



# Patient information on IUD insertion in connection with a planned cesarean section (C-section)

**The maternity care department in Gothenburg offers IUD insertion in connection with surgery to patients undergoing a planned C-section. This has been shown to be safe and effective in several studies. It can be reassuring to get one of the most effective contraceptives immediately after giving birth. IUD insertion does not affect breastfeeding or your baby.**

If you would like a copper IUD, you can get one at no cost at the delivery ward. If you want a hormonal IUD instead, your midwife at the midwifery clinic (Barnmorskemottagningen, BMM) can write you a prescription for it. You then collect the IUD from the pharmacy and bring it with you on the day of the operation. Whatever type of IUD you choose, it is important that you inform us on the day of admission that you wish to have it inserted.

The C-section is performed according to standard procedures. After the baby is born and the placenta is out, the IUD is inserted into the uterus and the IUD strings are inserted into the vagina before the uterus is closed up.

The uterus will decrease in size after the pregnancy. This leads to the coil strings in the vagina becoming too long. The midwife at the midwifery clinic (BMM) will check the strings when you come for a follow-up visit a few weeks after giving birth. If necessary, the midwife will then shorten the IUD strings to the appropriate length. If the midwife cannot see the IUD strings, you will need to see a gynecologist to confirm that the IUD is positioned correctly.

If you have problems with the IUD strings before the scheduled aftercare visit at the maternity clinic (Mödravårdscentral, MVC), please contact the midwifery clinic (BMM). If you have abdominal pain, fever or abnormal bleeding, you should contact the emergency department for pregnant women and newly delivered women at the Östra Hospital.

There is no danger if you notice that you have pushed out the spiral. If this happens you can contact your midwife at the midwifery clinic (BMM) for a new IUD insertion. Unfortunately, if you want a hormonal IUD, you will have to buy a new one. Remember that you have no protection against pregnancy until a new IUD is inserted, so you will need to use condoms consistently during intercourse.

In some cases, it may be difficult to insert the IUD at the time of the C- section. When this happens, the IUD may be inserted at a later visit to the midwifery clinic.

## **Insertion of a contraceptive implant (Nexplanon) after childbirth**

It is possible to have a contraceptive implant inserted immediately after childbirth in connection with aftercare at the maternity ward. It is a long-acting contraceptive method that is safe even during breastfeeding. Your midwife can provide more detailed information on how the contraceptive implant works. If you need help inserting the contraceptive implant in the maternity ward, your midwife will provide you with a prescription for it. You can pick up the contraceptive implant (Nexplanon) at the pharmacy and take it with you when it is time to give birth. We will make sure the implant is inserted before you go home from the maternity ward, even if you go on a so-called "early discharge".

The implant is inserted directly under the skin on the inside of the upper arm. You usually choose the arm that you do not use for writing. The implant is placed in a special insertion sleeve, and you will be given local anesthesia before it is inserted. When the implant is in the right position, it is possible to feel it through the skin. The midwife or doctor inserting the implant will show you this.

In the first few days after insertion, it is important to monitor the wound and look for any signs of infection. If the wound starts to bleed, becomes more painful after 2-3 days, or becomes warm, red and starts leaking pus, contact your midwife or the contact person at the maternity ward.

The contraceptive implant can stay in place for up to three years. If you want to have your contraceptive device changed after three years or removed before that, your midwife at the midwifery clinic can help you.