



INTRAUTERINE CONTRACEPTIVE DISCHARGE INSTRUCTIONS

After your procedure:

- You may continue to experience mild cramping for up to 7 days after your insertion. You are welcome to manage this cramping with ibuprofen 600mg to 800mg every 6-8 hours (or any medication you normally use to manage menstrual cramps) as needed if you tolerate.
- Use back up contraception (ie. condoms, abstinence, etc) for 7 days after your insertion.
- Avoid the use of tampons, menstrual cups or vaginal-penile intercourse within the first 24 hours of your procedure to minimize the risk for infection.
- If you develop symptoms of fever, abnormal vaginal discharge or lower abdominal pain, please call the clinic at 204-958-6777 or contact your healthcare provider.
- Check your strings within the first 6 weeks of your insertion. It is normal to only be able to feel one of your strings. If you are unable to feel your strings, please contact our clinic to arrange for a string check earlier.
- Be sure to call the clinic to book your 3 month IUC check appointment to check your IUC strings and see how you are tolerating the device. It is recommended you book this appointment prior to leaving the clinic after your insertion.