

****IUD Placement Information for Patients****

****What is an IUD?****

An intrauterine device (IUD) is a small, T-shaped device that is inserted into the uterus to prevent pregnancy.

****Types of IUDs Available:****

1. ****Copper IUD**** - Non-hormonal, can last up to 10 years.
2. ****Hormonal IUD**** - Releases hormones, can last 3 to 7 years depending on the type.

****Benefits of IUDs:****

- Highly effective in preventing pregnancy.
- Long-lasting and low maintenance.
- Can reduce menstrual cramps and heavy bleeding (especially with hormonal IUDs).

****Who Can Get an IUD?****

- Most individuals with a uterus can have an IUD placed, including those who have never been pregnant.

****Preparation for the Procedure:****

- Schedule an appointment during a time when you are not on your period (ideally within the first 7 days of your menstrual cycle).
- Discuss any medications you are taking or pre-existing health conditions with your healthcare provider.

****What to Expect During the Procedure:****

- The procedure will typically take about 10-15 minutes.
- You may experience cramping or discomfort during insertion.
- A speculum will be used to examine the vagina and cervix; the IUD will then be inserted into the uterus.

****Post-Procedure Care:****

- You may experience mild cramping or spotting for a few days after insertion.
- It's normal to check for the IUD strings after your menstrual period.

****Follow-Up:****

- Schedule a follow-up appointment within 4-6 weeks after insertion to ensure proper placement.
- If you experience severe pain, heavy bleeding, or signs of infection, contact your healthcare provider immediately.

****Questions or Concerns?****

Feel free to speak with your healthcare provider about any concerns or questions regarding IUD placement and its effects.

****Emergency Contact Information:****

[Provide contact information for urgent inquiries or issues related to IUD placement.]

Thank you for choosing us for your reproductive health needs!