



IUD Insertion Instructions

Thank you for choosing us for your healthcare needs. We hope you find this information helpful.

Basic IUD Information:

- ❖ Progesterone Only (hormonal) IUD options include: Mirena, Liletta, Kyleena and Skyla
- ❖ Copper (Non-hormonal) IUD options include: Paragard
- ❖ Progesterone only IUDs have approximately 1/15th amount of Progesterone compared to Depo, 1/10th amount of Progesterone compared to birth control pills.
- ❖ Progesterone is locally absorbed in the uterus and is not systemic, so there is minimal spread to the whole body.
- ❖ Hopefully periods will stop or become very light flow, depending on the Progesterone only IUD selected. You will continue to have your normal periods with the Copper IUD.
- ❖ For up to 6 months, irregular periods and fluctuations of flow are common.
- ❖ Ectopic pregnancy risk is 0.1% per year, ovarian cyst risk is 8%, pelvic inflammatory disease risk is 3.5%, uterine perforation risk is <0.1% and expulsion risk is 4.5% over 5 years.

Preparing for your IUD Insertion:

- ❖ Take Cytotec 200 mcg pills by mouth the night before your appointment (or the morning of your appointment if you are scheduled for the afternoon).
- ❖ Take Ibuprofen 600 mg with food, one hour before your appointment.
- ❖ Insertion is preferred when you are on your cycle.
- ❖ Do NOT skip breakfast or lunch.
- ❖ You will need to schedule a follow-up appointment to be seen in 4-6 weeks for an IUD string check.