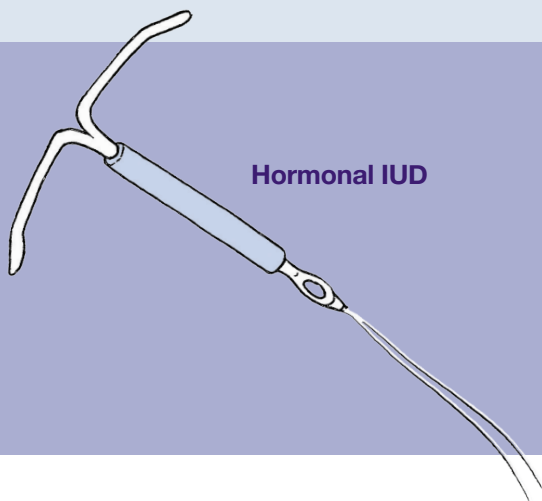


Important

If you have any of these issues, see Sexual Wellbeing Aotearoa or your health provider as soon as possible.

- Pain in your lower tummy
- Unusual or smelly discharge
- Bleeding that is heavy, painful or annoying
- Pain with sex
- If your temperature is up PLUS any of the above
- Unable to feel IUD threads (if you could before)
- Can feel plastic stem of your IUD

If you want to use your hormonal IUD for contraception as well as for managing your bleeding, you should talk with Sexual Wellbeing Aotearoa or your health provider first.



Instructions for Hormonal IUD for heavy bleeding

NGĀ TOHUTOHU MŌ TĒTAHI IUD TAIAKI MŌ TE IKURA

Your IUD was put in on

_____ DATE

Your IUD is called

Your first IUD check is due on

_____ DATE

Your IUD will be due for renewal or
replacement on

_____ DATE

or if your bleeding returns.

Side effects

You might have some cramps and light bleeding. These might last for several months.

Crampy stomach pains are normal.

Take paracetamol, ibuprofen or whatever you normally take for period pain.

What else to know

Do not put anything in your vagina for two days after your IUD is inserted.

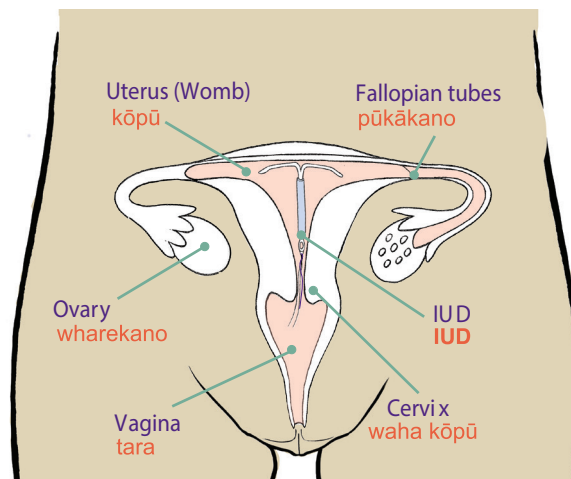
Get a check if you have pain, discharge, or problem bleeding.

Removing your IUD

Your IUD can remain in place until your bleeding returns or you think your periods have stopped. At this time, the IUD can be removed and a new IUD inserted if needed.

How to check if your IUD is still in place

Your IUD has threads. These come through the opening of your cervix into the top of your vagina.



Some people are able to feel the threads to check their IUD is in place.

Do this one week after your IUD has been put in and after every period or at the beginning of each month.

If you feel the plastic stem of the IUD or you think it's coming out, contact Sexual Wellbeing Aotearoa or your health provider as soon as possible.