



Discomfort or Pain

While it's normal to experience discomfort during the insertion, you may feel some cramping or dizziness afterwards. These symptoms usually go away after a few hours, but please contact us if you are concerned. You may have some cramping pain over the next 2-3 days. You should be able to manage this with hot packs or simple painkillers like paracetamol or ibuprofen.

If your pain is severe, if you are feeling unwell, if you have very heavy bleeding or unusual discharge, book in to see a doctor at SHQ, your local GP, after hours clinic or go to an Emergency Department.

Average Timeline

You may have some light bleeding from your vagina over the next few days, this is normal.

- ➔ With Hormonal IUDs (Mirena and Kyleena), you may have irregular bleeding for some weeks or even months, but this should gradually improve as time goes on. Your doctor or nurse should have discussed this with you before insertion.
- ➔ With Copper IUDs, you will have a period that comes when you are expecting it, but your period could be heavier, longer, or more painful than normal.

Infection

After your IUD has been fitted, don't put anything into your vagina for the next 48 hours - this includes tampons, dildos, or fingers. Do not have sex for the next 48 hours, or swim or take a bath (showers are fine). This reduces the risk of infection.

Pregnancy

Mirena and Kyleena can take up to 7 days to work as a contraceptive. Copper IUDs are immediately effective. If you think you might be pregnant, do a pregnancy test and call our clinic or see a doctor as soon as you can.

IUD Moving or Falling Out

We encourage you to check the strings after each period or about once a month. This can be done by putting your index or middle finger into your vagina. Try doing this lying down, in the squatting position or with one foot resting on the toilet whilst standing. You should be able to feel the two fine threads.

If you can feel the hard plastic stem of the IUD, cannot feel the string, or the string feels longer than usual, use condoms until a doctor has confirmed the IUD is in the correct position. Do not pull on the threads as you could accidentally pull the IUD out.

Menstrual Cups

Menstrual cups can pull out an IUD if the string is caught between the edge of the cup and vagina. We do not recommend using them until the IUD has been in place for at least 3 months. Be careful when removing the cup so that the suction does not pull on the IUD.



Hormonal Side Effects

Different people can experience different side effects – some people may experience pimples, breast tenderness or headaches in the first few months after insertion, and this is normal. Occasionally people may have increased appetite or mood changes. These symptoms usually improve within a few months, but if they are worrying you, please discuss with a doctor at SHQ or your GP.

Follow Up Appointments

Please book in for a check-up appointment 4-6 weeks after your insertion to make sure there are no problems with the IUD. This appointment can be face to face or via Telehealth. Medicare card holders will be bulk billed for this appointment and non-Medicare card holders will only pay the Medicare rebate amount.

Change or Removal of IUD



Your IUD will need to be changed to a new device in ___ years time

At any point, if you have a problem with your IUD, please contact our Sexual Health Helpline on (08) 9227 6178 or speak with your local GP.

Your IUD can be removed at any time, however if you are not planning to become pregnant, it is very important that you do not have sex for seven days before having it removed.

To view the Consumer Medicine Information for Mirena, Kyleena and Copper IUDs, visit ebs.tga.gov.au