

# HOW TO PREPARE FOR AN IUD/MIRENA 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.

We need to make sure you are not pregnant on the day. We will give you a home urine pregnancy test to do on the morning of your appointment. Please take a photo of the result. You need to arrive to your appointment with a reasonably full bladder. This will ensure your uterus is in a neutral position and make insertion easier.

Your IUD will be inserted in the GP room, with assistance provided by the clinic nurse. 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 of 30 mins.

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). You will need to use alternative contraception for at least one week before insertion, and one 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).