



## Appointments for IUD/ IUS Insertion at PIPC

An IUD or IUS is an excellent form of effective birth control for many women. Please refer to the other information you have been given for details regarding efficacy, safety, side effects (and/or see: [www.sexualityandu.ca](http://www.sexualityandu.ca))

Now that you have decided to proceed with the insertion it is important that the following instructions are followed carefully.

### Remember:

1. Ideally the insertion is done during your normal menstrual bleeding. (\*if you are not having menstrual periods –see below\*).
2. Once your period starts DO NOT have sexual intercourse until 2-3 days after the insertion is done.
3. Book your appointment for the insertion for day 3 or 4 after the estimated start of your period. If your period starts earlier or has not started by the day before your appointment then **call our office (705) 741 1191**.
4. If your normal period is shorter we can usually still do the insertion up to 7-10 days after the first day of bleeding, even if bleeding is over. Do **not** have intercourse. We will do our best to get you an appointment at the soonest, safest time for insertion. (use DIN # 02243005 at <https://secure.mirena.ca/Login.aspx> for more information)

\*Women that are **not having menstrual bleeding** due to breastfeeding, depoprovera etc- please review these details carefully with the doctor prior to booking your insertion. It is essential that we determine that there is no possible way for you to be pregnant.

### We require that you:

- Do NOT have sexual intercourse for 10 days and then have a blood pregnancy test (BHCG). (You will be given a lab requisition for this.)
- We will do the insertion once a negative test result is confirmed.
- DO **NOT** have intercourse until after the insertion.
- We will book your insertion whenever you can tell us that you will not have had intercourse for 10days and you are able to do the blood test. Try and calculate this while you are at our office for the visit **PRIOR** to the insertion.

If you have been given Misoprostol premedication please see the additional information on handout for those directions

**CALL us if you are uncertain about any of these instructions  
or need to change your appointment: 705-741-1191**



# Misoprostol Instructions

You have been prescribed two pills of a medication called Misoprostol. This medication softens your cervix to make it easier for the doctor to insert your IUD/IUS. You are to use this medication at home **before** coming to the appointment. **This medication is not safe to use if you may be pregnant!**

How to use Misoprostol: put the two pills (200 mcg in each pill) into your vagina as high as you can get them.

\*If your appointment is scheduled in the morning, insert the pills before you go to bed **the night before**.

\*If your appointment is scheduled in the afternoon, insert the pills **3-4 hours prior** to your appointment time.

You may take acetaminophen (Tylenol) for cramps.

**Do NOT use acetylsalicylic acid (Asprin, ASA) or Ibuprophen (Advil)** as they will stop the Misoprostol from working.

## **Side Effects may include:**

Chills, fever, nausea, vomiting and/or diarrhea (these are usually mild if experienced at all), bleeding, cramping (even if this happens come to your scheduled appointment)

**It is occasionally necessary to use a disposable instrument, the cost of which is \$10.00 and not covered by OHIP. If used, you will be charged for this.**

Finally, please eat a good breakfast or lunch prior to your appointment; it will help you feel better during and after the procedure.

Reviewed Oct 1, 2012

Reference: [http://misoprostol.org/File/IJGO\\_priming\\_Fiala.pdf](http://misoprostol.org/File/IJGO_priming_Fiala.pdf)