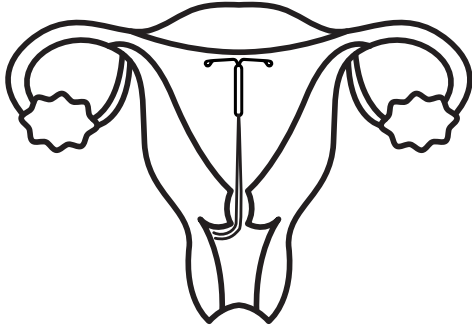


# Preparing for your Intrauterine Device (IUD) insertion appointment



Your IUD insertion appointment is on\*  
\_\_\_ / \_\_\_ / \_\_\_ at \_\_\_ : \_\_\_

Clinic Location:  
\_\_\_\_\_

Contact Number: 9227 6177

*\*If an IUD insertion has not yet been booked, please call SHQ on 9227 6178 to arrange.*

## Before the appointment

- It is important to use a reliable method of contraception until the IUD insertion – an IUD cannot be inserted if there is any chance you are pregnant.
  - Chosen contraception until insertion:  
\_\_\_\_\_
  - If you are currently using an IUD for contraception, it is important to avoid vaginal sex for 7 days before the IUD is changed.
- If you think there is a chance you may be pregnant, please phone the SHQ Sexual Health Helpline on 9227 6178 Monday to Friday between 9.30am and 4.30pm for advice.

- For more information about your preferred type of IUD, visit the following links below:
  - **Copper IUDs**  
[shq.org.au/resources/health-info/info-sheets/copper-iud](http://shq.org.au/resources/health-info/info-sheets/copper-iud)
  - **Hormonal IUDs**  
[shq.org.au/resources/health-info/info-sheets/hormonal-iud](http://shq.org.au/resources/health-info/info-sheets/hormonal-iud)
- For information on the cost of IUD insertion, visit [shq.org.au/clinic-costs](http://shq.org.au/clinic-costs)
- Please make arrangements for child care, as there are no creche facilities at SHQ.
- If possible, arrange for someone to accompany you home after your insertion appointment, in case you feel faint during/after procedure.

## On day of appointment

- It's a good idea to have a light meal before the appointment and to wear loose clothing.
- Avoid going to the toilet for 1 hour before your appointment – as you may need to provide a urine sample for a pregnancy test.
- Consider taking 2 Naproxen (or your usual pain relief tablets) with food about 1 hour before your appointment, as cramping discomfort is common during and after IUD insertion. Naproxen is available from pharmacies without prescription.
- For extra pain relief, Pentrox inhaler may be available for an additional fee - please discuss this option with your clinician on the day.

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## During the appointment

- A nurse will be present to assist the clinician.
- A second clinician may be present, completing specialised training at SHQ. If so, they will insert the IUD under the supervision of the SHQ clinician.
- The IUD insertion procedure should take 45 minutes. However, if you feel faint during or after the procedure, you will be asked to remain at SHQ for a little while longer until fully recovered and safe to leave. To be safe, please plan for the duration of your visit at SHQ to last about 2 hours.
- Occasionally there are unexpected circumstances, which make it unsafe or difficult to insert an IUD. The final decision to proceed with the insertion is the responsibility of the inserting clinician on the day of your appointment.

## After the appointment

- Some vaginal bleeding or brown discharge is expected after the insertion and a sanitary pad will be provided. This should only last for a few days.
- Abdominal pain or cramping can be normal in the first few days. Regular Paracetamol and Ibuprofen and hot water bottles are usually enough to manage the pain.
- To reduce the risk of infection, avoid tampons, baths, swimming and vaginal sex for 2 days after IUD insertion.
- Your IUD may not be effective for contraception immediately. The doctor will advise you when you can rely on the IUD for contraception.
- Please contact SHQ on 08 9227 6178 if anything worries you, such as: more bleeding than you were told to expect, unusual vaginal discharge, or if your partner can feel the IUD during sex.
- For more IUD Aftercare, refer to our IUD Aftercare flyer:  
[shq.org.au/resources/health-info/info-sheets/iud-aftercare-information](https://shq.org.au/resources/health-info/info-sheets/iud-aftercare-information)