



Care After Intrauterine Device (IUD) Placement

Here is what you need to know after you have an IUD placed.

Will I have any pain after an IUD is placed?

- Cramping is common after IUD placement. You can use a heating pad, Tylenol (acetaminophen), Aspirin or Advil (ibuprofen) to help relieve the discomfort.
- If your cramping is very painful, please call the clinic.

Will my periods be regular?

- Irregular bleeding and spotting is normal for the first few months after the IUD is placed. In some cases, women may have irregular bleeding or spotting for up to six months after the IUD is placed.
- Your period will likely be shorter and lighter with a Mirena IUD. About 40% of women will stop having periods with the Mirena IUD.
- Your period may be heavier and longer with the Paragard IUD.
- Call the clinic if you're bleeding a lot and it is not getting better.

Does the IUD protect against sexually transmitted infections?

- The IUD does not protect you against sexually transmitted infections including the AIDS virus (HIV), warts (HPV), gonorrhea, Chlamydia and herpes.
- Condoms should be used to decrease the risk of getting a sexually transmitted infection.
- If you think that you have been exposed to a sexually transmitted infection, please call the clinic.

When is IUD effective as birth control?

- The Paragard IUD is effective right away.
- The Mirena IUD is effective right away if it was placed within seven days after the start of your period. If you have Mirena placed at any other time during your menstrual cycle, use another method of birth control, like condoms for at least 7 days.

Is it possible to get pregnant after the IUD is placed?

- Pregnancy is unlikely after the IUD is placed, but can happen.
- If you have early pregnancy symptoms like nausea and vomiting, breast tenderness, frequent urination or abdominal pain, you can take a pregnancy test.

To Learn More

- Adolescent Gynecology
206-987-3005
- After hours on-call OB/GYN
206-987-2000
- Ask your child's healthcare provider
- www.seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.
- For Deaf and hard of hearing callers
206-987-2280 (TTY)

- Please call the clinic if you have any concerns or if your pregnancy test is positive.

Can the IUD come out of the uterus?

It is possible for the IUD to come out of the uterus. This is most likely to happen in the first few months after being put in. To make sure your IUD is in place, you can feel for the IUD strings between periods. To check for strings:

- Wash your hands.
- Sit or squat down.
- Place one finger into your vagina until you feel your cervix. It will feel hard and rubbery, like the end of your nose. The string ends should be coming through your cervix.
- Do not pull on the strings.
- If the strings feel much longer than before, if you feel the hard plastic part of the IUD, or if you cannot feel the strings at all, the IUD may have moved out of place.
- If the IUD has moved, please call the clinic and consider using a back up form of birth control until you are seen.

When should I come back to the clinic?

You need to come in for a follow-up visit 4 to 6 weeks after the IUD has been placed.

When does the IUD need to be replaced?

- The IUD should only be removed by a healthcare provider.
- The Mirena IUD should be removed and replaced after 5 years.
- The Paragard IUD should be removed and replaced after 10 years.
- Your IUD should be removed and replaced on _____.

When should I call the doctor?

Call the clinic if you have any of these symptoms or concerns:

- You have bleeding, pus, or increasing redness, or pain at insertion site.
- You have fever or chills.
- The implant comes out or you have concerns about its location.
- You have a positive pregnancy test or think you might be pregnant.

Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

© 2009 Seattle Children's, Seattle, Washington. All rights reserved.

10/09
PE987