mint reproductive HEALTH

Name _____ Date _____

Your comfort *menu*

Check off anything that sounds good for your IUD insertion. Choose as many as you like, and leave anything you'd rather skip. Hand this to your provider when you're called in.

Your body, your pace.
Pause or stop at any time.

1 Physical comfort

Little things that make the table feel better

- ☐ **Heating pad** — on my belly or lower back
- ☐ **Blanket** — over my lap and legs
- ☐ **Pillow** — under my head
- ☐ **Stress ball** — something to squeeze

2 Calm & distraction

Set the mood your way

- ☐ **My own music or podcast** — bring headphones
- ☐ **Dimmed lights** or an **eye mask**
- ☐ **Breathing coaching** — we'll breathe with you
- ☐ **Chat with me** — about anything but the procedure

3 How we talk with you

Tell us how much you want to know

- ☐ **Walk me through** each step as it happens
- ☐ **Countdown** before anything I might feel
- ☐ **Essentials only** — keep it quiet and simple
- ☐ **Show me the ultrasound** screen
- ☐ Past exams were hard. **Please go slowly.**

4 After your insertion

Take a moment before heading out

- ☐ **Extra rest** before sitting up
- ☐ **Water** or **juice**
- ☐ **A snack** (gluten-free available)
- ☐ **Pad or panty liner** for spotting
- ☐ **Printed aftercare** tips

My pause word

Say it anytime and we stop. No explanation needed.

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Anything else we should know?

Past experiences, worries, sensitivities, or what has helped you before.

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Every insertion at Mint is ultrasound-guided, and a placement check is booked 4–6 weeks later. Questions before your appointment? Just give us a call.