



INTRA-UTERINE CONTRACEPTIVE DEVICE (IUCD) - INSTRUCTIONS AFTER INSERTION

A small intrauterine contraceptive device (IUCD) has been inserted into your uterus today to provide contraception or to help manage period problems. Your IUCD may (Mirena® or Kyleena®) or may not (copper IUCD) contain hormonal treatment.

IMMEDIATELY FOLLOWING THE PROCEDURE

You are likely to experience pelvic pain and cramping after the IUCD insertion. Some people also feel a little nauseous and dizzy, but this should resolve after 20-30 minutes. You can take simple painkillers such as paracetamol or ibuprofen to manage the pain. A hot water bottle may also be helpful once you arrive home.

You will experience bleeding or a blood-stained discharge. Please wear a sanitary pad to protect your underwear.

WHAT TO EXPECT OVER THE NEXT FEW DAYS TO 2 WEEKS

Cleaning

Please shower regularly but avoid baths for 3 days after the procedure.

Pain Relief

It is normal to have pelvic cramping and bleeding for a few days after the IUCD is inserted.

This may last a lot longer (several weeks) after a Mirena® or Kyleena® insertion. You can continue to take some simple pain relief (paracetamol or ibuprofen as per the instructions on the packet).

Activity

Please avoid sexual intercourse, tampons, menstrual cups, swimming and heavy exercise for 3 days after the procedure.

Contraceptive Effect

Please use alternative contraception for 14 days after the IUCD has been inserted.

If you think you may be pregnant, please contact your doctor immediately.

Signs of Infection or IUCD expulsion

If you experience severe pelvic cramping or pain, a high temperature, an offensive smelling discharge, heavy bleeding (soaking a sanitary pad in 1 hour), sensation of the IUCD in your vagina or pain during sexual intercourse please contact us at WHRIA on 1300 722 206 or your General Practitioner, as you may require medical review.

LONGER TERM

The copper IUCD may cause your periods to be a little longer, heavier and more painful. The Mirena® or Kyleena® can cause irregular bleeding.