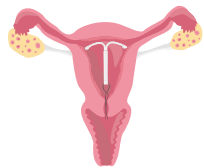


Learning About Your Hormonal IUD

You have selected to have a **hormonal IUD** placed immediately after you deliver. The hormonal IUD is a form of birth control inserted into your uterus by your provider that is 99.8% effective at preventing pregnancy. It works over a period of 3-7 years, depending on the type of IUD that was inserted. After that time, you should have the IUD removed and/or replaced. It contains only one hormone, progestin, that has been proven safe for women who smoke, are breastfeeding, have high blood pressure or a history of blood clots or stroke.



This device will be placed into your uterus right after your delivery. If you have a vaginal delivery, it will be placed in your labor room after the placenta is removed. If you have a Cesarean section, it will be placed during the surgery, after the placenta is removed.



Side Effects

The most common side effects from the hormonal IUD include:

- 1 Spotting or irregular bleeding: The bleeding is generally light but can get heavy or last for an extended period of time. Often the bleeding will lessen and may eventually stop. Although not harmful, if the bleeding is bothersome to you, contact your health care provider because there are treatments she/he can suggest to reduce the bleeding.
- 2 Not having a period
- 3 Increased cramping right after placement



A hormonal IUD is safe for women who breastfeed. It could decrease your milk production and supply. You should talk about this with your health care provider prior to placement, especially if your goal is to exclusively breastfeed.



Call your healthcare provider

if you are having any of the following signs or symptoms:

- Foul smelling discharge
- Pain in your lower leg or groin area that will not go away
- Fever and/or chills
- Pain or cramping that is getting worse (could be a sign of the IUD coming out)
- Any increased feelings of sadness or feeling depressed
- A lump in your breast
- If you once felt your strings but can no longer feel them
- If you think you might be pregnant
- Difficulty with breastfeeding or low milk supply.



Go immediately to the emergency room (ER)

if you are having any of the following signs or symptoms:

- Sudden, severe abdominal pain
- Severe chest pain
- Shortness of breath
- Swelling of the face, tongue or throat
- Slurred speech, weakness in arms or legs
- Sudden severe headache with blurred vision

If you would like to have the device removed, contact your OB doctor, local Health Department or other Family Planning Clinic to speak with someone about removal. You can also go to www.nodrama.org to find a facility that can help you with removal.



SCHOOL OF MEDICINE

Center for
Maternal and
Infant Health

Discharge Instructions for Your Hormonal IUD

The **hormonal IUD** is a form of birth control inserted into your uterus by your provider that is 99.8% effective at preventing pregnancy. It works over a period of 3-7 years, depending on the type of IUD that was inserted. After that time, you should have the IUD removed and/or replaced. It contains only one hormone, progestin, that has been proven safe for women who smoke, are breastfeeding, have high blood pressure or a history of blood clots or stroke.

You will want to make sure that the device has not come out during the first few weeks after it has been placed. You can do this by checking the IUD strings frequently. Make sure you do not see the device in the toilet or on your pad after wiping. Use condoms or another form of birth control if the device comes out. You will need to see your provider to have another device placed.

Side Effects

The most common side effects from the hormonal IUD include:

- 1 Spotting or irregular bleeding: The bleeding is generally light but can get heavy or last for an extended period of time. Often the bleeding will lessen and may eventually stop. Although not harmful, if the bleeding is bothersome to you, contact your health care provider because there are treatments she/he can suggest to reduce the bleeding.
- 2 Not having a period
- 3 Increased cramping right after placement



A hormonal IUD is safe for women who breastfeed. It could decrease your milk production and supply. You should talk about this with your health care provider prior to placement, especially if your goal is to exclusively breastfeed.



Call your healthcare provider

if you are having any of the following signs or symptoms:

- Foul smelling discharge
- Pain in your lower leg or groin area that will not go away
- Fever and/or chills
- Pain or cramping that is getting worse (could be a sign of the IUD coming out)
- Any increased feelings of sadness or feeling depressed
- A lump in your breast
- If you once felt your strings but can no longer feel them
- If you think you might be pregnant
- Difficulty with breastfeeding or low milk supply.



Go immediately to the emergency room (ER)

if you are having any of the following signs or symptoms:

- Sudden, severe abdominal pain
- Severe chest pain
- Shortness of breath
- Swelling of the face, tongue or throat
- Slurred speech, weakness in arms or legs
- Sudden severe headache with blurred vision

If you would like to have the device removed, contact your OB doctor, local Health Department or other Family Planning Clinic to speak with someone about removal. You can also go to www.nodrama.org to find a facility that can help you with removal.



SCHOOL OF MEDICINE
Center for
Maternal and
Infant Health