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The Women's Group of Northwestern

OBSTETRICS AND GYNECOLOGY

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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