**Patient Information for After an IUD Insertion**

If you experience cramping after your IUD insertion, over-the-counter pain relievers may be used as directed.

**What can I expect?**

**Paragard (Copper) IUD:** Menstrual pain and heavy bleeding, as well as bleeding between periods may increase in the first few months of use. Pain can be relieved with over-the-counter pain relievers. These symptoms should decrease within one year of use.

**Mirena or Skyla (Hormonal) IUD:** Spotting, irregular or heavy bleeding can occur within the first 3 – 6 months of use. For some women, menstrual bleeding stops completely within 2 years. A small number of women using the hormonal IUD may have side effects related to the hormone in the IUD, such as headaches, nausea, and breast tenderness.

**When should I call my health care provider?**

Call your health care provider if you have any of the following:

- Pain during sex
- Unexplained fever
- Severe pelvic pain
- Signs of pregnancy, such as a missed menstrual period (although one of side effects of the hormonal IUD is a lack of menstrual periods, the first time you miss a menstrual period should be reported to your healthcare provider)
- Unusual vaginal discharge
- The IUD can be felt in the cervix or vagina.
- You are unable to feel your strings

**Do not try to remove an IUD yourself. An IUD should only be removed by a health care provider.**