

XXXXXX Health Center

Address

Phone:

### IUD Take-Home Sheet

[ ] Copper IUD (Paragard®)

- It begins working now to prevent pregnancy.
- It works for up to 12 years.
- Remove by date \_\_\_\_\_ (12 years from today)

[ ] Hormonal IUD (Mirena®, Liletta®)

- It begins working now to prevent pregnancy.
- It works for up to 8 years.
- Remove by date \_\_\_\_\_ (8 years from today)

[ ] Hormonal IUD (Kyleena®)

- It begins working in 7 days to prevent pregnancy.
- Use condoms to prevent pregnancy for the first 7 days after your IUD was placed. If you have sex without using a condom, you can take emergency contraception right away to prevent pregnancy.
- Kyleena® works for up to 5 years.
- Remove by date \_\_\_\_\_ (5 years from today)

[ ] Hormonal IUD (Skyla®)

- It begins working in 7 days to prevent pregnancy.
- Use condoms to prevent pregnancy for the first 7 days after your IUD was inserted. If you have sex without using a condom, you can take emergency contraception right away to prevent pregnancy.
- Skyla® works for up to 3 years.
- Remove by date \_\_\_\_\_ (3 years from today)

**Today** you may go back to school or work after your visit.

You may have changes to your periods while you have the IUD inside of you. **This is normal.** With the hormonal IUD (Mirena, Liletta, Kyleena, and Skyla), you may have cramps and spotty periods for the first few months. After, you may have less cramping and bleeding with periods. Some people may stop having periods all together with the hormonal IUD. If you have the Copper IUD, you may have more cramping and more bleeding with your periods.

**Pain pills**, like ibuprofen (Advil, Motrin) and naproxen (Aleve), help decrease bleeding and cramping after the procedure or with periods. You can buy these at any drug store without a prescription. Follow the directions on the package. You can also put a hot water bottle or heating pad on your belly if you have bad cramps.

Your IUD may come out by itself. This is rare. If you would like, you can feel your IUD strings to check if it is in the right place. To check, insert a finger into your vagina and feel for the cervix (it feels like the tip of your nose). You should feel the string near your cervix. **Do not** pull on the string. If you can feel the strings, the IUD is in the right place. If your IUD comes out, you can become pregnant right away. If you cannot feel the strings, return to the clinic for an exam. Meanwhile, use a back-up birth control method.

The IUD does NOT protect you against sexually transmitted infections (STI). If you are looking for protection from STIs, you can use an external condom, internal condom, or dental dam. If you think you have been exposed to an STI, discuss testing with your clinician. Most STIs can be treated **WITHOUT** removing your IUD.

#### **WARNING SIGNS:**

##### **Within the first 3 weeks of the IUD insertion:**

- Fever (>101°F)
- Chills
- Strong or sharp pain in your stomach or belly

##### **At any time (these are very rare):**

- Feeling pregnant (breast/chest tenderness, nausea, vomiting)
- Positive home pregnancy test

If you develop any of the above warning signs, you can call this clinic at **XXX-XXX-XXXX**, or see your usual clinician.