

IUD Insertion Instructions

You must not be pregnant or at risk of pregnancy when you have your IUD inserted.

It is preferable that you have your period (or it is within 7 days from when your period started) when you have your IUD inserted. If not, you must use reliable contraception before the insertion and for 7 days after the insertion. (An exception is when a copper IUD is being inserted as emergency contraception – please discuss with your Family Planning clinic.)

If you are not within the first 7 days of your cycle and have not been using reliable contraception your IUD may not be inserted. The usual consultation fee will apply.

Please arrange to have children cared for while you are having the IUD put in.

Please follow these steps:

1. Have a meal within 2 hours of your appointment or eat/drink something sweet half an hour before arriving.
2. You may like to take Nurofen or Panadol one hour before the appointment.
3. You may want to bring someone with you or have someone to call to accompany you home. Occasionally women don't feel well enough to drive a car/motorbike home or return to work.
4. Allow yourself plenty of time for the appointment as you may need to rest for a while following the insertion.

5. We advise using pads rather than tampons for 48 hours after the IUD is inserted.
6. You should make an appointment to have a check after your next period – about 6 weeks after insertion.

Contact your Family Planning Clinic if you have any concerns about your IUD insertion.