

## **Women's Health Procedure Clinic**

### **IUD Insertion**

#### **What is an IUD?**

- An IUD, or intra-uterine device, is a T-shaped birth control option that sits in the uterus.

#### **How effective is an IUD?**

- The IUD is a very effective form of contraception for 5 years (8 years for Mirena)
- The IUD does not protect against sexually transmitted infections (STIs)

#### **What are the types of IUDs?**

- Copper IUDs (Liberte and Mona Lisa) have no hormone and may increase your menstrual flow
- Progestin containing IUDs (Mirena and Kyleena) can make your menses lighter

#### **How do I get an IUD?**

- Your doctor or nurse practitioner will provide you with a prescription for the Mirena or Kyleena to be purchased at your pharmacy
- Take your prescription to the pharmacy at least 3-4 days before your scheduled appointment since the pharmacy may not have any in stock
- Remember to bring Mirena/Kyleena with you for your appointment
- Liberte copper IUD is purchased at CFFM reception on the day of your appointment for \$60, no need to pick it up at the pharmacy

#### **How Do I prepare for this appointment?**

- Pick up the Mirena/Kyleena from the pharmacy prior to the appointment and bring it with you
- You can be on your period for the appointment
- Ensure you use consistent contraception prior to the insertion appointment

#### **What should I expect at this appointment?**

- You may be asked to provide a urine sample to rule out pregnancy
- Your doctor or nurse practitioner will perform a pelvic exam which usually includes vaginal swabs to check for infection
- HPV screening (previously known as a Pap test) can be done if you are due.
- Your cervix will be cleansed with Betadine (brown coloured solution)
- A clamp will be gently applied to your cervix to ensure the uterus does not move during IUD insertion
- A measuring device called a uterine sound will be inserted through the cervix to the end of the uterus to ensure the IUD is properly placed
- The insertion usually takes about 5-10 minutes

#### **Will it hurt?**

- Some mild to moderate cramping is normal during the procedure

- Many women find it helpful to take ibuprofen (Advil) or Naprosyn (Aleve) 30 -60 minutes prior to the appointment. If you are allergic or cannot tolerate either of these medications discuss it with your primary care provider for a suitable alternative
- Level of discomfort varies among women—some women are able to return to work while others prefer to take the day off

### **Penthrox for Pain Management During Insertion:**

Penthrox is a medication that can provide temporary pain relief during a procedure.

#### **What does it do?**

- It provides pain relief while you inhale. When you stop inhaling on “the green whistle” the medication clears quickly from the body. You are in control of the device. There will always be a health care provider watching over you.

#### **How do I get Penthrox?**

- Let your doctor or nurse practitioner know you are interested in Penthrox. They can write a prescription and you can pick up the device from your pharmacy.
- Bring the device with you to your appointment
- If you do not have drug coverage please let staff know and we can discuss options for accessing Penthrox.
- Staff can send you a fact sheet with further information on Penthrox

#### **What happens after IUD insertion?**

- Spotting can be normal for several weeks after the IUD is inserted (especially with Mirena), please bring a menstrual pad with you
- Do not use tampons or Diva cup for first few days after insertion
- A pelvic ultrasound may be ordered for 4 weeks after the IUD has been inserted to ensure it is in the proper place in the uterus or a follow up appointment will be made to visualize the IUD strings
- You may not have complete contraception for the first week after insertion, please use condoms
- IUDs do not protect against STIs, condom use is encouraged

#### **What about removal of the IUD?**

- The IUD can be easily removed by your doctor or nurse practitioner. A new IUD can be inserted if needed during this appointment. If you do not want to replace your IUD with a new one, you will be fertile within one month of removal.

#### **What about HPV screening (formerly known as Pap tests)?**

- HPV screening checks for the Human Papilloma Virus which can cause cervical cancer. There is no change in timing of HPV screening when an IUD is in place.

**What if I have more questions?**

- Make an appointment to discuss your IUD with your doctor or nurse practitioner if you have questions or concerns. For further information you can visit [www.sexandu.ca](http://www.sexandu.ca)