

# Tips For Keeping Your Uterine Healthy

## Before IUD Insertion:

- **Consultation with Healthcare Provider:** Schedule a consultation with your healthcare provider to discuss the type of IUD that may be suitable for you and to address any concerns or questions you may have.
- **Discuss Pain Management Options:** Talk to your healthcare provider about pain management options during the procedure. Some providers may recommend taking over-the-counter pain relievers before the insertion.
- **Timing:** Consider scheduling the IUD insertion during or shortly after your menstrual period. The cervix is typically more open during this time, which may make the insertion process more comfortable.
- **Arrange for Transportation:** If you anticipate discomfort or are unsure how your body will respond, arrange for transportation to and from the appointment.

## During IUD Insertion:

- **Relaxation Techniques:** Practice relaxation techniques such as deep breathing to help manage any anxiety or tension during the procedure.
- **Communicate with Your Provider:** Communicate openly with your healthcare provider about any concerns or discomfort you may be experiencing. They can provide guidance and make adjustments to help minimize discomfort.
- **Ask Questions:** If you have any questions or uncertainties about the procedure, don't hesitate to ask your healthcare provider for clarification. It's important to feel informed and comfortable.
- **Dress Comfortably:** Wear comfortable clothing to the appointment, as you may be asked to undress from the waist down for the procedure.

## After IUD Insertion:

- **Rest:** After the insertion, take some time to rest in the healthcare provider's office. Some women may experience mild cramping immediately after the procedure.

- **Use Heating Pad:** If you experience cramping, a heating pad on your lower abdomen may help provide relief. Make sure it's not too hot to avoid burns.
- **Pain Medications:** If your healthcare provider recommends it, take over-the-counter pain relievers as directed for any discomfort or cramping.
- **Avoid Strenuous Activities:** Avoid strenuous activities, heavy lifting, or intense exercise for the rest of the day to allow your body to adjust.
- **Monitor for Signs of Complications:** Be aware of any signs of complications, such as severe pain, fever, or unusual bleeding. Contact your healthcare provider if you experience any concerning symptoms.
- **Follow-up Appointment:** Attend any scheduled follow-up appointments to ensure that the IUD is properly in place and to address any concerns or questions you may have.