

## Health Center:

Address:

Phone:

## IUD Take-Home Sheet

### [ ] Copper-T IUD (Paragard®)

- It begins working now to prevent pregnancy.
- It can stay inside you for 12 years.
- Removal date \_\_\_\_\_ (12 years from today)

### [ ] Hormonal IUD (Mirena®, Liletta®)

- It begins working now to prevent pregnancy.
- It can stay inside you for 8 years.
- Removal date \_\_\_\_\_ (8 years from today)

**Today** you may go back to school or work after your visit. **Wait 24 hours** after your IUD is put in before you can use tampons, take a bath, or have vaginal sex.

You may have more **cramps or heavier bleeding** with your periods, or spotting between your periods. This is normal. The cramping and bleeding can last for 3-6 months with the Mirena® and Liletta® (hormone) IUDs. After 6 months, the cramping and bleeding should get better. Many people will stop having periods after 1 or 2 years with the Mirena® and Liletta® (hormone) IUDs.

If you have the Paragard® (copper) IUD, you may have more cramping and more bleeding with your periods as long as you have the IUD inside you.

**Ibuprofen** (also called Advil® or Motrin®) helps decrease the bleeding and cramping. You can buy Ibuprofen at any drug store without a prescription. You can take as many as 4 pills (800 mg) of Ibuprofen every 8 hours with food (each pill contains 200 mg). To prevent cramping, start taking Ibuprofen as soon as your period starts and keep taking it every 8 hours for the first 2-3 days of your period. You can also put a hot water bottle on your belly if you have bad cramps.

Your IUD may come out by itself in the first three months. If you can feel the strings, the IUD is in the right place. If your IUD comes out, you can become pregnant immediately. If you are not sure how to check the strings, we can help you (Our phone number is at the top of this paper.) Meanwhile, use condoms.

The IUD does NOT protect you against sexually transmitted infections. **ALWAYS use protection against sexually transmitted infections** (external condoms, internal condoms, dental dams) if you are at risk. If you think you have been exposed to an STI, discuss testing with your clinician. Most infections can be treated **WITHOUT** removing your IUD.

### **WARNING SIGNS:**

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

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

#### **At Any Time (these are very rare):**

- Late period (for Paragard® users)
- Feeling pregnant (breast tenderness, nausea, vomiting)
- Positive home pregnancy test

If you develop any of the above warning signs, you can call this clinic at \_\_\_\_\_, or see your usual clinician.