

Burlington Primary Care

Advice for Patients Following an IUD or IUS Insertion

After the insertion it is normal to have some light to moderate bleeding over the next 2-3 weeks. It is normal also to have occasions of period type pain during this time.

The following is a guide to what may not be normal:

- Lower abdominal pain which is persistent especially if getting worse
- Persistent heavy bleed
- Smelly or mucky vaginal discharge
- Feeling of feverishness and loss of appetite

If you have more than one of these symptoms, it may imply that you have a pelvic infection or the device is starting to be expelled and we would suggest that you had a review with the doctor. Most women do not get these complications.

Just a reminder that our advice is that for 5 days we suggest that nothing goes inside the vagina that is:

- Use a towel rather than tampons
- Do not have vaginal penetrative sex
- Do not swim (normal baths/ showers are fine)

We normally time your first check to be after your next period.

If you have any concern you can contact the surgery on 01473 211661 or Family Planning Clinic on 01473 428001 (advice line Monday - Friday 10am- 3pm)