



POSITIVE SEXUAL HEALTH

# Family Planning

Date

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## Instructions for IUD Use

Your IUD is called a \_\_\_\_\_

It works as a contraceptive \_\_\_\_\_

To lessen the risk of infection over the **next 48 hours**, we recommend

- no sexual intercourse
- use sanitary pads, not tampons.

It is normal to have some cramp-like pain in your abdomen (lower tummy) for a few days after your IUD is put in. Paracetamol, nurofen or whatever you usually take for period pain should help. If the pain is severe, ask your health professional for advice.

Vigorous exercise such as aerobics may aggravate cramps in the first 24 hours.

You may also have some light bleeding during the next month. If you have a copper IUD, your next period may be heavier, longer and more painful than usual. Some women continue to have heavier and more painful periods with a copper IUD.

### Checking your IUD

The nylon threads of your IUD come through the opening of your cervix into the top of your vagina. To check that your IUD is in place you can feel for the threads. It's a good idea to do this one week after your IUD has been put in and after every period or at the beginning of each calendar month. If you or your partner feel the plastic stem of your IUD or you think it's coming out, do not have sexual intercourse as you could get pregnant. Contact your Family Planning Clinic or doctor as soon as possible.



Your first IUD check is due \_\_\_\_\_

If you are not happy with your IUD, contact your health professional.

Your IUD should be removed/changed \_\_\_\_\_

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## Removing your IUD

If you are planning a pregnancy or do not need contraception your IUD can be removed at any time.

It is best to have it removed when you have a period. Before removal at any other time of the month, discuss the pregnancy risk with your health professional.

If you do not wish to get pregnant after your IUD is taken out, use another method of contraception, for 7 days before removal.

Sometimes the threads cannot be seen so that it may be more difficult to remove the IUD.

## Important

If you have any of the following, see your Family Planning Clinic or doctor as soon as possible

- lower abdominal pain
- unusual or smelly vaginal discharge
- bleeding between periods
- an unusually heavy or painful period
- pain with sexual intercourse
- raised temperature with any of the above
- missed, late or very light period
- unable to feel IUD threads
- can feel plastic stem of IUD

Your Health Professional