

WHAT TO EXPECT



FIRST FEW DAYS

- 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

- 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
3. **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.

CALL THE CLINIC IMMEDIATELY



1. **Excessive bleeding:** Filling and soaking through two regular menstrual pads per hours for two consecutive hours and still bleeding.
2. **Fever or chills**
3. **Increased cramping or abdominal pain**
4. **Foul smell or pus-like vaginal discharge**

Monday to Friday between 8:30 AM to 4:00 PM (604) 736-7878 Extension 4

IUD
REMOVAL

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