

Southwest Women's Care IUD PLACEMENT INSTRUCTIONS

- There are 2 types of IUDs. The Mirena is a hormonally active IUD that is effective for up to 5 years. The ParaGard is a copper based IUD that is effective for up to 10 years. Be sure to ask your doctor which one is the best choice for you.
- Once you have decided on the type of IUD, call the office to schedule an appointment to insert it.
- DO NOT HAVE UNPROTECTED INTERCOURSE FOR ONE MONTH PRIOR TO HAVING THE IUD PLACED! USE CONDOMS, OR ABSTINENCE TO BE ABSOLUTELY SURE YOU ARE NOT PREGNANT.
- A URINE PREGNANCY TEST WILL BE PERFORMED IN THE OFFICE PRIOR TO YOUR APPOINTMENT.
- YOU WILL NEED TO HAVE CULTURES FOR GONORRHEA AND CHLAMYDIA REPORTED AS NEGATIVE PRIOR TO YOUR APPOINTMENT! (When you have made your appointment for insertion, you can also schedule to come by the office to leave a urine sample to screen for these STD's, or the office can send orders to a lab that is convenient for you. The results will take up to one week.)
- IF WE DO NOT HAVE THE RESULTS OF YOUR CULTURES WE CANNOT PLACE THE IUD.
- IF YOU HAVE HAD UNPROTECTED INTERCOURSE 4 WEEKS PRIOR TO YOUR APPOINTMENT WE CANNOT PLACE THE IUD.
- PLEASE CALL THE OFFICE WITH ANY QUESTIONS OR CONCERNS, 480-785-2100.