

After the IUD insertion

What to expect today and the next few days

Bleeding

Expect some bleeding that can be heavy with small clots due to the insertion procedure itself. The bleeding is heavier if a 'freezing' (a paracervical block) was carried out prior to the insertion. It is better to use pads rather than tampons or a menstrual cup for the next 3 days, to avoid disturbing the healing process in the cervix.

Pain Management

Some women do not need anything for pain, but the majority will feel better if they either use a heat pad, or take pain killers. These are usually not necessary for more than 1-7 days. The best pain medications for the IUD pain are the anti-inflammatories, but acetaminophen can also be helpful.

- **Anti-inflammatories:** naproxen (Aleve) 220-440 mg twice a day, or ibuprofen (Advil, Midol, Motrin) 400 mg three times a day are comparable. They should be ingested with food.
- **Acetaminophen:** Tylenol 500 mg every 6 hours can be taken on top of the anti-inflammatories, if they are not sufficiently strong.

Physical Activity

There is no restriction. Moving around is not going to displace the IUD. You should just listen to your body. Some women feel better remaining active, but others prefer to lay down and rest.

Sexual Relations

There are no time restraints, although IUD manufacturers recommend against vaginal intercourse for 7 days. PLEASE NOTE that the protection against pregnancy begins immediately after a Copper IUD, but it can take 7 days with the hormone IUD (a back-up method should be used for 7 days, either condoms, or carry on taking the pill).

When to worry

IUD's are extremely safe, but rarely infections, displacement (either falling out or piercing the uterine wall) or pregnancies can occur. If you have intense pain or bleeding or if you have pain and a high fever, you need to contact us at 250 860 5888. If you are not well, please go to your nearest Emergency Department.

Follow up recommended

You need a check-up in 4-8 weeks, or later if you are away. We need to make sure the IUD remains in proper place, and that there are no new infections.

Dr. J. Z. Hendriks

Date