

# Intrauterine Device (IUD) Insertion after Delivery: Discharge Instructions

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You had an IUD placed after your delivery. An IUD is a very small T-shaped device a doctor puts into your uterus to prevent pregnancy.

## **What should I do if my Intrauterine Device (IUD) falls out?**

There is a risk that the IUD will fall out before your next visit with us. If this happens, you can get pregnant. You can call us to discuss your contraceptive options. If you'd like, we can place another IUD at your postpartum follow-up visit.

## **What are the potential complications of an IUD?**

Some women experience changes to their menstrual cycle, including unpredictable vaginal bleeding. Rarely, women may have complications after placement of an IUD. If you experience any of the following, please call us:

- Infection
- Fever greater than 100.4°
- Chills
- Severe abdominal (belly) pain
- Or heavy vaginal bleeding

## **What if I can feel my IUD strings?**

As the uterus shrinks after pregnancy, the IUD strings will become longer. For some women, this can be uncomfortable. If you feel your IUD strings, be careful not to pull on them, as this may cause your IUD to fall out. Your IUD strings can be trimmed at your scheduled follow-up visit or sooner, by appointment.

## **Are IUD's safe while breastfeeding?**

Current evidence suggests that IUDs are safe for breastfeeding moms. If you have any concerns about breastfeeding challenges, please contact our lactation experts.

## How long will my IUD last?

The following table shows how long each type of IUD will provide birth control:

Type of IUD (commercial name)	Time approved for:
Paragard	10 to 12 years
Mirena	5 to 7 years
Liletta	5 years
Skyla	3 years
Kyleena	5 years

Remember, you can have your IUD removed at any time. If you have questions about access to removal, or any concerns about out of pocket costs for this service, please contact your clinic.

Please contact us with any questions or concerns or to schedule an appointment.

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