



# Care After Intrauterine Device (IUD) Placement

Here is what you need to know after you have an IUD placed.

## Will I have any pain after an IUD is placed?

We partner with you to prevent and relieve pain as completely as possible. Cramping is common after IUD placement. You can use a heating pad, take a warm bath, or use other coping activities that work for you.

Tylenol (acetaminophen), Advil (ibuprofen) or Aleve may also help relieve pain:

- Tylenol: 500 mg every 6 hours
- Advil: 400 mg every 4 hours or 600 mg every 6 hours
- Aleve: 220 mg every 12 hours

You may also alternate between taking Advil and Tylenol, or Aleve and Tylenol:

- Advil and Tylenol: Advil 600 mg, 3 hours later Tylenol 500 mg
- Aleve and Tylenol: Aleve 220 mg, 6 hours later Tylenol 500 mg

Use these medicines only if recommend by your healthcare provider. Check with the healthcare provider first before taking any type of medicine.

If you have painful cramping that is not relived by medicine and comfort measures, please call the clinic.

## Will I have bleeding after an IUD is placed?

Bleeding is normal after an IUD is placed. It usually lasts a few days to a few weeks. Having the IUD placed may also cause you to start your period, so bleeding after placement is common.

Some people may have irregular bleeding or spotting for up to 6 months after the IUD is placed. If you are saturating 1 or more pads per hour for 2 hours, that is considered heavy bleeding and you will need to call the clinic.

## Will my periods be regular?

- Your period will likely be shorter and lighter with a Mirena IUD. About 40% of people will stop having periods with the Mirena IUD.
- Your period may be heavier and longer with the Paragard IUD.
- Call the clinic if you are bleeding a lot and it is not getting better.

## Does the IUD protect against sexually transmitted infections?

- The IUD does not protect you against sexually transmitted infections including the AIDS virus (HIV), warts (HPV), gonorrhea, Chlamydia and herpes.
- Condoms should be used to decrease the risk of getting a sexually transmitted infection.

- If you think that you have been exposed to a sexually transmitted infection, please call the clinic.

### **When is IUD effective as birth control?**

- The Paragard IUD is effective right away.
- The Mirena IUD is effective right away if it was placed within 7 days after the start of your period; otherwise it is effective 7 days after it was placed.

**We recommend that you do not use tampons or have sexual intercourse for one week after the IUD is placed.**

### **Is it possible to get pregnant after the IUD is placed?**

- Pregnancy is unlikely after the IUD is placed, but can happen.
- If you have early pregnancy symptoms like nausea and vomiting, breast tenderness, frequent urination or abdominal pain, you can take a pregnancy test.
- Please call the clinic if you have any concerns or if your pregnancy test is positive.

### **Can the IUD come out of the uterus?**

It is possible for the IUD to come out of the uterus. This is most likely to happen in the first few months after being put in. To make sure your IUD is in place, you can feel for the IUD strings between periods. To check for strings:

- Wash your hands.
- Sit or squat down.
- Place one finger into your vagina until you feel your cervix. It will feel hard and rubbery, like the end of your nose. The string ends should be coming through your cervix.
- Do not pull on the strings.
- If the strings feel much longer than before, if you feel the hard plastic part of the IUD, or if you cannot feel the strings at all, the IUD may have moved out of place.
- If the IUD has moved, please call the clinic and consider using a back up form of birth control until you are seen.

### **When should I come back to the clinic?**

You need to come in for a follow-up visit 1 to 2 months after the IUD has been placed.

### **When does the IUD need to be replaced?**

- The IUD should only be removed by a healthcare provider.
- The Mirena IUD should be removed and replaced after 5 years.

### To Learn More

- Adolescent Medicine  
206-987-2028
- After hours on-call  
Adolescent Medicine  
provider  
206-987-2000
- Ask your child's  
healthcare provider
- [www.seattlechildrens.org](http://www.seattlechildrens.org)

- The Paragard IUD should be removed and replaced after 10 years.
- Your IUD should be removed and replaced on \_\_\_\_\_.

### When should I call the doctor?

Call the clinic if you have any of these symptoms or concerns:

- You are saturating 1 or more pads per hour.
- You have fever or chills.
- The implant comes out or you have concerns about its location.
- You have a positive pregnancy test or think you might be pregnant.
- If you are having heavy vaginal discharge, especially if it has a bad odor or your vaginal area is very itchy.

### Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.

---

Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

© 2017 Seattle Children's, Seattle, Washington. All rights reserved.

---