

Women's Healthcare of Norman

Women Caring for Women

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Post IUD Insertion Instructions

1. A Small amount of bleeding and cramping for the next 2-3 days is normal. If you experience an unusual amount of abdominal pain, please call our office.
2. You may use Motrin 800mg every 8 hours as needed.
3. You may have intercourse at any time. While the device should be effective immediately, it is recommended that a backup method such as condoms be used for 7 days to prevent pregnancy.
4. You will experience irregular bleeding for up to 6-8 months after insertion and this is normal.
5. You will need to check the strings monthly. This is done by inserting a finger into your vagina and locating your cervix. You should be able to feel the strings, if you cannot, please call our office.
6. We will need to see you again in 4-6 weeks to make sure the IUD is in the correct place. At this time, if you or your partner are feeling strings during intercourse, they can be trimmed at this appointment.

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