

Postpartum Care

After the IUD is placed, you will receive normal postpartum care. If your IUD falls out, call your midwife or doctor.

The strings may be felt lower in your vagina as your uterus returns to the normal size. If your strings bother you earlier than your next scheduled appointment, please contact your midwife or doctor. There are also free community LARC clinics (ring 0800 527 200)

Do not pull on the strings.

IUDs & Breastfeeding

Placement of an IUD immediately postpartum has not been shown to interfere with breastfeeding.

Follow-up

After your IUD insertion, you will need to arrange a check in about 6 weeks to see that the IUD is still in place. This can be at your GP, Family Planning clinic or at the hospital clinic. If you want to be seen at the hospital clinic, ask your midwife or doctor to do the referral.

The Mirena IUD will need to be replaced after 8 years while the Copper IUD can remain for up to 10 years.

If you need to replace or remove your IUD, contact your doctor or nearest Family Planning clinic. There are also free community LARC clinics (ring 0800 527 200)

Contact

If you have any questions, please email us on hiws@adhb.govt.nz

Te Whatu Ora
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Te Whatu Ora
Health New Zealand

IUD Insertion After Birth

What is an intrauterine device (IUD)?

An intrauterine device (IUD) is a very effective birth control that is made of a T-shaped plastic rod that is placed into your uterus. There are two types of IUDs available:

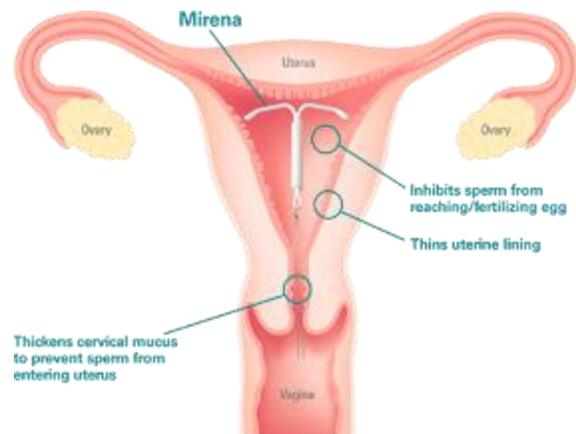
Copper IUD

Copper IUD's have no hormones.

Hormonal IUD (Mirena®)

Hormonal IUD's contain a low dose of a progestin.

Once the IUD is placed, it prevents pregnancy in over 99% of wāhine/women who use it. The IUD can be removed at any time if you decide you want to become pregnant. You are able to get pregnant as soon as the IUD is taken out.



When can the IUD be inserted after birth?

The IUD is a convenient, safe, and effective way of starting birth control right after having your baby. It can be inserted anytime up until 48 hours after birth, or 4-6 weeks after birth. It is possible to insert immediately after the birth of your placenta while you are in your labour and delivery room, if you have good pain relief already. It can be done after a vaginal or caesarean birth.

How does inserting the IUD after birth compare to IUD placement at the 6 week check?

Expulsion (falling out)

IUDs placed immediately after birth means that you have up to a 20% chance of expulsion in the first three months of use. If you have an IUD placed in clinic six weeks after birth, there is a 5% chance of expulsion. However, some women may become pregnant again before this visit.

Discomfort

Placing the IUD just after birth may be more or less comfortable than placing in clinic depending on the type of pain control medication used for your labour and birth. Please discuss with your midwife or doctor.

Risks

Placement of an IUD immediately after birth has not been shown to cause more infection, damage to your uterus, or bleeding after birth.

How do I know if I can get an IUD after birth?

Most women can get an IUD. However, you should not receive an IUD immediately after birth if you experience:

- Heavy bleeding after birth
- Retained placenta
- Recent or current uterine infection
- Uterine abnormalities

If an IUD cannot be placed immediately after birth, talk to your midwife or doctor about how you can get an IUD placed later or to discuss other options for contraception.

The copper device is free of charge. Mirena has a \$5 script charge.