Before your IUD insertion procedure:

- Ideally, schedule an appointment at a time you are on your period.
- If you are not on your period, come with a full bladder and expect to take a pregnancy test.
- Take Ibuprofen 600mg or Naproxen 500mg around 1 hour prior to appointment.
- Eat and drink water beforehand.
- Consider inviting a support person to go with you.
- Although optional, we encourage you to bring music or other things that can help serve as distractions.
- Expect to have a vaginal swab for STI screening done at your insertion appointment if testing was not completed previously.

After your IUD insertion procedure:

- Expect mild to moderate cramping for 2 weeks following the procedure.
  - Take Ibuprofen 600mg every 6 hours or NAPROXEN 500mg every 12 hours.
  - Use a heating pad.
  - Go on a walk or exercise.
  - Take Benadryl 25-50mg to help with sleep at bedtime, as needed.
  - Take a warm bath.
  - Call the access center to schedule an appointment, (970) 491-7121, if the pain becomes a concern.
- Expect bleeding for 4-8 weeks—the flow may vary.
  - You may use tampons, pads, or menstrual cups (make sure you release the suction before removing).
  - Call the access center to schedule an appointment (970) 491-7121, if the bleeding is very severe (i.e. soaking a super tampon more than every hour).
- Abstain from sex or use a back-up method for 7 days (condoms/continue pills if taking them prior to IUD).
- Return for a follow up appointment in 4-6 weeks.
- Return annually for medical exams, which include breast and pelvic exams.

_**IUDs can be removed anytime.**_