

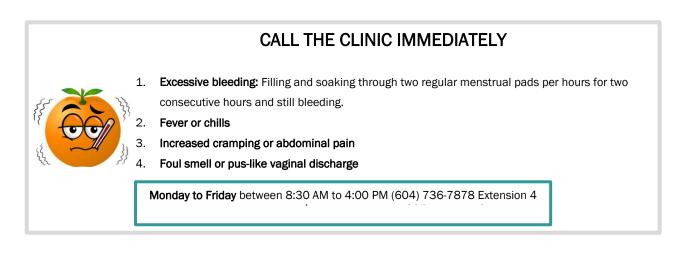
POST COPPER-IUD INSERTION

WHAT TO EXPECT	
	FIRST FEW DAYS
\sim	You may experience mild to strong cramping
	You may experience light bleeding (spotting)
	 Any over-the-counter pain medication that you usually take for menstrual
	cramping can be used to relieve discomfort
	SEVERAL MONTHS POST-INSERTION
Jo	 You may experience bleeding between your periods for several months after insertion
	Heavier and longer menstrual periods are a common side effect; this may decrease over time.

HOW TO CHECK YOUR IUD STRINGS

If you would like to check the strings of your IUD, you can do so, after your period, as follows:

- 1. Insert your finger into you vagina and feel for your cervix at the top of your vagina; it feels harder than your vagina.
- 2. Feel for thin, plastic strings coming out of the opening of your cervix
- If you can't feel the strings: feel around your cervix as the strings can coil around your cervix
 *IMPORTANT: if you cannot feel the strings it does not necessarily mean that the IUD has been expelled, but feel free to return to our clinic or another health care provider to check.



When you would like to have your IUD removed, you can return to our clinic or to another health care provider

IUD

REMOVAL