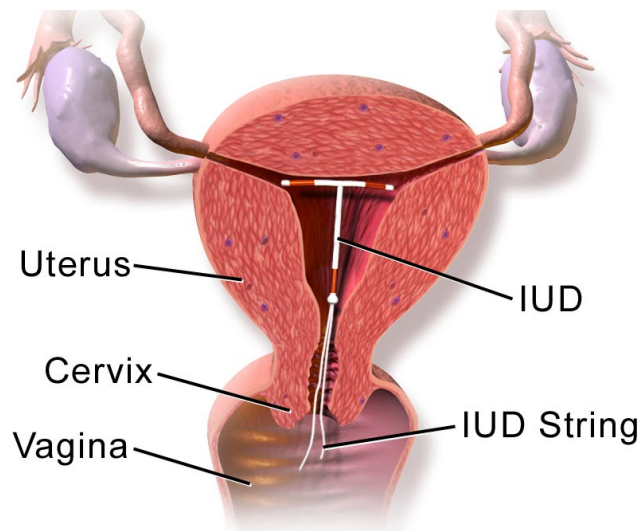


# Intrauterine Device (IUD) Insertion and Removal: About the Procedure

## What is an Intrauterine Device (IUD)?

An intrauterine device (IUD) is a very effective method of birth control. It is a small, plastic, T-shaped device that contains copper or hormones. The doctor inserts the IUD into your uterus. If you are pregnant and consider using the IUD after giving birth, it can be inserted right after you have your baby.

The IUD is safe to use while breastfeeding. A string tied to the end of the IUD hangs down through the cervix into the vagina.



## Intrauterine Device (IUD)

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There are two types of IUDs:

- The copper IUD is effective for up to 12 years.

- The hormonal IUD is effective for 3-7 years, depending on which IUD is used. But your doctor may talk to you about leaving it in for longer. The hormonal IUD also reduces menstrual bleeding and cramping.
- Both types of IUD mostly work by damaging or killing the man's sperm. This means that the woman's egg can't join with the sperm. IUDs may also change the lining of the uterus so that the egg does not lodge there.

### **How do I prepare for my IUD insertion?**

Your provider will make every attempt to complete this procedure during the scheduled time, however, sometimes a second visit may be needed, depending on your circumstances.

On the day of the IUD insertion, you will have a pregnancy test. Your provider may recommend against having a procedure if there is any chance that you could be pregnant at the time of your visit. If it is possible, you may become pregnant prior to procedure, you should:

- Abstain from intercourse 2 weeks before your appointment
- or**
- Use a method of birth control regularly for 2 weeks before your appointment
- **Or**
- You may schedule your appointment within the 7 days following the first day of your period.

Some but not all insurance companies cover the cost of the device and the procedure. Please take the time to determine how you will handle the cost or payment.

- You **must** call your insurance company using the number on the back of your card to confirm whether they will pay for the IUD service, insertion,

and clinic visit. Also, ask what costs you will be responsible for. We can never guarantee insurance coverage.

- The codes you will need to give your insurance company to check coverage are:
  - Mirena: J7298 + insertion code 58300
  - Paraguard: J 7300 + insertion code 58300
  - Skyla: J 7301 + insertion code 58300
  - Kyleena: J 7296 + insertion code 58300
  
- You will be asked to sign a waiver stating that you understand you may be asked to pay any charges not covered by your insurance. If you cannot or will not sign that waiver, you cannot have an IUD inserted and will need to consider other contraceptive options.

Instructions for just before and when you arrive for your appointment:

- Eat something light before your appointment
- Do not urinate just before arrival, you will need to give a urine sample for a pregnancy test.
- To manage any pain, take an over-the-counter pain medication such as acetaminophen (Tylenol), ibuprofen (Advil, Motrin), or naproxen (Aleve) 30 minutes before you arrive

### **What happens after my IUD insertion?**

We will provide instructions for self-care after the procedure, and you may want to rest for the rest of the day, so:

- Plan to rest at our clinic for 5 minutes after procedure
- Don't schedule any significant activities or events immediately after insertion
- Your provider will review with you when your device is expected to be effective at preventing pregnancy.

## **How can I care for myself at home?**

- You may experience some mild cramping and light bleeding (spotting) for 1 or 2 days. Use a hot water bottle or a heating pad on the lowest setting on your belly for pain.
- Take an over-the-counter pain medicine, such as acetaminophen (Tylenol), ibuprofen (Advil, Motrin), or naproxen (Aleve) if needed. Read and follow all instructions on the label.
- Do not take 2 or more pain medicines at the same time unless the doctor told you to. Many pain medicines have acetaminophen (Tylenol). Too much acetaminophen (Tylenol) can be harmful.
- If the IUD comes out, save it, and call your doctor. Be sure to use another form of birth control while the IUD is out.
- Use latex condoms to protect against sexually transmitted infections (STIs), such as gonorrhea and chlamydia. An IUD does not protect you from STIs.

## **When should I call for help?**

**Call 911** anytime you think you may need emergency care. For example, call if you:

- Passed out (lost consciousness).
- Have sudden, severe pain in your belly or pelvis.

**Call your doctor now** or seek immediate medical care if:

- You have new belly or pelvic pain.
- You have severe vaginal bleeding. This means that you are soaking through your usual pads or tampons each hour for 2 or more hours.
- You are dizzy or lightheaded, or you feel like you may faint.
- You have a fever and pelvic pain or vaginal discharge.
- You have pelvic pain that is getting worse.

Watch closely for changes in your health, and be sure to contact your doctor if you:

- Cannot feel the string, or the IUD comes out.
- Feel sick to your stomach, or you vomit.
- Think you may be pregnant.

### **What should I do if I want my IUD removed?**

Please take the time to determine how you will handle the cost or payment for removal.

- You **must** call your insurance company using the number on the back of your card to confirm whether they will pay for the IUD service, removal, and clinic visit. Also ask what costs you will be responsible for. We can never guarantee insurance coverage.
- The code you will need to give your insurance company to check coverage is:
  - Removal Code **58301**
- You will be asked to sign a waiver stating that you understand you may be asked to pay any charges not covered by your insurance. If you cannot or will not sign that waiver, you cannot have an IUD inserted and will need to consider other contraceptive options.

### **Where can I learn more?**

To learn more about Intrauterine Device (IUD) insertion follow these instructions:

1. log into your patient portal at <http://www.MyUofMHealth.org>
2. Open the menu
3. Click "Search Healthwise Health Library"
4. Enter **U681** in the search box and click the "Intrauterine Device (IUD) for Birth Control" link.

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Author: Charisse Loder, MD

Reviewers: Rosalyn Maben-Feaster, MD

Edited by: Karelyn Munro BA

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