



Women's Group of Franklin

IUD Insertion Instructions

It is not possible to predict which women will experience pain with IUD insertion. Experiences vary. We offer options to help you have the best experience possible.

For all IUD insertions:

- Call during business hours after you have started your period. IUDs can be placed while you are menstruating towards the end of your cycle OR the first week after your cycle prior to ovulation.
- Eat a regular meal and drink plenty of water to be hydrated prior to insertion.
- Wear loose fitting and comfortable clothing.
- 1-2 hours prior to your appointment take ibuprofen 600 mg or naproxen sodium (1 tablet).
- 1-2 hours prior to your appointment you can also take acetaminophen 1000 mg (1 g).

Options for additional pain control that you can request at the time of scheduling your IUD:

- Numbing medication: This is an injection of local anesthetic injected into the tissue around the uterus. The medication is injected through the vagina when you are in the stirrups just prior to the insertion.
- Oral pain medication***
- Oral anxiety medication***
- Oral narcotic pain medication***
- IV sedation***

***These options have additional requirements:

1. You must arrange these prior to the date of your appointment, ideally at your pre-insertion consultation.
2. You must arrive 30 minutes before your scheduled procedure to sign your consent prior to taking your medication and then allow time to have the medication take effect.
3. You must have a driver that you know take you home after your procedure.
(NO RIDESHARE SERVICES).

Optional for some providers: You may be given a prescription for cervix softening medication (Cytotec or misoprostol) to take prior to the insertion. Follow the directions on the prescription sent in by your provider if this is discussed with you.