

WGF IUD INSERTION INSTRUCTIONS

While we cannot predict your level of discomfort during IUD insertion, we do offer options to help you have the best experience possible.

When you are ready for your IUD:

- Call to schedule your appointment after you have started your period unless instructed otherwise
- Eat a regular meal and drink plenty of water
- Wear loose fitting and comfortable clothing
- 1-2 hours prior to your appointment take ibuprofen 600 mg or naproxen sodium 220 mg
- 1-2 hours prior to your appointment take acetaminophen 1000 mg

Some patients may be given a prescription for cervix softening medication (Cytotec or misoprostol) to take prior to the procedure.

When you call to schedule, you can request numbing medication. This is a local anesthetic injected into the tissue around the uterus, through the vagina just prior to IUD insertion.

Additional pain control options can be prescribed at your pre-insertion office visit. Note that these require you to arrive 30 minutes early to give the medication time to take effect. You also MUST have a driver you already know take you home (no rideshares). These options include:

- Oral anxiety medication (Xanax, Valium)
- Oral narcotic pain medication (hydrocodone or oxycodone)
- IV sedation