



Family Planning Tasmania
sexuality education & clinical services

AFTER YOUR IUD INSERTION at FPT

You have just had the following IUD inserted:

To reduce the chance of infection it is very important that nothing is inserted into the vagina for 3 days after IUD insertion. i.e. no sex, tampons, baths, spas or swimming. (Showers are ok)

It will take 7 days for the Mirena IUD to become effective. The copper IUD is immediately effective.

Contraceptive arrangement for the next 7 days:

What to expect over the next few days:

- It is normal to get crampy, period-like pains in the first few days following IUD insertion. Wheat packs and rest on the day of the insertion can help reduce cramps. You can also take paracetamol and/or ibuprofen if required.
- Light bleeding is common in the first few days after an IUD has been inserted.
- After 7 days please check that you can feel the IUD threads, it is important that you can feel the threads before you rely on the IUD for contraception.

What to expect over the next few weeks

- An increase in the amount of your normal discharge is common.
- Irregular bleeding/spotting is very common especially with a Mirena IUD. This bleeding usually improves with time but it is normal for spotting to occur between a period for up to 6 months.

Call us if you have any of the following symptoms/concerns:

- Abnormally coloured (yellow/green) or smelly discharge
- Persisting/constant pelvic pain
- Fever, aching or feeling generally unwell for no obvious cause
- Heavy bleeding (e.g. soaking a pad or tampon within 2 hours)
- If you are unable to feel the strings
- If you think you might be pregnant
- If you miss a period and you have a copper IUD
- If you experience any of the above, it is important that you call the clinic and speak to the Nurse on duty.

Anything else?

Your IUD expires on _____. After this date it will not work as a contraceptive. We do not send reminders for IUD replacements, it is your responsibility to ensure replacement/alternative contraception BEFORE the expiry date.

We recommend contacting Family Planning Tasmania at least 3 months before your IUD expires to arrange a replacement.

Most doctors can remove your IUD. You must not have sex or use condoms for 7 days before IUD removal if you don't want to get pregnant.

If you have a copper IUD, you should not have microwave or short wave therapy to your lower back or abdomen.