mint reproductive HEALTH

Your IUD Aftercare

What to expect and how to take care of yourself after your insertion

604-251-3456
mintreproductivehealth.com
485-1541 W Broadway, Vancouver

Important After Your Insertion

AVOID ALCOHOL FOR 48 HOURS
if you were given an antibiotic during your insertion.

PELVIC REST FOR 48 HOURS
No tampons, sex, or other objects in your vagina.

NO DRIVING FOR 24 HOURS
if you used the Penthrox inhaler (the “green whistle”).

Call the clinic in the next 3–10 days if you have:

- Fever
- Severe, worsening abdominal pain
- Foul-smelling discharge

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What to Watch For

Infection

Infection is slightly more likely in the first 2 weeks. Phone the clinic if you have **fever or chills**, a **smelly vaginal discharge**, or **unusual lower belly pain that doesn’t feel like cramps**.

Cramping

Cramping for the first day or two is normal. Ibuprofen and Tylenol can help manage the pain.

Bleeding

Spotting is normal for 6–8 weeks, though many people only bleed for a couple of weeks.

Menstrual cups: please avoid DIVA cups, as they can put pressure on the IUD and move it out of place.

Your IUD type and follow-up details are on the back

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Your IUD & Follow-Up

Check the IUD you received

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■ COPPER IUD

Periods typically get **20–50% heavier, longer and more painful**, easing after 3 months.

Expect cramps and spotting for the first few months, worst in weeks 1–2. A heating pad, ibuprofen or Tylenol can help.

No side effects outside the uterus.

Contraception is effective immediately.

■ MIRENA / KYLEENA

Expect cramps and spotting for the first few months, worst in weeks 1–2. A heating pad, ibuprofen or Tylenol can help.

After 3 months, periods usually get **lighter and may stop**.

The low hormone dose rarely causes side effects: about 3% stop for mood or sexual changes, 2% for acne, 1% for weight gain.

Contraception is effective in 7 days. Use backup until then.

Follow-Up

Please book an ultrasound check in **4–6 weeks**. After that, you're all set until your IUD's expiry date, unless you can't feel the strings.

Your Placement Check

Ultrasound check 4–6 weeks after insertion

Date _____

Time _____

Provider _____

Not booked yet? Book online or call
604-251-3456 · 24h notice to change

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