no periods. If you cannot feel the string or feel the stem of IUD, do not have any further unprotected sex and ring FPV as soon as possible. You may require emergency contraception (morning after pill).
7. If you think you may be pregnant, seek medical attention as soon as possible.
8. Irregular bleeding and spotting can occur in the first six months with a Mirena® IUD but will often settle before then.
9. It is normal to have spotting between periods for two to three months with a copper IUD. You may also experience painful and heavier periods.