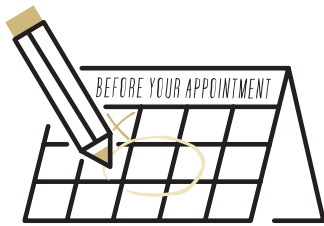




IUD Placement Under Anesthesia

Usually, an IUD is placed in the office, but sometimes it needs to be placed under anesthesia. This means that you will be asleep during the IUD insertion. Below is what to expect if you decide on this option.

Before your procedure



- + Make an appointment to talk to your doctor. If you already met with your doctor about options to manage periods, we will want to see you again if it has been over 1 year from your last visit.
- + Once your doctor places an order, our surgery scheduler (720-777-6439) will call you in the following 3 business days to schedule the procedure. (Expect that the procedure will be scheduled in the next 2-8 weeks, depending on availability.)
- + Sometimes your IUD procedure will be with a different doctor than the one that you see in the clinic. Our gynecology team are all experts in IUD insertion. We can accommodate requests for a specific provider if you are able to wait longer for the procedure.
- + Call our surgery scheduler right away (720-777-6439) if your schedule changes and you need to reschedule.
- + Sometimes, other procedures or tests are done at the same time as the IUD insertion. All orders need to be put into the system before the IUD placement can be scheduled.
- + After the IUD is inserted, you may have some cramping and bleeding in the days to weeks afterward. Here are the items that we recommend having on hand to prepare: ibuprofen (Motrin), acetaminophen (Tylenol), menstrual products, and a heating pad.



Pediatric and Adolescent Gynecology
UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS

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.



The day of your procedure



Before getting to the hospital:

- + Stop eating all solid food **10 hours** before your procedure.
- + Stop drinking all non-clear liquids and tube feeds **8 hours** before your procedure.
- + Stop drinking all clear liquids **4 hours** before your procedure.
- + Please shower or bathe the night before or the morning of your procedure. Do not shave pubic hair within 3 days of the procedure.
- + Plan to get to the hospital **2 hours before** your procedure if it is being done in the Operating Room, and **1.5 hours before** if in the Procedure Center.
- + A nurse will call you within 3 business days ahead of your procedure to review medications and other instructions.

Once you arrive:

- + Park in the 2-story garage in front of the hospital and come in the main entrance.
- + Go to admissions, located at the wooden desks on the right.
- + Be able to give a urine sample when you arrive to the pre-op area.
- + Let your nurse know if you would like to see a member of the Child Life team, who are experts in helping kids and teens stay calm and relaxed if they are nervous about being in the hospital.
- + You will be in the pre-op area for about 1-2 hours. You will talk to your doctor that will place the IUD and the anesthesiologist who will make sure you are comfortable and asleep during the procedure.
- + A nurse will check that everything is ready to go, and then take you to the procedure room.



During the procedure:

- + You will be fully comfortable and asleep before the procedure begins.
- + The IUD insertion itself takes only between 5 and 15 minutes. Additional time is needed for all the steps before and after.

Right after the procedure:

- + You will be taken to the post-op area.
- + Your nurse will call for your parent or guardian to come be with you as soon as you begin to wake up.



Pediatric and Adolescent Gynecology
UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS

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.



- + You will have a snack and relax until you are ready to get dressed and go home.
- + Your nurse will go over instructions before leaving.
- + Usually, medication to prevent cramping is given at the time of the procedure or right after. Your nurse will let you know when it will be time to take your next dose of ibuprofen (Motrin) and/or acetaminophen (Tylenol). It is important to take these medications to prevent cramps for at least the first day after your procedure. After the first day, you can take them as needed or as directed by your doctor.
- + Once you are home, please call us (720-777-2667) if you have fever or chills, severe pain and cramping, or increased and heavy bleeding.



The days after your procedure

- + Expect a call from our nurse in the 1-3 days after your procedure to see how you are feeling.
- + Please call us (720-777-2667) if you have fever or chills, severe pain and cramping, or increased and heavy bleeding.

Additional information on what to expect after your procedure:

- + For many people, the IUD does not stop all bleeding right away. There is usually some bleeding or spotting for weeks or months after getting an IUD.
- + Your doctor will tell you how long to stay on any other hormonal medications after getting your IUD.
- + Cramping can also be normal after getting an IUD but should get better with time and not be severe. Let us know if cramping continues longer than 1 week after getting an IUD, or anytime if it is severe.
- + The IUD can be removed at any time, but it works for 7 years. At that time, a new IUD can be placed.
- + Most people who have an IUD will have less bleeding over time. If periods suddenly become heavy and regular again, please let us know.
- + The plan for follow-up is different for every patient. Please let us know if you have questions about when you should schedule your next appointment with us.



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



Pediatric and Adolescent Gynecology
UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS

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.