



KAMM MCKENZIE OBGYN

IUD INSERTION AFTER CARE INSTRUCTIONS

Intrauterine devices, or IUDs, are among the most effective methods of pregnancy prevention available, with typical failure rates of 0.1-0.4% for Mirena and Kyleena IUDs, and 0.8% for the Paragard IUD.

Here are some recommendations following your IUD insertion procedure. See the below guidelines for pain management suggestions and when to call the office in case of emergency.

PAIN CONTROL:

- You may take Ibuprofen 600 mg (three, 200 mg each tablets) every 6 hours, as needed.
- You may take Acetaminophen, or Tylenol, 1000 mg (two, extra strength/ 500 mg each tablets) every 6 hours, as needed. Do not exceed 4000 mg within a 24-hour period.
- It is safe to take both Ibuprofen and Acetaminophen together, when needed.
- Applying a heating pad to the lower abdomen and/or low back may provide relief from cramps.
- Stay hydrated!

WHEN WILL THE IUD BE EFFECTIVE?

- Do not put anything in the vagina until 48 hours after your IUD insertion. This includes tampons.
- Your PARAGARD IUD is effective for pregnancy prevention immediately, if placed during your menstrual period.
- Your MIRENA or KYLEENA IUD is effective for pregnancy prevention after 10 days. You should use a back up method of pregnancy prevention for the first 10 days after your procedure.
- Remember, CONDOMS are the only way to prevent STD transmission!

WHEN TO CALL THE OFFICE: Phone: (919) 781-6200

- Fever greater than 101 degrees.
 - Sharp, stabbing pain in the lower abdomen or low back that does not respond to pain medications.
 - Bleeding heavily: If you are soaking through 1 pad or 1 tampon per hour, for more than 2 consecutive hours.
- ❖ It is not uncommon to experience continuous or intermittent light to moderate bleeding for up to 12 weeks following the IUD insertion. This is considered a normal side effect.