

Post-Care Instructions After IUD Removal

Preventive Health Clinic: _____

Preventive Health Clinic Phone Number: _____

Date of Removal: _____

- You may have cramps, spotting, or light bleeding for a few days or weeks after your IUD is removed. If you want to take something for pain, products containing ibuprofen or naproxen may help.
- Your ability to get pregnant after the IUD is removed will be the same as it was before the IUD was placed.
- If you do not wish to become pregnant, ask your medical provider to insert a new IUD or switch to a different birth control method.
- Use condoms every time you have sex for 7 days for back-up method if a new contraceptive method is started and continue to use condoms every time you have sex to prevent sexually transmitted infections.
- Call your clinic or medical provider if you have any of these symptoms after your IUD is removed:
 - Severe pain or cramps
 - Fever or chills
 - Heavy vaginal bleeding
 - Bad-smelling discharge from your vagina

