



IUD Patient Aftercare Sheet

You need to use an additional method of birth control for 7 days after your insertion.

A follow up visit is recommended 3 weeks after your IUD is inserted. Copper and Mirena IUDs may be used up to 5 years while the Jaydess may be used up to 3 years effectively. If you choose to change contraceptive methods, wish to plan a pregnancy sooner or discontinue use, an IUD can be easily removed sooner by a health care professional..

After Insertion

You should abstain from sexual intercourse, tub baths, and tampon use for the first 24 hours after insertion. These activities could introduce bacteria into the vaginal canal or uterus, which increases your risk of developing an infection. Showering is safe to do. Use only sanitary pads for the first 24 hours after insertion. You may safely use tampons after this time if you wish.

Some spotting, light bleeding or cramping may occur during the first few week after insertion. This is normal, but if it continues or increases, please contact the clinic. If necessary to help with the cramps, you may take Tylenol or Ibuprofen (in the doses recommended on the bottle) or use a heating pad.

Checking Your IUD strings

**Remember to always wash your hands before checking your threads.*

For the first 5 days after insertion, check your IUD thread(s) daily. After that, check once a month following your period. This is the mostly likely time for an expulsion to occur.

If the threads feel longer or shorter or if you can actually feel the plastic of the IUD call the clinic immediately and book an appointment to see the doctor. Meanwhile, use a back-up method of birth control or abstain from sexual intercourse until the IUD is checked. If the IUD is not properly in place, you will not be protected against pregnancy.

Signs of Infection

If you experience the following symptoms, contact the clinic or your family doctor immediately:

- Fever
- Lower abdominal pain
- Foul smelling vaginal discharge, or increase in amount or color of discharge

If you suspect you may have been exposed to an infection, you should be treated immediately *even if you aren't experiencing any symptoms* as many STIs can be asymptomatic. The Island Sexual Health Society clinic number is **250-592-3479**.

If you are unable to get in touch with either the ISHS clinic or your family doctor, please go to a local treatment centre or the emergency department of the nearest hospital for assessment.

If you have any other questions, please call Island Sexual Health Society at 250-592-3479 or check our website www.islandsexualhealth.org

**Remember! An IUD does not prevent sexually transmitted infections.
Practice Safer Sex: use a condom as well as the IUD.
Protect yourself and your partner(s).**