



IUD Instructions

Premedication:

1. You should take 800 mg Motrin with food 30-60 minutes prior to your IUD insertion appointment. If you are unable to take Motrin, two extra strength Tylenol are recommended.
2. You may be given a prescription for a medication called **misoprostol**. This medication helps to soften and open the cervix to make the IUD insertion easier for you. Your healthcare provider will determine if you require this medication prior to insertion. If this is prescribed, you will take this at bedtime the night before your appointment and again 4-6 hours prior to your IUD insertion appointment. Common side effects of misoprostol can include cramping, nausea, GI upset, and diarrhea.

The day of your appointment:

Please arrive to the office with a full bladder as you will be asked to leave a urine sample for a urine pregnancy test. Plan to be at the office for at least 30 minutes. The actual IUD insertion only takes a few minutes.

After the IUD insertion:

It is normal to feel cramping for a few days after your IUD has been inserted. The cramping should be mild in intensity-similar to menstrual cramping. You can take Motrin or Tylenol to relieve any cramping you may experience. Heating pads can also be helpful. **Please notify the office if you experience any of the following symptoms: pain that does not subside, heavy bleeding or clotting, fever, or chills.**

Mirena and Skyla IUD:

If you have decided to have a Mirena IUD or Skyla IUD inserted it is very common to experience an unpredictable bleeding pattern after insertion for the first 3-6 months. Many women experience light spotting (bleeding) for a few weeks to months after insertion. This bleeding should not be heavy. Overtime, many women no longer will experience a menstrual period or your period will be much shorter and lighter.