

So you have decided that you want an IUS (Mirena)...

Here is some information you need.

Before your insertion you should:

1. Make sure you have read the information on the IUS supplied to you today.
2. Make sure that you understand the risks and benefits of an IUS (if you don't – feel free to ask the practitioner any question that you have.)
3. Make sure you understand how to tell if something is wrong with your IUS.
4. Call the clinic at 947-1517 the day your period begins so we can schedule insertion of your IUS during your period.
5. Most women will experience some pain and cramping with the insertion of the IUS. This cramping is not usually severe and women describe it as like menstrual cramps. We suggest that you take 200 – 400 mgs of Ibuprofen (sold as Advil or Motrin etc) one half hour before your appointment to help with any cramping that may occur during the insertion. If you are allergic to ibuprofen you may take acetaminophen (Tylenol). Some women choose not to take any medication before the insertion and this is all right also.
6. Bring a pad to wear after the insertion.

Your appointment will take approximately 40 minutes.

Additional Information about the IUS is available at the following websites:

www.plannedparenthood.org/health/
www.itsyoursexlife.com/
www.womenshealthmatters.ca
www.sexualityandu.ca

This sheet was prepared by Women's Health Clinic 947-1517

July/07