



Platte Valley Women's Healthcare, PC

Kelley Hasenauer, DNP, APRN, LLC
Board Certified Family Nurse Practitioner

Intrauterine Device (IUD) Pre-insertion Instructions:

We are pleased to be able to offer IUD placement at Platte Valley Women's Healthcare.

Please follow these instructions prior to your IUD placement:

- 1) Read all IUD material that has been provided to you so you can make an informed decision about your birth control choice. Good information is also available at the following websites:
<http://www.mirena.com> and <http://www.paragard.com/> and www.skyla-us.com
<http://www.arhp.org/methodmatch/>
- 2) Call when your period/menses starts or within 5 weeks of baby's birth to schedule the IUD insertion.
- 3) Do not have unprotected intercourse for the month prior to your IUD insertion. Use a reliable form of birth control, or abstain so that there will be no chance of pregnancy at the time of your IUD insertion.
- 4) Unless you are allergic, take Ibuprofen 400mg (two 200mg tablets) one hour prior to your IUD insertion appointment. Tylenol 650 mg (two 325 mg tablets) may be substituted in the case of allergy or preference.
- 5) Arrive for your appointment 15 minutes early to complete the necessary paperwork. Be prepared to leave a urine sample, as a pregnancy test must be performed prior to insertion.

Intrauterine Device (IUD) Post-Insertion Instructions:

- 1) Take Ibuprofen (400-600mg) OR Tylenol (650mg) every 4-6 hours as needed for discomfort.
- 2) Do not insert anything into your vagina for 72 hours following insertion (this includes tampons or intercourse).
- 3) If fever, chills, or severe abdominal pain occur within 48 hours of insertion, call our clinic or go to the ER.
- 4) With the Paragard, you are immediately protected from pregnancy; with Mirena and Skyla, you do not have contraception until 7 days after insertion.
- 5) Return to the clinic for a string check within 4-6 weeks after insertion.
- 6) Do self-string checks every month, preferably after your period (optional). If strings are missing or lengthened use a back-up method (condoms) and call our clinic for evaluation.

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