IUD options:

- Mirena (progesterone only, good up to 5 years)
- Skyla (progesterone only, good up to 3 years)
- Paragard (copper device, no hormones, good up to 10 years)

Instructions for Day of Insertion:

- Take **Ibuprofen/Motrin 600mg** 1-2 hours prior to appointment to help with pain and cramping.
- If you have regular periods every month, you must schedule your appointment **during your period**, typically on days 2-6.
- If you are NOT currently having regular periods (including recent delivery or due to breastfeeding), you may schedule the insertion when your device arrives but **cannot have had unprotected intercourse** for **2 weeks prior** to the appointment. A pregnancy test may be done at the time of your procedure to confirm that you are not pregnant.
- What to expect: Cramping from the procedure typically lasts a few hours and can be controlled with **Ibuprofen/Motrin 600mg every 4-6 hours**. Most patients feel well enough to resume their normal activities the same or next day.
- If you have any questions about your procedure, please call and ask to speak with Nurse Triage **Monday-Friday between 9am and 4pm at 312-440-3810**.

Instructions for Day of Removal:

- No intercourse without a condom for **5 days prior** to appointment.
- If you desire a new IUD be inserted on the same day as the removal, please call and ask to speak with Nurse Triage about this option. They are available **Monday-Friday between 9am and 4pm at 312-440-3810**.