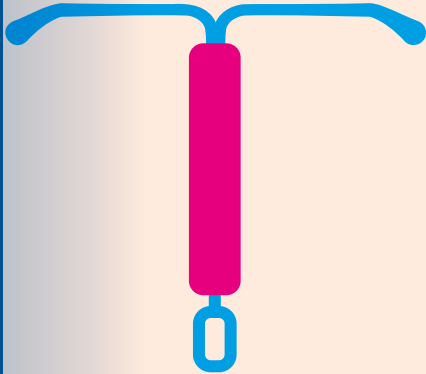




INTRAUTERINE DEVICE (IUD) INSERTION

To better guide you

Contact information

Clinique CLIMATS

3031, boul. de la Gare
Vaudreuil-Dorion J7V 9R2
450-455-6171, ext. 71363

Date: _____

Time: _____

Reminders for the day of insertion

*** If you are menstruating, insertion can still take place as scheduled; this may even make the process easier.**

- Bring your IUD;
- Bring a sanitary pad;
- Do not urinate 2 hours before the appointment;
- 1 hour before the appointment:
 - You may take ibuprofen (Motrin or Advil), 2-3 pills, 200 mg each;
 - If you are allergic or have an intolerance to anti-inflammatory medication, you may take acetaminophen (Tylenol), 1-2 pills, 500 mg each;
- Plan for a rest period after the procedure, as needed;
- If necessary, arrange for someone to drive you home.

Reminders for after insertion

Abdominal cramps:

- You may take ibuprofen (Motrin or Advil) 2-3 pills, 200 mg each, every 6 to 8 hours (max 2.4g/24 hrs);
- You may add (or replace with) acetaminophen (Tylenol) 1-2 pills, 500 mg each, every 4 to 6 hours (max 4g/24 hrs).

Fever:

- Monitor for fever in the first 3 weeks following insertion; consult a medical professional as needed.

Bleeding:

- It is normal to have irregular bleeding or spotting for the first 3 to 6 months after insertion (avoid tampons and menstrual cup for the first 3 weeks).

The hormonal IUD is only effective 7 days after insertion. You must therefore protect yourself for the first 7 days after the IUD has been inserted by using a condom. The copper IUD is effective immediately.

Our mission

To maintain, improve, and restore the health and well-being of the Québec population by making accessible an array of integrated and quality health and social services, while contributing to the social and economic development of Québec.

Our vision

Accessible and efficient health care and services that adapt to the needs of Québécois.

Our goals

The CISSS de la Montérégie-Ouest achieves its goals through its innovative approaches and stands apart through:

- its exemplary offer of care and integrated services based on interdisciplinarity, accessibility, and adaptability to the needs of its population;
- its willingness to question and improve its professional, clinical, and administrative practices;
- its appreciation of its personnel and the implementation of human resource management practices;
- its strong relationships with its partners.

Our values

Our actions are guided by five equal and interconnected values: compassion, collaboration, commitment, confidence and consistency.