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After Your IUD (intrauterine device) Placement: Expectations and Instructions

1. **PAIN:** Moderate menstrual-like cramping is normal after having an IUD placed, and may last for up to one week. Take ibuprofen (Motrin) 600mg every 6 hours as needed for this pain. You may also add acetaminophen (Tylenol) 650mg every 6 hours if needed. If your pain is not controlled by these two medications, please call the office.
2. **VAGINAL BLEEDING:** You may have menstrual-like vaginal bleeding continuously for up to 2 to 4 weeks following today's procedure. After that, you may have an irregular bleeding pattern as your uterus becomes accustomed to having the IUD in place. The bleeding pattern that typically accompanies your chosen IUD will begin by approximately 3 to 6 months after placement. If you saturate one pad per hour for two hours in a row, or pass clots larger than the size of a tennis ball, please call the office.
3. **UNUSUAL DISCHARGE and FEVER:** Please call the office if you have foul-smelling vaginal discharge or a fever of $>100.4^{\circ}\text{F}$ or $>38^{\circ}\text{C}$ that persists for 4 to 6 hours.
4. **ACTIVITY:** You may return to your normal daily activities immediately after having your IUD placed, including exercise.
5. **HEALING:** Do not put anything in the vagina for 3 to 5 days. In other words, no sex, tampons, or douching.
6. **CONTRACEPTION:** If you are using the IUD as your method of birth control, you will need to use a back-up method for one week, until the IUD begins to work. Abstinence is strongly recommended, but condoms or previously-prescribed birth control pills are also an option.
7. **FOLLOW-UP:** Please schedule an appointment for 4 to 6 weeks from the date of your IUD placement so that your physician can examine you and ensure that the device remains in the appropriate location.