

Integrated Sexual Health

IUS and IUD Aftercare

1. We used to offer a 6-week check after an IUD or IUS fitting, but for many people this is not necessary. If you would like one, it can be done here or by your practice nurse. If you have any problems at any time then we would like you to contact us for advice.
2. You may experience some cramping and bleeding for the next few days. This is normal. Painkillers can ease the cramps. If it is worse than a bad period then contact the clinic or a GP.
3. There is a slightly higher risk of infection in the 3 weeks after insertion. If you have fever, abdominal pain or a smelly discharge contact us or a GP.
4. We would recommend not using tampons or menstrual cup for the first 6 weeks and using extra protection such as condoms. This is because it is more likely that the device will fall out just after insertion.
5. Ideally you should check your threads after every period or once a month if you have no periods. If you cannot feel your threads or feel the end of the device, do not have any unprotected sex and contact us. If you don't want to check the threads, that is fine, but be aware of any change in your bleeding pattern and let us know if you feel anything has changed.
6. Irregular bleeding and spotting can occur in the first 6 months with an IUS but will usually settle.
7. It is normal to have spotting between periods for 2-3 months with a copper IUD. You may experience painful and heavier periods going forwards, but these may improve with time.
8. If you think you may be pregnant or if you have new pain or discharge, seek medical attention.
9. If your partner can feel the device during sex then let us know.

Please contact us on 642186 or 650710 if you have any problems.