



## ADVICE TO PATIENTS AFTER INSERTION OF AN IUD

Intrauterine devices are an extremely effective method of contraception. Please follow the advice below after insertion of a device.

The pain people feel following insertion varies greatly from nothing to strong periodlike cramps. Pain may continue for several days following insertion. Simple analgesia such as paracetamol or ibuprofen can be taken to control the pain, if you are normally able to take these medications.

If you experience a severe attack of acute pain, or any continuous, lower abdominal pain, you should seek medical advice straight away.

It is recommended that you wait three days after fitting before using tampons or having sexual intercourse, to reduce the risk of infection.

It is safe to resume using tampons with your next period, but you should change them with care.

If you use a Mooncup see the information on their website about how to safely use a Mooncup with the coil and if you are concerned discuss it further with your doctor.

You may experience some prolonged bleeding following insertion, and initially you may experience some bleeding in between your periods.

If you are experiencing any symptoms of infection, you need to be seen as soon as possible, call the surgery number. When we are closed will be put through to our Out of Hours service. Symptoms may include any of the following:

- Persistent or worsening lower abdominal pain
- Abnormal vaginal discharge –eg. offensive, green
- A shivering attack or otherwise feeling unwell with fever
- Pain during sexual intercourse