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INSTRUCTIONS FOR IUD INSERTION

PREPARING FOR YOUR IUD INSERTION

In order for your procedure to be done as safe and comfortable as possible, there are several instructions you should follow closely on the day of the procedure:

1. Take 600mg of Ibuprofen 30 minutes before procedure. Eat normally the day of procedure and be well hydrated.

AFTER THE PROCEDURE

Activity: Minimal for 1-2 days, may go to work but refrain from exercise or big events. Then gradually resume activity as tolerated.

No intercourse or douches for 4 weeks or as directed by physician.

Tub bathing is OK, if desired.

Pain: Mild cramps may continue for 2-3 days.

Take pain medication as prescribed. Plain Tylenol (or generic acetaminophen) is excellent for mild discomfort. .

Dressing: Use only sanitary napkins - **NO TAMPONS** for one week

Expect small to moderate amount of bloody vaginal discharge for 7-10 days.

Menstruation: Your normal menstrual cycle should return within 4 weeks.

Symptoms to Report to the Doctor:

1. Excessive bleeding, heavier than a period or if saturating more than one sanitary napkin every 1-2 hours.
2. Chills and/or temperature above 101 degrees.
3. Foul smelling vaginal discharge.
4. Severe abdominal pain or cramping that does not respond to prescribed pain medication.

Follow-up

If no appointment has been made, make a follow-up visit 4 weeks from the time of the procedure, after first menses, to have an IUD string check.