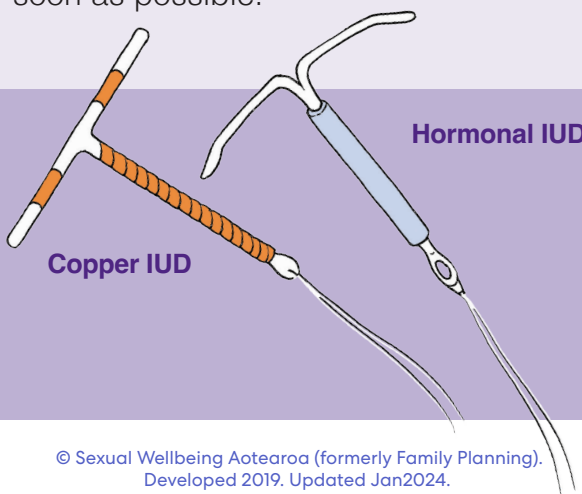


# Important

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 between periods
- Really heavy or painful periods
- 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 IUD

If there is a chance you could be pregnant or you have any symptoms of pregnancy, see Sexual Wellbeing Aotearoa or your health provider as soon as possible.



## Instructions for Copper IUD or Hormonal IUD for contraception

**NGĀ TOHUTOHU MŌ TE IUD KONUKURA,  
TE IUD TAIKI RĀNEI HEI ĀRAI HAPŪ**

Your IUD was put in on

\_\_\_\_\_ DATE

Your IUD is called

\_\_\_\_\_

You will be safe from pregnancy

Now

In 7 days

Your first IUD check?

\_\_\_\_\_ DATE

Your IUD will be due for renewal or replacement

\_\_\_\_\_ DATE

## Side effects

You might have some cramps and light bleeding in the next month. If you are using a hormonal IUD these may 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 2 days after your IUD is inserted.

If you are using a copper IUD, you should get a pregnancy test if you miss a period. You may not get your period if you're using a hormonal IUD so you should see a nurse or doctor if you think there's a chance you could be pregnant.

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

## Removing your IUD

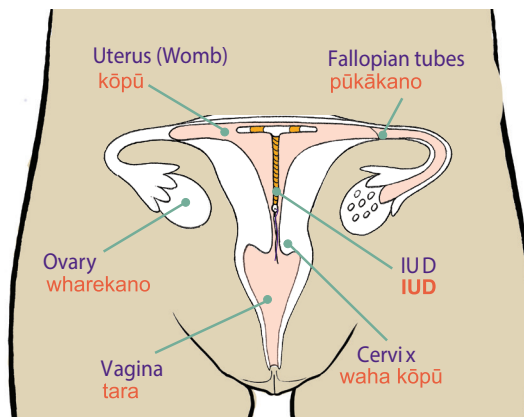
If you are planning a pregnancy or do not need contraception, your IUD can be removed at any time.

It is best to have it removed when you have your period.

If you do not want to get pregnant after your IUD is taken out, use another method of contraception for the 7 days before you have it taken out.

## 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 the 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.

Do not worry if you cannot feel the threads - most women cannot.

If you or your partner feel the plastic stem of the IUD or you think it's coming out, do not have sexual intercourse as you could get pregnant.

Contact Sexual Wellbeing Aotearoa or your health provider as soon as possible.