

Visit Instructions: IUD Insertion

What should I do before the appointment?

Please remember to continue using your current birth control until the IUD is inserted. If you are not currently using any form of birth control, please do not engage in unprotected sex for at least 7 days before your appointment.

Please take **800mg of Ibuprofen 45 minutes before the procedure.** If you are allergic to Ibuprofen please take 650mg of acetaminophen. These medications will help with the cramping and discomfort that occurs with the IUD insertion.

Please remember to eat something before your appointment.

What should I expect during the procedure?

At the beginning of your appointment you will be asked to leave a **urine sample for a routine pregnancy test.** The procedure takes approximately 20 minutes. You will likely feel intense uterine cramping during the insertion. The pre-medication along with relaxation and deep breathing will help.

The provider will discuss your IUD options and will go into more detail about the specifics of the procedure.

What should I expect after the procedure?

You may experience menstrual spotting and vaginal bleeding in the weeks after the insertion. It is also normal to experience intermittent cramping for up to 2 weeks after the procedure.

If you experience bleeding heavier than a regular period or persistent cramping please call 617-927-6300 to speak to a nurse.