

Discharge Instructions - IUD Insertion/removal

Following an IUD insertion/removal/replacement, please adhere to the following guidelines:

1. Rest and Recovery:
 - Avoid lifting anything over 5kg for **48 hours** following an IUD insertion. Opt for moderate activities like brisk walking to promote blood circulation and well-being. Skip rigorous exercises like weightlifting or running.
2. Pain Management:
 - It is common to experience some cramping and discomfort after the IUD insertion. Over-the-counter pain relievers such as paracetamol, ibuprofen or Buscopan can help alleviate pain. Follow the recommended dosage instructions.
3. Vaginal Bleeding:
 - Light bleeding or spotting is normal for a few days after the IUD insertion.
 - Use sanitary pads instead of tampons to monitor and manage the bleeding.
4. Submerging in water
 - Avoid swimming or submerging yourself in baths, pools, hot tubs, or bodies of water for **48 hours** after the procedure. Immersion in water may increase the risk of infection.
 - Showers are recommended as they reduce the risk of introducing bacteria into the vaginal area and promote better hygiene.
5. Sexual Activity:
 - Refrain from sexual intercourse or introducing any foreign objects into the vagina for at least **48 hours** after the IUD insertion. This allows your body to adjust and reduces the risk of infection.
6. Birth Control Protection:
 - The IUD provides long-term birth control protection; however you should use other birth control methods such as condoms for at least 7 days following an IUD insertion to avoid an unplanned pregnancy.

Check for Strings:

To ensure the IUD is properly in place, perform monthly string checks. Insert a clean finger into your vagina and feel for the thin strings attached to the IUD.

Follow-up:

For patients having an IUD insertion/replacement, a complimentary post-operative visit within six weeks is advised to ensure the proper placement of the device. This follow-up appointment is included in the cost of the procedure. If you haven't already booked this, please call our bookings team on 07 3397 1211 to schedule an appointment.

Contact Information:

In the event of any severe pain, very heavy bleeding, signs of infection (fever, chills, foul-smelling discharge), or any other concerns, contact our facility during business hours or seek medical attention at the nearest emergency department.

Our contact number is **07 3397 1211** we are available Mon-Fri 8:30am-4:00pm.