**IUD (Intrauterine Device) PRE & POST INSTRUCTIONS:**

**IUD preparation:**

* Please be sure you have had a birth control talk with your provider prior to scheduling your IUD insertion
* Please call our office to schedule your appointment, this appointment cannot be scheduled online
* Schedule your appointment during your menses
* Please use reliable birth control for 2 weeks prior to your visit (not withdrawal or rhythm). This is to ensure that you are not pregnant at the time of your visit
* Please eat a light meal 1-2 hours prior to your appointment and take 400-800mg of ibuprofen 1 hour prior to your appointment

**After your IUD insertion:**

* Place nothing in your vagina for 24 hours after your IUD has been placed; no tampons, no fingers, no intercourse
* Expect to have bleeding, cramping or spotting for the first few months. It is ok to take ibuprofen for cramping
* Please call the office if you are having heavy bleeding (saturating a pad in an hour or less), severe pain, fever or foul vaginal discharge
* Please schedule a follow-up transvaginal sonogram with Dr. Kolton in 6 weeks to confirm the IUD placement

You should call the office at (212) 966-7600 9a-5p or emergency number at (718) 575-3844 after 5p if you experience moderate to severe cramping, abdominal pain, dizziness or heavy bleeding.

**Downtown Women OB/GYN Associates, LLP**

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