
Intrauterine Device (IUD) Insertion Frequently Asked Questions (FAQs)

What is the difference between the types of IUD's?

Please read our handout that describes the different types of IUDs.

What do they cost?

There is a range of cost from the pharmacy if you do not have extended medical coverage. They range from \$80.00 - \$450.00 depending on the type of IUD you choose.

Will the insertion hurt?

You will likely feel a strong cramp at the time of the insertion. We sometimes use a local anesthetic on your cervix and recommend that you take ibuprofen 1 hour before your appointment to help with the cramping. Most people feel fine after resting for a few minutes. Some people do find that the cramps remain strong and may be given a stronger pain killer if needed.

How long does the IUD take to start working?

IUDs work immediately. Make sure you use condoms if there is a risk of sexually transmitted infections.

How often should I get the IUD checked?

We would like to have you come back in 5 – 6 weeks to make sure the IUD is in place and check how you are doing. After that you should see a doctor once a year. You can check yourself by putting a finger inside your vagina and feeling the string.

What should I do if I am bleeding heavier than my normal period?

Don't worry. Expect that copper IUDs will make your first periods quite heavy and that they will get better after three months. If they remain very heavy, make sure you eat well or take iron supplements so that you do not become anemic.

What should I do if I have really bad cramps?

Ibuprofen 400-800 mg is the best for cramps. Heat (hot water bottle, heating pad, etc.) and anything that helps you relax will help.

What should I do if I have a positive pregnancy test?

If you get pregnant with an IUD, check with a doctor to make sure it is a normal pregnancy.

Can I go to work after the insertion?

Most people feel well enough to continue their normal activities that day and are able to control any cramps with ibuprofen. Some people do have very strong cramps and need to rest. Unfortunately, we cannot tell how it will be for you. It's best not to plan any major physical activity for the day of your insertion.

How long will my appointment be?

You will be here at our office for approximately 1 hour. You will fill out forms when you come in and do a urine sample. You will then see the doctor or midwife for the insertion. After the insertion we will ask you to rest for about 10 minutes for us to make sure you are feeling OK.

Will the IUD affect future pregnancies?

Within one month after the IUD has been removed, your fertility will be back to normal.

Will I bleed after the insertion?

You may have some bleeding at the time of and after the insertion, so we ask you to bring a pad with you. The bleeding may last for a few days or even weeks depending on how your body adjusts to the IUD. You may have spotting on and off or a day or two of heavy bleeding. This is normal and should settle down within 3 months.

Do I have to make an appointment?

Yes, you do need to call us at 250-354-3884. We do not take walk in patients.

Is it OK to have an MRI or an X-ray with an IUD in place?

Yes – The IUD will not interfere with the tests.

How long should I wait to book the IUD insertion after my baby is born?

At least six weeks.

Can I use tampons? What about menstrual cups?

Yes. When using your cup, just make sure you break the suction before removing it.

Will I feel it during sex? Will my partner feel it?

Occasionally, you may feel a twinge, but it shouldn't hurt. About 5% of partners (1 out of 20) say they can feel the strings, but it usually doesn't bother them. If it does bother your partner, we can shorten or tuck the string up out of their way.

Is there anything I should be watching for?

Yes, if you get a fever, steady pain and/or a smelly discharge, you might have an infection that needs to be treated.

How soon can I have sex?

The IUD works right away, but you might feel some pain during sex in the first few days after insertion.

What should I do if the string feels longer?

Don't panic. Your cervix moves naturally during your cycle and when it moves down the string will feel closer to the outside of your vagina. A long string could mean that the IUD is coming out. If it stays longer, get a doctor to check.

What should I do if I can't feel the string?

Don't panic. Many people never can feel the strings. You might ask your partner to try because they may have longer fingers. If you are worried that it has come out without you seeing it, you can get a doctor to check.

REMOVAL**Can I have the IUD removed at Apple Tree?**

Yes – if you decide you would like to get pregnant or decide you no longer want the IUD you may call the office 250-354-3884 and book an appointment.

When can I have the IUD removed?

You may have the IUD removed at any time.

How long after removal do I have to wait before I try and get pregnant?

It is not dangerous to get pregnant right away, but better if you wait for one period cycle.