



Other possible concerns

Live as usual, there is nothing special to think about. You can use a menstrual cup or tampon if you need to.

You can feel for the spiral threads yourself, so you know it's there. The midwife will be happy to show you how to do it.

Come for a return visit if and when you want, contact us for any questions that may arise.

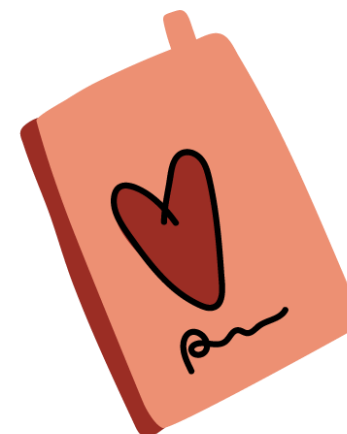
When it is time to replace or remove the IUD, contact us again.

Ungdomsmottagning Västra Götaland

www.vgregion.se/ungdomsmottagning



Information before IUD insertion



Insertion of IUD

An IUD (copper or hormonal IUD) can be inserted at any time during the menstrual cycle.

Copper IUDs can be used as a "day-after method" and prevent pregnancy up to five days after unprotected intercourse.

If you insert a hormonal IUD within seven days of the first day of your period, it provides protection against pregnancy immediately. If hormonal IUDs are inserted during the second part of the menstrual cycle, you need to protect yourself extra, with for example condom, for the first seven days.

Pregnancy test

Pregnancy tests (urine samples) are often taken in connection with insertion. A new pregnancy test needs to be taken four weeks later if you have not had a safe method of contraception before insertion.

Before and during deposit

You'll pick up the hormonal IUD at the pharmacy. You will receive a prescription from your midwife. The IUD is small, but the package is large because it contains an insertor.

Copper IUDs are available at the youth clinic.

Just when the IUD is put in place, it can hurt, so we recommend that you take painkillers before you come for insertion. For example, take ibuprofen 400mg or paracetamol 1g 1 hour before your booked appointment.

The pain usually passes quickly and once the IUD is in place, it should not be felt.

Some people experience rapid transient nausea during and/or after insertion.

Watch a film about insertion of hormonal IUDs here (swedish text and sound)

Subtitled: [Link](#)

Audio description: [link](#)

