



Joseph J. Scibetta, M.D.
David L. Gandell, M.D.
Stephan R. Sanko, M.D.

Diane M. Cunningham, M.D.
Deborah M. Rib, M.D.
Georgette J. Pulli, M.D.
Mary E. Ciranni-Callon, D.O.

Julie C. Sandruck, M.D.
Nancy E. McKnight, M.D.
Mitchell A. Linder, M.D.

What To Expect After Your IUD Insertion

Congratulations on getting your IUD. You now have one of the most effective forms of birth control and it will last for many years. Please read the information below about what to expect and about warning signs that need prompt medical attention.

Mild Cramps

Most women will have some cramping that gets better quickly. Take your pain medicine on schedule for the first day. Most women use ibuprofen (Motrin or Advil) every 6 hours for the day after the insertion. After that, take it if you need it.

Light Bleeding

Most women will have some light bleeding for a few days. Be sure to have pads or panty liners available. Do not use tampons for this bleeding (after this insertion bleeding, tampons can be used for your periods).

What Not To Do

Do not douche, have sex or use tampons until your insertion bleeding is done.

When to CALL:

After your IUD insertion, call us right away if you have any of the problems listed below. After business hours and on the weekend, our office number will connect you to our answering service which will put you in touch with the doctor on call, so do not hesitate to call.

Call your RGOA physician's office if you have the following symptoms:

- **Severe cramps not touched by pain medication**
- **Heavy vaginal bleeding, totally filling a maxi pad in less than 30 minutes.**
- **Fever or chills**
- **Bad smelling discharge from your vagina**
- **If you think the IUD is falling out**
- **New pain with sex for you or your partner.**