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### **Pre-Procedural Instructions: IUD Insertion**

What to expect:

You will be required to provide a urine sample for a pregnancy test as soon as you arrive at the office.

First, a transvaginal ultrasound will be performed. Next, an IUD will be inserted. Last, a repeat ultrasound will be performed to check the placement of the IUD.

The procedure is very quick, and will last 5-10 minutes, but you will need to remain in the office for a few minutes after IUD insertion to ensure that you feel well.

Please purchase the following medication over the counter and follow these directions before taking it:

Ibuprofen (Motrin/Advil) 800 mg which is equivalent to 4 x 200mg tablets. Take with food or milk 1 hour prior to your procedure. After IUD insertion, you may take 4 tablets three times per day as needed for pain relief. Taking Motrin will help with pain. It will also prevent the uterus from contracting and pushing the IUD out of your uterus.

The medication listed below **may be** prescribed if your cervical opening is small or stenotic. Please follow these directions in taking it:

Misoprostol 200 mg vaginally at 6 pm the night before the procedure to dilate your cervix (if needed).

The following medications are optional to help with pain and anxiety during your procedure. They are available for an additional charge.

#### Pronox \$75

It is the #1 FDA cleared analgesic gas delivery system to improve comfort a few minutes allowing patients to drive immediately after their procedure. and relaxation during procedures. ProNox delivers a fixed mixture of O<sub>2</sub>(oxygen) and Nitrous Oxide (frequently referred to as laughing gas) to reduce pain, stress, and anxiety during in-office treatments. The gas mixture is delivered by simply breathing normally through a mouthpiece, which is 100% patient-controlled and administered. This option works quickly and wears off after

#### Paracervical Block \$25

It numbs the nerves around the cervix, which can help reduce pain.

**Please call if any questions: 850-320-7693**



### IUD AFTERCARE INSTRUCTIONS

1. Uterine cramping is common after IUD Placement. Heating pads, Tylenol (acetaminophen), or Advil (ibuprofen) can help relieve discomfort.
2. Irregular bleeding and spotting is normal for 3-6 months after IUD insertion. It will gradually become lighter. 40% of women with the Mirena IUD will stop having periods.
3. IUDs do not protect against sexually transmitted infections (STI) including the HIV, warts (HPV), Gonorrhea, Chlamydia, Trichomonas, and Herpes. Only condoms will protect you from STIs.
4. Mirena, Kyleena, or Skyla IUDs are effective immediately for contraception if they are inserted within seven days after start of your menstrual cycle. Any other time during your menstrual cycle will require another method of birth control, like condoms, for at least 7 days.
5. It is possible for the IUD to come out. It is most likely to slip out of place within the first few months after being inserted. You can check for your strings by following the steps below:
  - a. Wash your hands
  - b. Sit or squat down
  - c. Place your thumb into your vagina and feel for your cervix, which feels hard and rubbery like the end of your nose
  - d. Do not pull on the strings.
6. Call the office if you feel longer strings, hard plastic coming out of cervix, or no strings. Also consider using a back up form of birth control.
7. You will have a follow-up appointment for 4 -6 weeks after IUD insertion with an ultrasound to confirm appropriate placement.
8. Pregnancy is unlikely but can happen. If you have early pregnancy symptoms like nausea/vomiting, breast tenderness, frequent urination, or abdominal pain, take a pregnancy test.
9. Your IUD should only be removed by a healthcare provider.

*Call the office if any of these symptoms occur:*

- Severe abdominal pain/cramping
- Heavy menstrual bleeding requiring a pad change every 2 hours or more frequently
- Fever or chills
- Foul smelling vaginal discharge
- Painful intercourse