

## IUD CHECK LIST FOR PATIENTS.

### At the office visit prior:

- Pap/ STD testing upto-date.
- Sonogram to check uterine cavity done.
- Paper work signed.

*You will get a call from us to inform that we have the IUD.*

*If you don't hear from us in 2 weeks, please call us or email us.*

### For IUD insertion visit:

- **Call on Day 1 of period** to schedule IUD insertion. Needs to be done towards the end of the period.
- Please eat something at least 1-2 hours before appt.
- Take **600 mg Ibuprofen** (if not allergic) after food 1 hour before appt. OR **Tylenol (1000mg)** if allergic to Ibuprofen.
- Follow up appt. in 1 month for sonogram to check IUD placement.
- Expect cramping for 2-3 days after procedure and next few periods.
- Can take Ibuprofen (600mg) or Tylenol (650mg) every 6-8 hrs for that pain.
- Check IUD by Ultrasound once a year.