

# **Intrauterine Device (IUD) Pre & Post Instructions**

## **IUD Preparation:**

- Please use birth control up until your first visit for IUD insertion. This is to ensure that you are not pregnant at the time of your visit.
- Please call our office during your menses to schedule your appointment for IUD insertion.
- Please eat a light meal 1-2 hours prior to your appointment and take 400-800mg of Ibuprofen 1 hour prior to your appointment.

## **After your IUD Insertion:**

- Place nothing inside your vagina for 24 hours after your IUD has been placed;  
**NO TAMPONS, NO FINGERS and NO INTERCOURSE.**
- You may have bleeding, cramping or spotting for the first few months. It is ok to take ibuprofen for cramping.
- Please call the office if you are having heavy bleeding (saturating a pad in an hour or less), severe pain, fever or foul vaginal discharge
- Please schedule a follow-up appointment in 6 weeks.

✳ Please call our office if you are experiencing moderate to severe cramping, abdominal pain, dizziness or heavy bleeding.

**Maria I. Betancourt, M.D. PLLC**

185 Madison Avenue, Suite 800 • New York, NY 10016 • T: 212-532-1111 • Fax: 212-532-1185