

Post IUCD insertion

Your IUCD is called: _____

It works as a contraceptive until: _____

After the appointment

- You may have some spotting/ bleeding for a few days
- You should not have sex or use tampons for the first 48 hours after the IUD is inserted, as this may increase the risk of infection.
- Avoid vigorous exercise for the first 24 hours as it can increase any cramps.
- A few women feel light-headed and nauseous after they have an IUD inserted. If this happens, it normally only lasts a short time. It is good to have someone with you to drive you home.
- There is a very small risk of pelvic infection from the procedure. You may feel some pelvic discomfort for a short time after the procedure, but if you have any pelvic pain, or abnormal discharge more than 48 hours afterwards see your doctor.

When will I be safe from pregnancy?

Copper IUDs protect you against pregnancy as soon as they are fitted.

A Mirena IUS starts working as a contraceptive seven days after it is put in (unless it was fitted within seven days of the start of your period).

Follow-up

The IUCD has nylon threads that sit in the top of the vagina, allowing the IUCD to be removed.

Check that the threads are present one week after insertion and after your period every month.

If you cannot feel the threads, or if you can feel the plastic of the IUCD, see your doctor.

Removal

If the life of your IUCD is over, you want a pregnancy, or you want the IUCD removed see your doctor.

Sometimes the threads cannot be seen, making the IUCD removal more difficult.