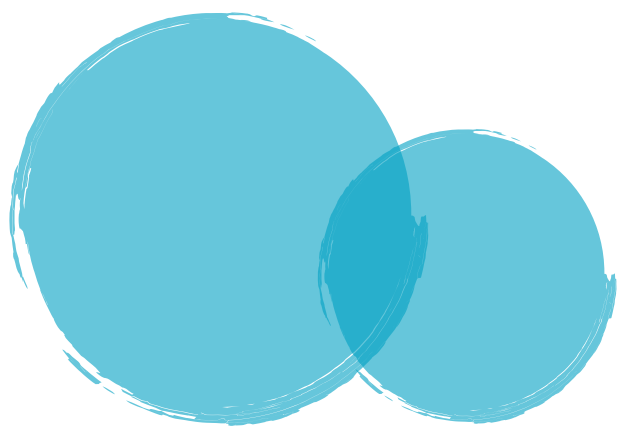


IUD INSERTION DAY INSTRUCTIONS

This brochure will guide you on instructions you need to follow on the day of your IUD insertion procedure.

Abstinence

If you are only using condoms as birth control, you will need to abstain from sex from your last period until the IUD can be inserted. This is important to ensure that you are not pregnant at the time of insertion. If you do not follow these instructions, our doctors will not insert an IUD. If you are using the pill, patch, ring, or shot continue on your method – it's not necessary to abstain from your last period if you have been using it correctly. Please note, it is okay to have the IUD inserted at the time of your period.



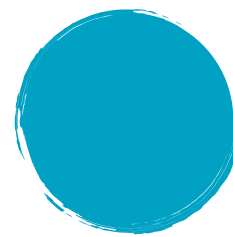
Replacement

If you are replacing an existing IUD with a new one, you must abstain from sex for 7 days prior to insertion.

Continue previous method

If the risk of pregnancy can be excluded, an IUD may be inserted at any time during the cycle. It is important to continue using your current birth control method for 7 days post insertion.

Refer to our *IUD after care* brochure for useful tips after your procedure





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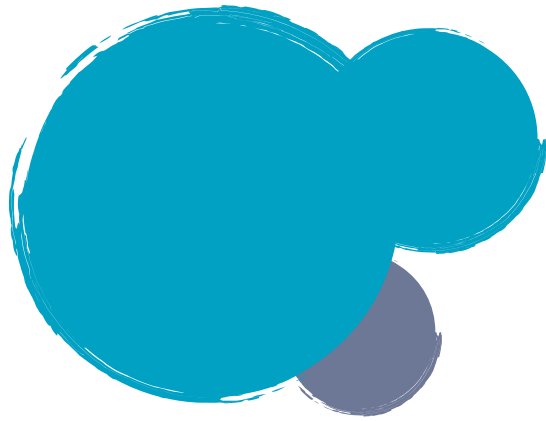


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Recent birth?

For those who have recently given birth, IUD insertion is offered after 8 weeks post-partum. If you had a Caesarian delivery and/or are breastfeeding, please inform the doctor at your pre-screening appointment.

Cervix

Make sure you are comfortable locating your cervix prior to your insertion appointment. The walls of the vagina feel flexible and fleshy while the cervix located near the end of the vagina will feel round and firm. You may also feel a sensation of pressure when you touch your cervix. Knowing where your cervix is prior to the insertion will help you when you do your string self check following insertion.



Appointment duration

The insertion appointment lasts about **30 minutes** while the actual insertion takes less than 5 minutes.

Before the appointment

- ✓ We recommend that patients take 400 mg of ibuprofen **prior to insertion appointment** as that will help with any discomfort you may experience.
- ✓ Please eat a light meal **90 minutes** prior to your appointment.

At the appointment

We will do a urine pregnancy test when you arrive. The pregnancy test we do on the day of the insertion will not detect a pregnancy that may have occurred in the 14 days prior to the test.

- ✓ Please bring someone to accompany or drive you home if you are able to as some people may experience cramping or dizziness after insertion.
- ✓ If you are purchasing a copper IUD, we carry those in the clinic.
- ✓ If you are purchasing a hormonal IUD (Mirena or Kyleena), please pick up your IUD at a pharmacy prior to insertion and **bring it with you to the insertion appointment.**

**If you have more questions,
please speak to your physician**