

# IUD post insertion information



Care  
Education  
Advocacy

## Pain

Cramping and period like pain is normal for the first 2-3 weeks after your IUD insertion. The worst of it usually settles within 24 hours. For some people, the pain can be significant for a few days and in a smaller number, significant pain lasts more than a week. Occasionally the pain can become quite severe, particularly around your period. In general, for the first few months after an IUD insertion, period pain is worse than before insertion. On and off crampy pain can persist for a few months.

**If you need to contact our clinic, please call 92570100 and tell the receptionist that you had a recent IUD insertion and would like to speak to a nurse.**

### Mirena and Kyleena

Period pain is usually much less than before insertion once the IUD has been in place for about for 3-6 months.

### Copper IUDs

Period pain tends to be like what it was prior to insertion after about 2-3 months.

To manage pain continue taking your analgesics, use hot packs and rest.

Please call our clinic if your pain is:

- getting worse
- not being helped by the over the counter or prescribed pain relief
- Interfering with your usual activities for more than 2 days.

## Bleeding

Your first period after your IUD insertion might be heavier than usual. If your bleeding is very heavy or unscheduled bleeding is not settling, please call our clinic.

### Mirena and Kyleena

Unscheduled light bleeding or spotting can occur daily during the first 3-6 months after insertion. For most people this will stop and periods will become either light or will stop completely.

### Copper IUDs

Unscheduled bleeding or spotting can occur in the first 2-3 months after insertion. Periods are usually heavier than before insertion, particularly in the first few months.

## Infection

It is important to treat possible infection early with antibiotics to prevent complications.

Please call our clinic if you experience:

- Persistent pain
- Pain with sex
- A change in the colour or smell of vaginal discharge
- An unexplained fever.

To reduce the chance of infection, over the next 2 days do not place anything in your vagina.

Do not:

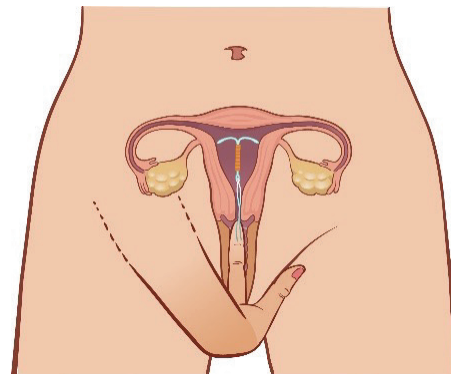
- Have any type of vaginal sex
- Use tampons (pads are okay if you have bleeding)
- Have a bath, swim or spa (showers are okay).

## Pregnancy

Mirena and Kyleena can take up to 7 days to work as a contraceptive. Copper IUDs are immediately effective. If you think you might be pregnant, do a pregnancy test and call our clinic or see a doctor as soon as you can.

## IUD falling out or moving

Most people will notice if their IUD falls out, but occasionally it comes out without you noticing. Check for the presence of your IUD string after every period or once a month if you have no periods. If you feel the hard plastic stem of the IUD, cannot feel the string, or your string appears much longer or shorter than the last time you checked, use a condom for penis in vagina sex. You may also need emergency contraception (morning after pill). Call our clinic or see a doctor as soon as possible. You might need an ultrasound to check the position of the IUD.



## Menstrual cups:

It is possible to pull out an IUD if the string is caught between the cup edge and vagina. To decrease the risk:

- Do not use the menstrual cup until the IUD has been in place for at least 3 months
- Make sure the string is inside the cup and not caught between the wall of the cup and the vagina
- Be careful to release the suction on the cup before removing it.

## Hormonal side effects

Hormonal side effects including pimples, breast tenderness and headaches are common in the first few months after a Mirena or Kyleena is inserted. Occasionally people experience mood changes and increased appetite. These usually settle within a few months.

## Follow up appointments

Unless the practitioner inserting your IUD organises a check-up, you do not need any follow up or review appointments.

## Change over or removal of IUD

Your IUD is due to be changed or removed \_\_\_\_\_.