

Pain Management Options for an IUD

Over the counter pain medication: NSAIDS (ibuprofen/Motrin, or naproxen/Aleve), can help with cramping after an IUD insertion. Naproxen (Aleve) has been shown to work best. We recommend you take this 45 min prior to your appointment. If you can't take NSAIDS then acetaminophen/Tylenol can be an alternative.

Vibration at umbilicus (belly button): the vibration helps to block pain pathways. We can provide you with a ball that has vibration that you can hold at the belly button during your procedure to help with discomfort during and immediately after your procedure.

Topical Lidocaine: a topical gel that can be applied to your cervix shortly before your insertion to help decrease cervical discomfort. Some studies show that this is effective while others do not.

Paracervical Block: an injection of lidocaine around the cervix to help with discomfort during the insertion. This intervention has been shown in studies to reduce pain during an insertion.

Heating Pad: we welcome you to bring a heating pad to your appointment for use during and/or after your insertion. Heat can help with cramping. If it's microwavable we can heat up the pad for you.

Anxiety Management: mindfulness exercises such as meditation, breathing exercises (square breathing), listening to music (bring something to listen to!), aroma therapy such as lavender essential oil on a tissue/cloth, distraction with a phone or iPad device, or bringing a support person can be helpful in managing anxiety.

Tips:

- ★ We recommend that you are hydrated and have eaten prior to your procedure.
- ★ If you think you may need it have the ability to take time to rest after your procedure ie don't go straight to work immediately after your appointment.
- ★ You can consider scheduling your insertion while on your menstrual cycle when your cervix is naturally dilated which may aid with your insertion process. Many providers report this to be effective, however we don't have studies to support this. There is no harm in trying but is not necessary, and you can do an insertion at any point in your cycle.
- ★ Consider bringing a support person to your visit!
- ★ Pain management works best if you pick multiple options.