

Visit Instructions: **IUD Insertion (Mirena/ParaGard)**

Important Considerations Before Your Appointment:

- In order to have the IUD inserted, you cannot have unprotected sex for two weeks prior to your appointment.
- **If you are using a hormonal birth control method like** the pill, the patch, the ring or Depo-Provera (*"The Shot"*), please make sure to continue to use it until your IUD insertion
- **If you do not use a hormonal method:** Please abstain from unprotected intercourse from the time your menstrual period starts until the IUD insertion
- **Please eat or drink something before your visit. DO NOT FAST.**

What to Expect at Your Appointment:

- You may experience cramping during and after the insertion so you should take 800 mg ibuprofen 1 hour before your appointment. Ibuprofen brands include Advil and Motrin (Patients with an allergy to ibuprofen may use Tylenol instead)
- Because every woman is different, the clinician will do a short consultation with you before the insertion to make sure you are a good candidate for the IUD. If we are unable to do the IUD insertion that day we will discuss other birth control methods with you.
- You will receive a pregnancy test prior to your insertion. Please do not urinate one hour prior to the visit.

For Your Visit:

- Payment is expected at the time of service (cash, credit card or money order; no personal checks, please). If you are using a credit card you will need to provide photo ID. If someone will be making a payment on your behalf they should be there with you and also prepared to present photo ID.
- Please bring **valid photo identification** and, if you have insurance, **a hard copy of your insurance card**, to present when you check in for your appointment.

- We ask that you **do not bring children with you to your appointment** – for their safety, children cannot go into the back office.
- If you are running late, call us, so that we can provide you with your options for the day. If you are late, we do reserve the right to reschedule.
- Please let us know 24 hours in advance if you need to cancel or reschedule your appointment.