

### Mirena or Kyleena Aftercare Instructions

- Do not put anything in the vagina/internal genitals for **24 hours** after IUD insertion (NO tampons, menstrual cups, baths, swimming, hot tub or sex) to limit risk of infection. Showering is safe.
- **IN MOST CASES, you need to abstain or use back-up contraception for 7 days after insertion** (contraceptive pill/patch/ring or condoms).
- If you are switching directly from another hormonal IUD, OR if the start of your last period/bleed was less than **5 days ago**, you only need to abstain for **24 hours** post insertion.
- Transitional cramping, especially within the first few weeks, may occur. Use a heating pad and/or ibuprofen (Advil) to relieve discomfort. Contact the clinic if cramping/pain is not responding to treatment or is severe.
- Some extra bleeding or spotting can be normal within the first few months, but it is generally quite light. Long term, you should expect lighter bleeding, less often, or no bleeding at all, but it can take up to 3-6 months to get there. If you have concerns about your bleeding, please contact the clinic to follow up with a care provider.
- **Check your strings a couple of times within the first few weeks after insertion**, sooner if very heavy bleeding, cramping or pain with sex. Wash your hands before checking. It is normal to feel either “both strings” or only feel “one string.” If you prefer, your partner can check for you instead. If you are unable to locate the strings, please book an in person assessment. After these initial string checks, **NO further string checks** are required while you have the IUD in place, as long as you are feeling well & have no concerns.
- The strings will soften and usually curve around your cervix, so your partner should not feel them during sex. If a partner finds them uncomfortable, you may need the string length adjusted by an IUD provider, but this is not very common.
- **Follow up phone/virtual** appointment is recommended 4-6 weeks after your IUD is inserted. **We recommend that you book this appointment as you leave the clinic.**
- We advise STI screening as needed and routine pap testing as recommended.
- **Plan to do a Pregnancy Test AND check your strings AND book an appointment** if any unexpected pain with sex, major change in bleeding or cramping, or new breast/chest tenderness or nausea. If you think your IUD strings have significantly lengthened, or you can feel a plastic “device” at the opening of your cervix, or the IUD has fallen out, **use a condom** or abstain from sex until you can follow up with a care provider.

#### When to contact a healthcare provider (PAINS):

**P** - Prolonged or excessive cramping or heavy bleeding.

**A** - Abdominal pain or pelvic pain with intercourse

**I** - Infection symptoms (FEVER, chills, foul smelling discharge)

**N** - No IUD strings present, or if you feel a plastic “device” coming out of the cervix.

**S** - Symptoms of pregnancy and/or positive pregnancy test