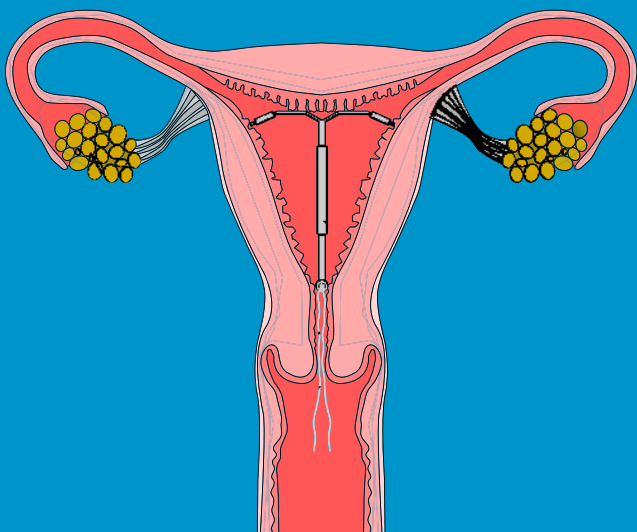


# IUCD INSERTION

An IUCD or Intra-uterine Contraceptive Device or coil is a T-shaped implant impregnated with copper or hormones that is placed in the uterus (womb) to prevent pregnancy.



1. Tests may be done to check for pregnancy or infection.
2. IUCD procedure can be done on 4th / 5th / 6th day of menstrual cycle.
3. The procedure will take approximately 15 to 20 minutes.
4. You will be required to lie down comfortably on a procedure table with your knees bent, in an area where your privacy is respected throughout the procedure.
5. Doctor will gently insert an instrument called a speculum into the vagina.
6. The speculum holds the walls of the vagina apart so that your doctor can easily see the cervix. Inserting the speculum may cause a sensation of pressure in the pelvic area.
7. The cervix is held with an instrument. This causes a pin prick like pain which is easily tolerable.
8. The IUCD will then be put in the uterus. You may feel cramping or mild discomfort while the IUCD is being placed.
9. Medicine may be given if required, to ease discomfort.
10. You may experience slight vaginal bleeding and mild cramping that should last only for a day or two as your body gets used to the IUCD.
11. You must review with your gynaecologist after your next menstrual cycle.
12. Please contact your doctor / gynaecologist immediately, if recovery is not going as expected or if any of the following happen:
  - Change in the length of the strings or you cannot feel the strings with your fingers.
  - Heavy periods or periods that last longer than usual.
  - Missed, late or unusually light periods.
  - You or your partner have or are exposed to a sexually transmitted disease.
  - Severe cramps, pain or tenderness in your belly.
  - Pain or bleeding during intercourse.
  - Unexplained fever or chills.
  - Flu-like symptoms like muscle aches or tiredness.
  - Unusual discharge from the vagina or sores on the vaginal area.
  - Unexplained vaginal bleeding.
  - Severe headaches.
  - Rapid heartbeats.

