

Inserting an IUD or IUS

Kōkuhu i te taputapu ārai hapū ā-kōpū (IUD), te IUS rānei

If you decide to use an IUD or IUS for contraception, you'll need to make an appointment to get it inserted.

If your GP doesn't insert IUDs, they'll refer you to another GP who does. You can also go to a Sexual Wellbeing Aotearoa Clinic.

The GP you're referred to may want you to have an extra appointment before they put in your IUD.

You'll usually need to have swab or urine test for infection before your IUD is fitted.

To make sure you aren't pregnant when your IUD is fitted, you must either:

- be using reliable birth control, or
- not have sex from the first day of your period until after your IUD is fitted.

Women who shouldn't have an IUD or IUS

Please tell your GP if you:

- have a blood disorder
- are on blood-thinning medication
- have pelvic pain or discharge
- have a heart murmur or rheumatic heart disease
- are unwell with a fever on the day you plan to have the IUD inserted
- have been pregnant within the past four weeks.

Inserting the IUD

Before the appointment

It's a good idea to take some pain relief one to two hours before your appointment. Paracetamol or an anti-inflammatory such as ibuprofen are suitable.

You should arrange to have someone you can call to come and collect you in case you feel too unwell to drive, although this is very unlikely. You might like to arrange a support person to come with you.





During the appointment

First, the doctor will want to check the size and position of your womb. They'll do this by gently placing two fingers in your vagina then placing their other hand on the lower part of your abdomen.

The doctor will then insert an instrument called a speculum into your vagina (like when you have a cervical screening test).

They'll place a holder on your cervix to keep it steady while they move a thin instrument through your cervix into your womb. This measures the length of your uterus and opens the cervix so the IUD can be inserted.

The doctor will then insert the IUD.

You may feel some cramping while this is happening.

After the appointment

- You may have some spot bleeding for a few days – please bring a pad with you.
- A few women feel light-headed and nauseous after they have an IUD inserted. If this happens, it normally only lasts a short time. That's why it's important to organise someone who can collect you if you don't feel well enough to drive.
- There's a very small risk of pelvic infection from the procedure. You may feel some pelvic discomfort for a short time after the procedure, but if you have any pelvic pain or abnormal discharge more than 48 hours afterwards, see your doctor.
- You shouldn't have sex or use tampons for the first 48 hours after the IUD is inserted as this may increase the risk of infection.

Protection from pregnancy

Copper IUDs protect you against pregnancy as soon as they're fitted.

A Mirena or Jaydess IUS doesn't work as a contraceptive until seven days after it's put in (unless it's fitted within seven days of the start of your period).

Follow-up

You may have a follow-up visit six weeks after the procedure with your GP or the GP who performed the procedure. This is to check the strings from the IUD or IUS and discuss any concerns you might have about the device.

If you have any problems before this appointment, contact your general practice team or the after-hours service.

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