

## How to prepare for your Mirena/IUD insertion

Eat and drink as you normally would (you do not need to fast) and take 2 anti-inflammatory tablets (ie ibuprofen/nurofen OR naprogesic) and 2 paracetamol tablets an hour prior to your appointment. If, for some reason, you cannot take anti-inflammatories please discuss this with your doctor.

Your IUD will be inserted in the clinic treatment room in most circumstances, with assistance provided by the clinic nurse if required. Feel free to have a support person attend with you if you wish.

The actual insertion is brief – usually less than 5-10 minutes, but we request that you ensure you have booked a long consultation.

Until your IUD is inserted please use a reliable method of contraception. It is best to have your IUD inserted whilst you are menstruating (if possible). It may be requested that you have a urine pregnancy test prior to insertion. You will need to use alternative contraception for a week after insertion.

It is recommended that you avoid bringing children to the appointment (babies should be fine).

Most women are absolutely fine to drive home afterwards, however it is recommended that you have someone that can drive you home in case you feel lightheaded after the insertion. It is best to take the rest of the day off work if possible.

Please bring a pad for any bleeding post insertion (please avoid tampons for the first 2 days after insertion).