



IUD Post-Insertion Instruction Sheet

- **Use condoms or abstain for the first 7 days after your IUD is put in to avoid pregnancy and allow the strings to soften.**
- **Wait 48 hours after your IUD is put in before you use tampons or have vaginal sex.**
- Consider taking medication to decrease bleeding and cramping after IUD is put in for the next 2-3 days.
 - Ibuprofen or Advil 400-600mg every 6 hours.
 - Naprosyn or Aleve 250-500mg every 12 hours.
- Check the IUD strings once weekly for the first 6 weeks, then once monthly.
 - The IUD may come out by itself. This is most likely to happen in the first 3 months after the IUD is put in.
 - If your IUD comes out, you can get pregnant immediately.
- Notify the office if you cannot feel the IUD strings, if the strings feel longer or shorter, or you feel something plastic.
- Use condoms for protection against sexually transmitted infections as the IUD does not prevent these.

Warning Signs

- Fever (greater than 101)
- Chills
- Strong or sharp pain in your stomach or belly that doesn't get better with Ibuprofen or Advil
- Heavy bleeding

Normal Bleeding Pattern After IUD Placement (can last 3-6 months)

- More cramping or heavier bleeding with periods
- Spotting between periods
- No periods with hormone IUDs (Mirena and Skyla)
- More cramping or bleeding with periods with Paragard (Copper) IUD

Call The Office For The Following:

- Call if you suspect you are positive and/or you have a positive home pregnancy test
- Abdominal pain with or without sex
- Abnormal vaginal discharge
- Fever or chills
- Strings missing, shorter, longer, or feeling plastic