

# IUD Post Insertion Information

Patient's Full Name: .....

Patient's Date of Birth: .....

1. You may experience some cramping, pain and bleeding for the next 48 hours. You can continue to use naproxen or ibuprofen as directed. If breastfeeding, take paracetamol instead.
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)
  - Avoid baths, swimming and spas (showers are okay)
3. If you have had a Mirena® IUD inserted, it may not begin to work until seven days. Do NOT have any unprotected sex until then.
4. You will need to make an appointment in six weeks for a check up.
5. Please ring us if you experience any of the following:
  - 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. It is normal to have irregular bleeding and spotting in the first six months with a Mirena® IUD.
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.
10. Contact the information nurse on 9257 0116 if you have any concerns

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