



IUD INSTRUCTIONS

1. After your IUD has been inserted and before you leave the office, feel the cut strings to get an idea what to expect when checking your strings at home.
2. Check for the IUD string once-a-week during the first six weeks, especially right before intercourse. Then check after each period or anytime you have abnormal cramping while menstruating. You may not be protected by your IUD if:
 - a) You cannot feel the string, or
 - b) You can feel the plastic part of your IUD, or
 - c) The string of your IUD gets longer or shorter.

If any of the above occurs, use another method of birth control until you can get to the office to have your IUD checked. You can expel an IUD without knowing it. Check pads and tampons when you remove them.

3. The IUD does not prevent against sexually transmitted diseases. A barrier method such as condoms is recommended.
4. Do not douche, use tampons or have intercourse during the first two days after your IUD is inserted.
5. Nuisance side effects of the IUD most commonly reported are increased menstrual flow, menstrual cramping and extra bleeding or spotting between periods. These side effects are not unusual. Remember that if you cannot tolerate the IUD, you can always have it removed. Mirena and Skyla IUD users may have persistent bleeding for the first three to six months or may find their periods stop altogether and this is perfectly normal. Mirena and Skyla users may also notice acne, back pain, breast tenderness, headaches, mood changes and nausea at first.
6. Call us if you experience the following:

P	Period late (pregnancy), abnormal spotting or bleeding
A	Abdominal pain, pain with intercourse
I	Infection exposure (such as gonorrhea or chlamydia), abnormal discharge
N	Not feeling well, fever, chills
S	String missing, shorter or longer

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7. Remember to have yearly well-woman exams and have the ParaGard® IUD replaced every ten years, Mirena IUD replaced every five years, and Skyla IUD replaced every three years.
8. If at any time you decide you want to try and have another child, you simply have the IUD removed. Studies show your chances of getting pregnant after an IUD are the same as women who have not been using birth control. We recommend that you have one normal menses after IUD removal, prior to trying to conceive.
9. When you are being seen for any medical, surgical, or sexual problem, be sure to tell your clinician that you are currently using an IUD. When listing any medications you are on, be sure to list the Mirena IUD or Skyla IUD as it contains progesterone.

FOR ANSWERS TO ANY QUESTIONS YOU MAY HAVE, PLEASE DO NOT HESITATE TO CALL US AT:

(269) 345-6197, Monday through Friday 8:00 am to 4:30 pm.