

Post-Care Instructions After IUD Insertion

Preventive Health Clinic: _____

Preventive Health Clinic Phone Number: _____

Date of Insertion: _____

Date of Follow-up Appointment: _____

Copper IUD (Paragard) can remain in place for up to 10 years.

- Works as soon as it is placed; no backup method is needed.
- During the first 1-3 months that you use Paragard, you may have some irregular bleeding or spotting and your next few menstrual periods may be longer, heavier, or you may have more cramping than usual.
- Many people have cramps for a few days after IUD placement. This is normal. If you want to take something for pain, products containing ibuprofen or naproxen may help.
- When you feel ready, you can start having sex. Use condoms every time you have sex for protection from sexually transmitted infections, as your IUD will not protect you from these infections.
- You may check to make sure that you can feel your IUD strings once a month. Contact your clinician if you cannot feel IUD strings that you were previously able to feel or if the strings are shorter or longer. Be sure to use another method of birth control until you have a clinician check whether your IUD is still in the uterus.
- Call your clinic or medical provider right away if you:
 - Can feel part of the IUD, and not just the strings, or if the strings are shorter or longer
 - Have pain or bleeding with sex
 - Have unusually heavy bleeding from your vagina
 - Think you are pregnant
 - Have been, or might have been, exposed to a STI
 - Have unusual pelvic pain, cramping, or soreness in your abdomen
 - Have unexplained fever or chills



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