

# GETTING YOUR LEVONORGESTREL IUD INSERTED

e.g., Mirena™, Kyleena™

## IMPORTANT

You should **not be pregnant** on the day your IUD is inserted.

If you think there is **any chance you could be pregnant**, it is important to tell your doctor so a pregnancy test can be done to rule it out before the device is placed.

**Q:** Where do I go to have my IUD inserted?

IUDs are typically inserted in the clinic setting.

**Q:** When is the best time to have my IUD inserted? 

Try to book your appointment to have your IUD inserted towards the end of your period. This will mean the cervix is already slightly open and may make insertion easier.

**Q:** Should I take any medication before my appointment?



On the day of placement, take **acetaminophen and ibuprofen** (if recommended by your doctor) to help with cramping during the procedure.

You may also want to continue taking this for a few days after insertion since some people can experience cramping for up to 48 hours.

In people where it may be challenging to insert the device, a medication called **misoprostol** may also be suggested. When inserted vaginally, misoprostol will soften and help dilate the cervix.

Misoprostol side effects: Gastrointestinal upset and possibly fever.

**Q:** How do I know my IUD is in the right place?

Your doctor may ask you to do an ultrasound after your IUD is placed or return for a speculum exam to check the strings. Your doctor may also recommend that you insert your fingers into the vagina monthly to ensure you feel the strings of your IUD.

**Q:** How long is the IUD insertion procedure?

Usually, the insertion procedure is very short (about 60 seconds).

**Q:** How long does an IUD last for?

Your IUD has enough hormone to last in the uterus for **5-7 years**; but if you don't like it for any reason, it can be removed much sooner. Fertility returns to normal in about **1 month**.

**Q:** What can I expect during the procedure?

You can expect some discomfort and cramping during the procedure. **Speak to your doctor about pain management options during your IUD insertion.** Your doctor may offer some freezing around the cervix, but unfortunately the freezing usually does not take all discomfort away. Inserting the IUD does involve some manipulation of the cervix. This can cause a **vasovagal reaction** that can make you feel faint or sweaty. This is rare and symptoms are usually very short-lived and resolve in clinic.

**Q:** When does the IUD start to work?

If you are using the IUD to prevent pregnancy, make sure to use **backup contraception for 7 days** after insertion of the IUD to prevent pregnancy.

**Q:** What are the risks associated with an IUD?

Risks associated with an IUD are mostly related to insertion of the device

- Uterine perforation
- Uterine infection
- Risk of IUD expulsion/falling out (2-10%)
- Failure to prevent pregnancy and higher chance of a pregnancy located outside the uterus

If you have any of the following symptoms after your IUD insertion, **go to the nearest emergency department**:

1. Severe pain in the first week after insertion
2. Severe pain, fevers or chills in the first month

**Seek medical attention if you think you are pregnant**

