

## IUD AFTER CARE

This brochure provides information on what you need to follow after your IUD procedure.

### Additional birth control method

**You need to use an additional method of birth control for 7 days after your insertion.**

A follow up visit is recommended 3 weeks after your IUD is inserted. Copper, Mirena and Kyleena IUDs may be used up to 5 years effectively.

If you choose to change contraceptive methods, wish to plan a pregnancy sooner or discontinue use, an IUD can be easily removed sooner by a health care professional.

### After insertion

**You should abstain from sexual intercourse, tub baths, and tampon use for the first 7 days after insertion.**

These activities could introduce bacteria into the vaginal canal or uterus, which increases your risk of developing an infection. Showering is safe to do.

Use only sanitary pads for the first 7 days after insertion. You may safely use tampons after this time if you wish.



**An IUD does not prevent sexually transmitted infections.**


**Practice safer sex: use a condom as well as the IUD. Protect yourself and your partner(s).**


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## Spotting/bleeding/cramping

Some spotting, light bleeding or cramping may occur during the first few weeks after insertion. This is normal, but if it continues or increases, please contact the clinic. If necessary to help with the cramps, you may take Tylenol or Ibuprofen (in the doses recommended on the bottle) or use a heating pad.

## Checking your IUD strings

**Remember to always wash your hands before checking your threads.**

After the first couple of days from insertion time, check your IUD thread(s) daily. After that, check once a month following your period. This is the mostly likely time for an expulsion to occur.



If the threads feel longer or shorter or if you can actually feel the plastic of the IUD, call the clinic immediately and book an appointment to see the doctor.

Meanwhile, use a back-up method of birth control or abstain from sexual intercourse until the IUD is checked. If the IUD is not properly in place, you will not be protected against pregnancy.

## Signs of Infection

If you experience the following symptoms, **contact the clinic or your family doctor immediately:**

- Fever
- Lower Abdominal Pain
- Foul smelling vaginal discharge or increase in amount and colour of discharge

If you suspect you may have been exposed to an infection, you should be treated immediately, even if you are not experiencing any symptoms, as many sexually transmitted infections can be asymptomatic.

If you have further questions or concerns, please call the clinic or speak to your physician