

## IUD insertion

### Until your IUD is inserted:

- use an effective method of contraception.
- do not rely on withdrawal or natural methods of contraception.
- If you have had a contraceptive mishap (missed pill, broken condom) inform your Doctor

**\*\*IT IS NOT SAFE TO INSERT AN IUD IF THERE IS A CURRENT RISK OF PREGNANCY \*\***

### On the day of your appointment:

- Ensure you eat as normal.
- Take 2 Ibuprofen and/or 2 Paracetamol an hour prior to your appointment.
- After insertion of your IUD, you will be requested to wait 20 minutes in the waiting room prior to leaving.
- You will be followed up with the Doctor in 4 – 6 weeks.

### Other concerns and risks to be aware of:

- Sometimes the doctor is unable to get the IUD into place.
- The doctor might make a hole in the wall of the womb (1 in 300). The IUD can pass through the hole and will need to be removed by keyhole surgery.
- The IUD can fall out.
- You might develop an infection (1 in 300).
- The IUD might fail; if you become pregnant see a doctor as soon as possible.

### After insertion of the IUD:

- You may experience some cramping, pain and bleeding for the next 48 hours and you can continue to use paracetamol or ibuprofen as directed.
- To reduce the chance of infection, over the next three days: Avoid sex, do not use tampons (pads are okay) and avoid baths, swimming and spas
- Mirena's take 7 days to work - Do **NOT** have any unprotected sex until then
- Please seek medical attention if you experience the following:
  - Cramping pain that is not relieved with simple pain relief or is getting worse
  - Vaginal discharge with a smell
  - Heavy bleeding
  - Fever

### Cost:

Your Doctor will provide you with a script so that you can purchase your IUD from a pharmacy of your choice.

The out of pocket cost for insertion of an IUD is **\$53.75**, plus a consultation fee.

Please note: whilst the risk of an IUD being unable to be inserted is very low, in the event this does occur we are unable to reimburse any costs associated with equipment used during attempted insertion.