



Welcome to the National Women's Gynaecology Service Tena Koe Noho Ora Mai

Epsom Day Unit IUCD Instructions for use

Your IUCD or Multiload CU375, was inserted on _____

It works as a contraceptive straightaway. To lessen the risk of infection over the next 10 days we recommend:

- No sexual intercourse
- Use sanitary pads not tampons

It is normal to have some cramp-like pain in your abdomen (lower tummy). This may happen for a few days after your IUCD is put in. Paracetamol or whatever you usually take for period pain should help. If pain is severe ask your health professional for advice. Vigorous exercise such as aerobics may aggravate cramps in the first 10 days. You may also have some light bleeding during the next month. Your next period may be heavier, longer and more painful than usual. Some women continue to have heavier and more painful periods.

Checking your IUCD

The nylon threads of your IUCD come through the opening of your cervix into the top of your vagina. To check that your IUCD is in place you can feel for the threads. It's a good idea to do this one week after your IUCD has been put in and after every period. If your partner feels the plastic stem of your IUCD or you think it's coming out, do not have sexual intercourse as you could get pregnant. Contact your doctor or Family Planning as soon as possible.

Your first IUCD check is due in two weeks

After this we recommend a yearly check. If you are not happy with your IUCD contact your health professional. **Your IUCD should be changed in 5 years**

Removing your IUCD

If you are planning a pregnancy or do not need contraception your IUCD can be removed at any time. It is best to have it removed when you have a period. Before removal at any time of the month, discuss the pregnancy risk with your health professional. If you do not wish to get pregnant after your IUCD is taken out, use another method of contraception.

Important

If you have any of the following, see your doctor or Family Planning Centre:

- Lower abdominal pain
- Bleeding between periods
- An unusually heavy or painful period
- Pain with sexual intercourse
- Raised temperature with any of the above
- Missed, late or very light period
- Unable to feel IUD threads
- Can feel plastic stem of IUD