

## **IUD Placement Information**

You have decided that you want to have an IUD placed. You are well informed about the different IUD's. If this is not the case, or if after reading this information you still have any questions, please get in touch.

### Contra-indications for a IUD

- if you are or may be pregnant
- if you have an STD (if in doubt get yourself tested).
- if you have unexplained blood loss outside of your periods
- if you have unexplained abdominal pain
- if you know that your uterus has an abnormal shape or fibroids
- if you have previously had an expulsion (prolapsed and/or lost IUD)
- if you have breast or cervical cancer, or another hormone-dependent tumor

### Different IUD's can be placed:

A copper IUD like the Copper-T. This is a hormone-free IUD that is reliable for 10 years. The Copper-T costs 50 NAf.

A hormone containing IUD such as the Mirena or its generic variant. These IUD's are reliable for 6 years. The costs of a Mirena are NAf 500 and for the generic variant the costs are NAf 100.

You will receive a prescription from us to collect the IUD, you can pick up the copper IUD at Famia Plania or the Botika. You can pick up the Mirena spiral at Botika Sorsaka. You can pick up the generic variant of the hormonal IUD at Famia Plania.

### When can a spiral be placed?

The IUD can be placed at any time during your cycle.

It is very important that you are not or cannot be pregnant.

After childbirth, an IUD can be placed from 6 weeks. The first 6 months and at the breastfeeding increases the risk of perforation (puncture of the uterine wall) increased from 1 in 1000 to 6 in 1000. That is why we prefer to post a little later, for example at 8-12 weeks, but always in consultation with you.

### Placement costs

Most insurers don't reimburse the, IUD, the insertion of an IUD and the ultrasound check. Check this carefully with your insurance. The SVB will cover the costs of the insertion and the ultrasound check. The costs are 135, NAf for the insertion and 75 NAf for the ultrasound check.



Important advice regarding IUD placement

- Painkillers: One hour before the placement you can take 1000 mg paracetamol or 400 mg ibuprofen to ease the cramps you may experience after. This medication can also be taken if you are still breast-feeding. Ibuprofen has the best effect.
- A slightly full bladder pushes your uterus into a convenient position for insertion.
- The procedure: I start with an internal examination to determine the position and size of your check uterus. Afterwards, using a speculum the IUD will be placed. The insertion of the IUD itself takes a few minutes.
- Blood loss and abdominal cramps: After the spiral insertion you may have some blood loss and (sometimes severe) menstrual cramps. You can also use painkillers. It is it is wise to bring a sanitary towel. If you are breastfeeding you can do something have more cramps. You can do some blood loss for the first 6 weeks irregular and more frequent than usual, after 3 to at most 6 months it is often back to normal or less.

Possible complications

Pregnancy (despite a correct position of the IUD)	0,2-0,4%
Infection	0,16%
Heavy bleeding from the cervix	<0,5%
Perforation of the uterine wall	0,1%
< 6 months after delivery or when breastfeeding	0,6%
expulsion (losing or prolapse of the IUD)	3-5%
during use of a menstrual cup	17%

Follow-up

After the placement, we make an appointment for a follow-up check, which takes place six weeks after the placement. I will check with the ultrasound to see if the IUD is in the right position in your uterus.

Contact us if you have any questions or problems.

For an appointment you can contact us by mail: [lysanne@mirasoon.com](mailto:lysanne@mirasoon.com) or by phone on +5999-4650673

