

Advice after an IUD (intrauterine device) is fitted

❖ *How should I feel afterwards?*

It is common to experience some period-like discomfort for 2 to 3 days after an IUD fitting or change.

There may be some bleeding or spotting for a few days. If an IUD is fitted during a period, the period may be heavier and last slightly longer than usual.

If the pain is severe, gets worse or does not settle after 3 days you should contact the clinic or your GP.

❖ *What should I do afterwards?*

Take simple painkillers such as paracetamol and/or ibuprofen (as long as you are not allergic to these products).

Local warmth from a hot water bottle or heat pad might help.

❖ *When will the IUD start working?*

If you have had a copper IUD fitted (Cu-IUD) you will be protected immediately against pregnancy.

If you have had a hormonal IUD fitted (LNG-IUD: Jaydess, Kyleena, Levosert or Mirena) in the first 5 days of your period you will be protected immediately against pregnancy. If it is fitted at any other time, you will need to use an extra contraceptive method for the first 7 days.

❖ *Is there anything I should look out for?*

Change in bleeding pattern occurs frequently after your IUD insertion. This should settle after 3-6 months.

If you think you may have an infection please contact the clinic or your GP as soon as possible. Symptoms of an infection may include:

- Persistent or worsening lower abdominal pain
- Abnormal vaginal discharge
- Fever
- Pain during sexual intercourse

❖ *How do I check my threads?*

You should feel for the threads about 4-6 weeks after insertion and then at regular intervals (e.g. monthly or after a period), or if you have any concerns. Gently insert a finger into your vagina and feel for the threads at your cervix. If you are unable to locate the threads use another method of contraception (e.g. condoms) and have your IUD checked at the clinic or your GP.

❖ *Will I experience changes to my periods?*

If you have had a copper IUD (Cu-IUD) fitted you may notice that your period increases in flow and length. If you have an LNG-IUD (Jaydess, Kyleena, Levosert or Mirena) it is not unusual during the first 3-6 months to have irregular and unpredictable bleeding. This is rarely heavy and settles with time then you may have light, infrequent periods or no bleeding at all.

❖ *Can I use Tampons?*

Tampons can be used if there is normal or heavy bleeding. If the bleeding is very light it is better to use panty liners rather than tampons as there is a risk of pulling the IUD out on a 'dry tampon'.

❖ *Can I use a Menstrual Cup?*

Yes, but avoid using for the first 6 weeks after an IUD has been fitted, and take care not to pull the IUD threads when removing the cup.

❖ *When does the IUD need changing and will you contact me?*

The date at which the IUD needs to be removed or changed will be given to you on a card/leaflet after your IUD has been inserted. It is your responsibility to attend your GP or local sexual health clinic before this date to have your IUD removed or exchanged before this date.

We do not try to contact you when the IUD is due a change. Some GP practices send a reminder - others rely on the user to get in contact when a change is due.

If you have any concerns or need to speak to a member of team please call 01463 888 300

More information about IUDs (Cu-IUD and LNG-IUD) can be found at:

- [Cu-IUD :: Highland Sexual Health](#)
- [LNG-IUD :: Highland Sexual Health](#)

Please visit [Home :: Highland Sexual Health](#) for further information about Highland Sexual Health including clinics and opening times.