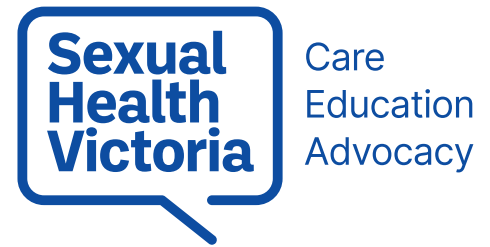


Information for those having an IUD inserted at Sexual Health Victoria



We would like to ensure your IUD insertion experience is as straightforward as possible.

- Please read this information before your IUD appointment.
- Allow 1½ hours for your IUD insertion appointment.
- If you have any questions, call us on (03) 9257 0100.
- If you change your mind about having an IUD, please call us as soon as possible so that we are able to use that appointment time for other people wanting an IUD.
- If the doctor has a concern, SHV reserves the right to NOT insert your IUD on the day of your appointment.

PREPARING FOR YOUR IUD INSERTION

Make sure you're not pregnant.

IMPORTANT: It's not safe to insert an IUD if there's any chance you could be pregnant.

Use an effective method of contraception if you have any penis in vagina sex in the 3 weeks prior to your IUD insertion. Do not rely on a diaphragm, withdrawal (pulling out) or natural methods of contraception. If you use condoms make sure the condom is on before the penis enters the vagina and that they are used every single time.

Get informed

- Watch the [video](#) with one of our doctors answering questions about pain.
- Read the SHV fact sheet [Intrauterine Devices](#) on our website (shvic.org.au).
- Read the consent form and post insertion information. The doctor will go through the consent form with you before you have your IUD inserted.
- Write down any questions you might have so you can ask them at your appointment.

Ambulance cover

Very rarely (about 1/2000 insertions) we need to call an ambulance. If you do not have ambulance transport cover you may incur significant additional costs.

ON THE DAY OF YOUR IUD INSERTION APPOINTMENT:

Your IUD appointment essentials:

- **No chance of pregnancy**
- **Bring your Mirena or Kyleena (we have copper IUDs here)**
- **Eat and drink**
- **Take pain killers as agreed to**
- **Come 10 minutes early to pass a urine sample**
- **Be prepared to take a taxi home if needed**
- **Plan to rest for the remainder of the day**

If you are having a Mirena or Kyleena inserted, bring the device to your appointment. Some pharmacies will take a business day to order them in. Copper IUDs are stocked at both our clinics.

Pain relief

Take 3 ibuprofen OR 2 naproxen as well as 2 paracetamol tablets an hour prior to your appointment time. If you have painful periods, you might need stronger pain relief.

Eat and drink

To minimise the risk of feeling faint have something to eat and drink before you arrive.

Come early

Come in 10 minutes before your appointment time to pass a urine sample (we perform a urine pregnancy test for everyone having an IUD insertion).

Support person

We find it works best for most people to have one of our experienced nurses support you during your IUD insertion, rather than someone you bring with you. The nurse can also give valuable feedback to the doctor inserting your IUD, which can make the process better for you. If you think it would work best for you to have your own support person, please discuss it with the doctor inserting your IUD.

What to bring

Some people like to bring their own snack and a favourite hot pack, which we can heat for you.

The insertion

- You will lie on a special bed that has rests for your legs. The practitioner will insert 2 fingers into your vagina while feeling your tummy to check the position of your uterus.
- A speculum (like a duck bill) is inserted into your vagina so we can see your cervix, the top part of the vagina.
- Local anaesthetic is sprayed on to the cervix. This can sting or feel tingly for around 30 seconds but will then settle.
- After the spray has been on for 3 minutes an instrument is used to stabilise your cervix. If this hurts, it feels like a sharp pinch and usually settles down quickly.
- A fine plastic instrument is used to measure the length your uterus. This can feel like a strong period cramp.
- The IUD is inserted. This can also feel like a strong period cramp.
- The string is cut and sometimes there is bleeding that will require cotton gauze to be held on your cervix for a minute or 2.
- All the instruments are removed.

AFTER THE INSERTION

Getting home

You will be asked to rest until you feel well enough to go home. We can give you additional pain relief if needed. Most people can drive or take public transport home after the IUD insertion, but sometimes you will need to be picked up or to catch a taxi. This is more likely if you have painful periods or haven't given birth.

Rest

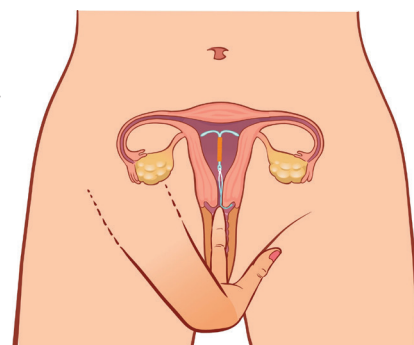
We recommend that you rest for the remainder of the day. Occasionally people will need a longer period of rest. A Medical Certificate can be written.

Checking your strings

It's important to check your IUD strings about a week after insertion, then after just after each period or once a month if you have no periods. The string comes out of the middle of your cervix, which connects the top part of your vagina to your uterus.

Check your strings by:

- Squatting or putting one foot on the bed or toilet
- Placing 1-2 fingers as deep as you can into your vagina:
 - The inside of your vagina will feel soft like the insides of your cheek.
 - Your cervix is at the top of your vagina and will feel firm like your nose. It feels a bit like a donut, with a small opening in the middle.
 - The strings will come out of the opening in the middle of your cervix.
 - The strings are often curled around the side of the cervix so it will feel more like you are rubbing your fingers over the strings rather than feeling the strings between 2 fingers.



Cost

The cost of having an IUD fitted depends on which type of IUD you choose and whether or not you have a healthcare, pension or other concession card. Our fee estimate schedule is available to view on our website (shvic.org.au). Please note, occasionally we are unable to insert your IUD. If this occurs we are unable to reimburse any device/dispensing fees.

Parking

Box Hill

We do NOT recommend parking on Whitehorse Road directly outside of our clinic. We cannot guarantee how long your IUD insertion will take and the parking inspectors are very active within the area. Unfortunately, our staff are unable to leave the premises to top up carparking meters. Box Hill Centro offers low cost parking and further information can be found here: <https://www.boxhillcentral.com.au/directions/parking>.

Melbourne

Parking near our Melbourne Clinic is limited and usually expensive.

Please ensure that you allow enough time to park and to walk to our clinic.