



## GEORGIAN BAY WOMEN'S CLINIC

# IUDs.

## Getting Ready for your IUD appointment

### **Important Considerations Before Your Appointment.**

- If you are using a hormonal birth control method like the pill, the patch, the ring or Depo-Provera (the shot), please make sure to continue to use it until your IUD insertion.
- If you do not use a hormonal method: please don't have unprotected sex from the time your period starts until the IUD insertion.
- If your appointment is scheduled when have your period (highly recommended!) please don't use tampons or menstrual cups for 48 hours before your appointment.
- Please eat or drink something before your visit. **DO NOT FAST!**
- Make sure to pick up your IUD at the pharmacy and bring it to your appointment. IUDs come in large, sometimes intimidating boxes, but the actual device is about the size of a quarter.

### **IUDs and Pain.**

- Insertion can be an uncomfortable or painful experience, so it can be useful to prepare for ways to care for yourself during and after the procedure.
- Hearing about one person's experience with pain can sometimes make things sound scarier than they are, so it is worth trying to seek out stories of people who did not experience as much pain (or who felt the pain/discomfort was worth it, or not a big deal).
- Even though your appointment is booked for an hour, IUD insertions are very quick procedures; they usually take 5-10 minutes. The rest of your appointment time is to review your history, explain the procedure and make sure all your questions are answered.

**Georgian Bay Women's Clinic is in partnership with the Midland Midwives**

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- Here are some things you might consider when getting ready for any potential pain you might experience:
  - **What is your pain tolerance like?** If you know that you don't handle pain well, you can consider taking ibuprofen (Advil, Motrin) 1-2 hours before the appointment. If you are prone to passing out when in pain, please let us know ahead of time
  - **Do you get lightheaded when you experience pain?** If so, have something to eat or drink before your appointment to help with the woozy feelings during / after the insertion
  - **Consider bringing a heating pad or hot water bottle** to help with the cramps that may happen after the insertion
  - **Bring a support person** with you to hold your hand while you are getting the IUD inserted or to help you get home

### **What to Expect at Your Appointment.**

- We will spend as much time as you like talking about the procedure and answering any questions that you have and reviewing your medical history.
- To have the IUD inserted, we need to be certain that you aren't pregnant. We can do a quick pregnancy test at the beginning of the appointment if you aren't sure.
- Depending on your medical history, we may want to rule out any sexual transmitted infections (STIs) before inserting the IUD.
- Once you are ready, you will lie down on the exam table and we will do a bi-manual exam to make sure your pelvic organs are healthy.
- After that we will use a speculum to hold your vagina open until the IUD is in place and then use a special inserter to put the IUD through the opening in your cervix and into your uterus.
- Then the inserter is removed, the strings are cut (these enable the device to be easily removed or replaced), the speculum is removed and everything is done.
- We will schedule you for a follow up appointment (telephone, virtual or in person, depending on your preference) to check on how you are doing and make sure you have no further questions.

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