



**Gina S. Nelson, M.D.**  
210 Sunnyview Lane, Suite 104  
Kalispell, MT 59901  
(406) 755-6550  
[drginanelson.com](http://drginanelson.com)



### **Post IUD Placement Information and Instructions:**

The placement of an IUD involves cleaning the cervix, possibly numbing it, possibly grasping and dilating it, and finally sliding a placement tube to insert the device. It produces moderate but brief cramps. It is associated with a 1/300 risk of pregnancy, increased risk of ectopic, and small risk of bleeding, infection, perforation or expulsion. Complications are very rare. You are to expect scant random bleeding eventually and possibly no bleeding at all.

### **After the procedure:**

1. You may have cramping over the next 24 hours, but it should gradually subside.
2. Depending on the phase of your cycle, you will have vaginal bleeding which should not exceed that of a moderate period, or last for more than a few days.

### **Instructions:**

1. No intercourse douching or tampons for at least 24 hours.
2. Resume normal activities as soon as you feel able.
3. Bathing by tub or shower is acceptable.
4. Check for your string once a month and notify us if you cannot feel it.

### **Notify us regarding any of the following:**

1. Fever, chills, nausea or vomiting.
2. Vaginal bleeding greater than a moderate period or greater than one pad per hour.
3. Foul vaginal discharge.
4. Pain worse than menstrual cramps.
5. If you have any reason to believe you are pregnant.