

## **IUD Insertion (Mirena® or Paraguard®)** *POST-CARE INSTRUCTIONS*

### **After IUD insertion please take the following precautions:**

- Nothing inside the vagina for 2-3 days, including tampons or intercourse
- Make a follow-up appointment for 4 weeks after IUD insertion.

**As with other methods of birth control, it may take your body time to get used to your IUD. During the first 3-6 months after placement, you can expect some changes in your bleeding patterns, such as:**

- Spotting or light bleeding in between periods
- Irregular periods
- Heavy bleeding or bleeding that lasts longer than your usual period

**Other Side effects are common during the first three months after insertion. These changes are expected and should improve over time:**

- Lower abdominal pain (cramping)
- Acne or other skin problems
- Back pain
- Breast tenderness
- Headache
- Mood changes
- Nausea

**After your IUD is placed, you should check the threads once a month. If you have trouble finding the threads, please call our office to make an appointment with a provider.**

- The Mirena® IUD should be removed/replaced in 5 years.
- The Paraguard® IUD should be removed/replaced in 10 years.

**If you have any other questions or concerns, please contact our office.**