

## What to Expect After IUD Placement

- Uterine cramping is common after IUD placement. You can help relieve the discomfort with heating pads, Tylenol (acetaminophen) or Advil (Ibuprofen). If your cramping becomes very painful, and is not relieved by medication, please call the clinic.
- Irregular bleeding and spotting is normal for the first few months after the IUD is placed. In some cases, women may experience irregular bleeding or spotting for up to six months after the IUD is placed. Call the clinic if your bleeding is excessive (more than 1 maxi pad per hour) and not getting better.
- Your period will likely be shorter and lighter with a Levonorgestrel releasing IUD 52 mg. Approximately 40% of women will stop having periods altogether with the Levonorgestrel releasing 52 mg IUD. Your period may initially be heavier and longer with the non-hormonal (copper) IUD.
- IUD's do not protect against sexually transmitted infections including the AIDS virus (HIV), warts (HPV), gonorrhea, Chlamydia, and herpes. Condoms should be used to decrease the risk sexually transmitted infections.
- You should check your IUD strings the first week after insertion, then every month, preferably just after a period.
- If unable to locate the IUD strings or they have lengthened, you should make an appointment to see your provider and to use a backup method of birth control in the meantime.
- Keep any follow-up appointments. Yearly exams are advised, unless you cannot feel the strings of your IUD.
- The Levonorgestrel releasing IUD 13.5 mg provides reliable contraception for up to 3 years.
- The Levonorgestrel releasing IUD 52 mg provides reliable contraception up to 5-6 years.
- The Non-hormonal IUD provides reliable contraception up to 10 years.

PLEASE CALL THE CLINIC (608-729-6300) FOR:

- Fever over 100.4°
- Severe lower abdominal pain
- Heavy or prolonged vaginal bleeding (more than 1 maxi pad per hour)
- Vaginal discharge with an unpleasant odor
- Any other concerns