

[Your Name]
[Your Title/Position]
[Your Clinic/Practice Name]
[Address]
[City, State, Zip Code]
[Phone Number]
[Email Address]
[Date]
[Patient's Name]
[Patient's Address]
[City, State, Zip Code]
Dear [Patient's Name],
Subject: IUD Care Instructions

Thank you for choosing [Clinic/Practice Name] for your contraceptive needs. Below are important care instructions to help you maintain your IUD effectively.

1. ****Initial Check****: Schedule a follow-up appointment 4-6 weeks after IUD insertion to ensure proper placement and address any concerns.
2. ****Self-Check****: Monthly, check the strings of your IUD. Determine their length and ensure they are not protruding excessively. If you cannot locate the strings, contact our office.
3. ****Monitor Symptoms****: Keep an eye out for any unusual symptoms such as severe abdominal pain, heavy bleeding, fever, or foul-smelling discharge. If experienced, contact us immediately.
4. ****Sexual Activity****: You can resume sexual activity anytime after insertion, but be aware of any discomfort that may arise.
5. ****Menstrual Changes****: It is common to experience changes in your menstrual cycle, such as irregular periods or lighter flows.
6. ****Avoid Tampons****: If possible, avoid tampons for at least the first few days following insertion to minimize irritation.
7. ****Emergency Signs****: In the event of severe pain, heavy bleeding, or signs of infection, seek medical attention.
8. ****Follow-Up Visits****: Remember to schedule annual check-ups to discuss your IUD and overall reproductive health.

If you have any questions or concerns, do not hesitate to reach out.

Best regards,
[Your Name]
[Your Title/Position]
[Clinic/Practice Name]
[Contact Information]