**Mirena/Liletta/Kyleena Insert**

**Many women feel perfectly fine right after they get an IUD** (intrauterine device)**, while others need to take it easy for a while. There can be some cramping and backaches, so plan on chilling at home after your appointment if possible. Heating pads and over-the-counter pain meds can help ease cramping as well.**

**- In the first 3 to 6 months:**

Your period may be irregular

Your period may be heavier at first and the number of bleeding days may increase

You may have frequent spotting or light bleeding

A few women may find that their periods are heavier than normal. Some women have heavy bleeding during this time. Call your healthcare provider if your period continues to be heavier than usual.

About a month after IUD is inserted, your health care provider may re-examine you to make sure the device hasn't moved and check for signs and symptoms of infection.

While you're using Mirena, Kyleena or Liletta contact your health care provider immediately if you have:

* Signs or symptoms of pregnancy
* Unusually heavy vaginal bleeding such as soaking a pad or tampon in an hour.
* Foul vaginal discharge
* Worsening pelvic pain
* Severe abdominal pain or tenderness
* Unexplained fever
* Possible exposure to a sexually transmitted infection
* You have breakthrough bleeding or bleeding after sex
* Sex is painful for you or your partner
* The strings are missing or suddenly seem longer
* You feel part of the device at your cervix or in your vagina

It's also important to contact your health care provider immediately if you think your IUD is no longer in place.

Your health care provider will check the location of IUD and remove it if necessary

**After you have used IUD for a while:**

The number of bleeding and spotting days is likely to lessen

There is a small chance that your period will stop altogether

These effects may continue for as long as you have the IUD. However, your period is likely to return once IUD is removed. If you haven't gotten your period for 6 weeks or more during IUD use, or you feel like you may be pregnant, call your healthcare provider to rule out pregnancy.

Mirena/Kyleena/Liletta may also affect heavy periods in other ways. The number of spotting and bleeding days may initially increase but then typically decreases in the months that follow. Bleeding may also continue to be irregular. Call your healthcare provider if bleeding becomes heavy after it has been light for a while.

If you have any additional questions or concerns you may contact our office 801-756-5288 or go to Mirena website [www.mirena-us.com](http://www.mirena-us.com) or [www.Liletta.com](http://www.Liletta.com)

**ParaGard IUD Insert**

**After the procedure**

Many women feel perfectly fine right after they get an IUD (intrauterine device), while others need to take it easy for a while. There can be some cramping and backaches, so plan on resting at home after your appointment if possible. Heating pads and over-the-counter pain meds, such as Ibuprofen, can help ease cramping as well.

Once PARAGARD is placed by your healthcare professional you shouldn’t be able to feel it. You can still use tampons. It fits securely in your uterus, so your partner shouldn’t feel anything during sex either.  
Make sure to do the monthly string check as shown by your healthcare professional.

You may have heavier, longer periods and spotting between periods. Most of these side effects diminish after 2 to 3 months. However, if your period continues to be heavy or long, or if spotting continues, contact your healthcare professional.

After every period, check to feel that ParaGard's strings are protruding from your cervix. Don't pull on the strings. It's OK to use tampons with ParaGard.

About a month after ParaGard is inserted, your health care provider may re-examine you to make sure the device hasn't moved and check for signs and symptoms of infection.

While you're using ParaGard, contact your health care provider immediately if you have:

* Signs or symptoms of pregnancy
* Unusually heavy vaginal bleeding
* Foul vaginal discharge
* Worsening pelvic pain
* Severe abdominal pain or tenderness
* Unexplained fever
* Possible exposure to a sexually transmitted infection
* You have breakthrough bleeding or bleeding after sex
* Sex is painful for you or your partner
* The strings are missing or suddenly seem longer
* You feel part of the device at your cervix or in your vagina
* Your health care provider will check the location of ParaGard and remove it if necessary.

It's also important to contact your health care provider immediately if you think ParaGard is no longer in place.

If you have any further questions or issues you can either call our office 801-756-5288 or go to ParaGard web site [www.paragard.com](http://www.paragard.com)

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