

Aftercare For Your IUD

Congratulations! You now have one of the best methods for safe, effective and reversible birth control.

It is normal to experience some pelvic cramping for up to one week following insertion, as your body adjusts to the IUD. Ibuprofen or Naproxen are safe to take during this time. Other tips for self-care following an IUD insertion include using a heating pad or hot water bottle to the abdominal area to help with discomfort.

Remember to write down/ add to a digital calendar when you get your IUD so you'll know when it needs to be replaced.

Follow-up & Self String Check

If you wish to book a follow-up appointment at SHORE, please request an appointment online at shore.inputhealth.com/ebooking

To do a self string check: You can feel the string by putting your fingers in your vagina and reaching up toward your cervix. **DO NOT tug on the string;** you could move your IUD out of place or pull it out.

If your IUD falls out, you're NOT protected from pregnancy, so make sure to go see your doctor, and use condoms or another kind of birth control in the meantime.

Some people have some irregular bleeding and/or spotting during the first few days to months after the IUD is inserted.

The bleeding can sometimes be on a daily basis, brown, red or pink. This can be frustrating, but try to be patient! 90% of cases settle down by 3-6 months post-insertion.

Please avoid intercourse and using tampons or menstrual cups for 48 hours.

After 48 hours, you may use tampons or menstrual cups (being careful not to pull on the strings when you remove the tampon/cup from your vagina!). If you received a **copper** IUD today, your contraception is effective immediately. If you received a **hormonal** IUD today, you will need to use condoms for 7 days before your contraception becomes effective.

Please call SHORE Centre (519-743-9360) or seek medical attention if you:

- Feel the "T" part of the IUD passing through your cervix
- Think you may be pregnant
- Have a missed period using the Copper IUD
- Have severe cramps, pain, or tenderness in your abdomen; especially if you have a fever
- Have unexplained vaginal bleeding
- Have unusual vaginal discharge in the first 3 weeks post-insertion

SHORE Centre clients are encouraged to contact us with questions by calling 519-743-9360 or emailing general@shorecentre.ca.