



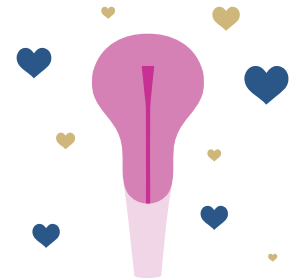
Getting an IUD to help with Periods

Interested in managing your heavy or painful periods with an Intrauterine Device (IUD)? Let us answer all of your questions about what you can expect during and after your visit – and how an IUD may help in improving your heavy menstrual bleeding (HMB).

What is a Levonorgestrel IUD?



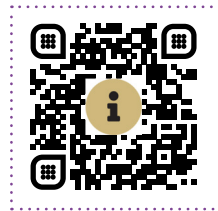
- + The IUD is a small, t-shaped device that sits inside the uterus and releases a small amount of the hormone progestin.
- + The progestin keeps the lining of the uterus thin and healthy. This means periods will be lighter and some teens will have no periods at all. It is safe to not have a period when using this type of IUD.
- + The IUD is a treatment for pelvic pain, cramps, and heavy periods.
- + The IUD prevents pregnancy because it blocks sperm from reaching an egg. The IUD is a very good method of birth control.
- + The IUD works for 7 years. After this, you can have a new one placed if desired. The IUD can be removed sooner at any time if needed.
- + This video should help you understand more about IUDs:



Getting an IUD to Help with Your Period

How can I get an IUD?

- + You need to see a doctor to put in and take out the IUD.
- + Most people get an IUD during a clinic visit.
- + Some people are not able to get an IUD in the clinic. Ask your doctor for information on how to schedule and prepare for an IUD placed under anesthesia.



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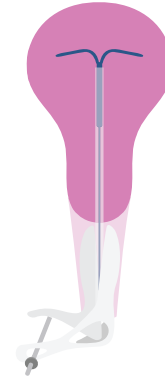
Find out more at: cupag.org/iud

The information presented is intended for educational purposes only. It is not intended to take the place of your personal doctor's advice and is not intended to diagnose, treat, cure or prevent any disease. The information should not be used in place of a visit, call or consultation or advice of your doctor or other health care provider.



How does the IUD get put in?

- + The first step is a pelvic exam. This is where your doctor will feel inside the vagina to tell the size and position of the uterus. Then a speculum is placed into the vagina which will allow the doctor to see the bottom part of the uterus, called the cervix. Next, the IUD is placed through the cervix and inside the uterus.



Does getting an IUD hurt?

- + Almost everyone has some cramping when they get an IUD. Sometimes the cramps are like menstrual cramps during a period, and sometimes much stronger. The cramps can last for a few minutes or hours. Sometimes there is cramping for days or weeks after getting an IUD.

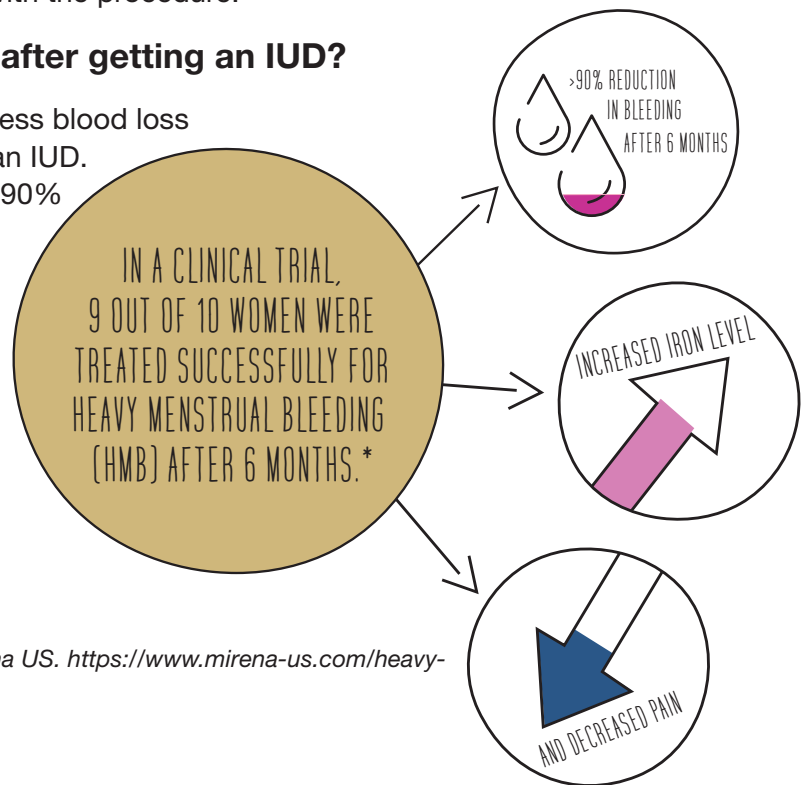


Can I take pain medicine before getting an IUD?

- + We recommend that you take medication like ibuprofen about 30 minutes before your IUD appointment. Talk to your doctor if you are worried about pain with the procedure.

What will happen to my period after getting an IUD?

- + Over time, almost everyone has less blood loss during their period after getting an IUD. After 6 months of use, there is a 90% reduction in blood loss. Users of the levonorgestrel IUD also have an increase in their blood count (hemoglobin) and iron (ferritin) levels.
- + The graphic on the right shows how, over time, most users of the levonorgestrel IUD had less pelvic pain and fewer cramps with their periods.



*Source: Heavy Period Treatment. Mirena US. <https://www.mirena-us.com/heavy-period-treatment>.



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I'm on another treatment to help my periods: do I stay on this after I get an IUD?

- + Talk to your doctor about whether you should stay on your pill, patch, ring, or other medication to treat your periods after getting your IUD. The answer is different for every person.

What should I expect in the first few hours and days after getting an IUD?

- + Some teens will have cramps and bleeding, and some teens have no symptoms at all.



- + Cramping may be very light or like bad menstrual cramps. We recommend using a heating pad and (if safe for you to take) Ibuprofen 600mg every 6 hours.
- + Bleeding may be light, or like a menstrual period. It is OK to wear pads or tampons.
- + Plan on having a relaxed schedule on the day of getting your IUD. You may be able to go to work or school, but you may want to go home and rest.

What should I expect in the 3-6 months after getting an IUD?

- + Cramping should get much better and less frequent. The IUD is a treatment for pelvic pain and menstrual cramps.
- + Bleeding is different for everyone. Some teens have no bleeding. Some have spotting and brown discharge almost every day for 3-6 months. Some teens continue to have regular periods which will get shorter and lighter over time.
- + The chance that you will have no periods becomes more likely after you have used the IUD for 6 months or longer.

What are the reasons that I should contact the clinic or call my provider right away?

- + Please call us if you have fever or chills, severe pain, cramping, or increased bleeding.
- + Please call us if you think you might be pregnant. There is a very small risk of pregnancy even with the IUD in place.
- + You can call us anytime for any reason at all: (720) 777-2667





If I'm using the IUD for birth control, what else do I need to know?

- + Wait 1 week (7 days) after the IUD is put in to have sex.
- + If you are using another birth control method before getting the IUD (like the pill, patch, ring) stay on this method for at least 7 days after getting an IUD.
- + Neither you nor your partner should be able to tell the IUD is there. Please call us if you have any concerns.
- + The IUD does not protect against sexually transmitted diseases (STDs). Get tested regularly and use condoms every time to prevent STDs including HIV.

Are there any serious side effects of the IUD?

- + The IUD is a safe option to manage periods and for birth control. The medicine in the IUD works inside the uterus and does not affect the entire body.
- + There is a very small chance of pelvic infection during the first 20 days after IUD insertion. There is no increased chance of pelvic infection after this time.
- + There is a small chance of expulsion which means that the IUD gets pushed out of the uterus. A “partial expulsion” is when the IUD gets pushed into the lower part of the uterus. When this happens, the IUD is removed and a new one can be placed.
- + Uterine perforation is a very uncommon risk. This is when the IUD goes through or into the wall of the uterus. When this occurs, an additional procedure may be needed to remove the IUD.



**Interested in
learning more?
Check out our online
IUD Toolkit!**



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