PLANNED PARENTHOOD
OF NEW YORK CITY

What to Do Before Your IUD Insertion Appointment:

- Please make sure you have had something to eat before you come to the Center for your appointment. If you are hungry when we insert the IUD, you may feel faint and can pass out during the insertion process.

- About 20-30 minutes before your appointment, please take 800 mg of Ibuprofen (Advil or Motrin). This will help to ease any cramping you may have during and after the insertion.

- If you have had any testing done at your private gynecologist's office, or at another clinic within the past year, please bring your test results with you. It is important to have those negative results before inserting the IUD because otherwise bacteria can be pushed up into your uterus and cause a serious infection.

- When you come in, you will meet with a Health Care Provider who will talk with you about your health history, and birth control needs. You may decide together that an IUD is not the right option for you. It is up to the discretion of the Provider whether she will insert the IUD that day or not.

- Finally, please remember that until you receive your IUD, you are not protected from pregnancy. Please continue using any hormonal method until the IUD is inserted If you are not using a hormonal method, please use condoms until your visit.