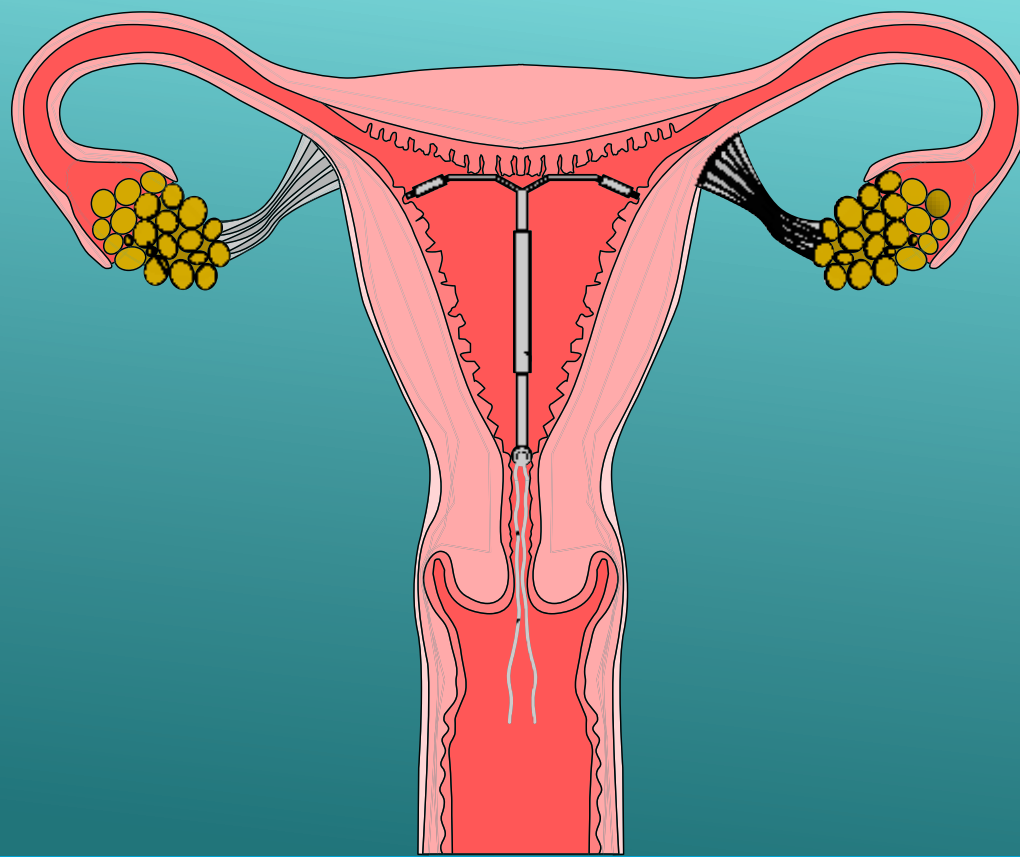




IUCD INSERTION



Overview:

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. This is a safe and effective non-permanent method of female

Pre Procedure:

- Tests may be done to check for pregnancy or infection.
- IUCD procedure can be done on 4th / 5th / 6th day of menstrual cycle.

During Procedure:

- The procedure will take approximately 15 to 20 minutes.
- You may be asked to change into a hospital gown.
- 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.
- Doctor will gently insert an instrument called a speculum into the vagina.
- 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.
- The cervix is held with an instrument. This causes a pin prick like pain which is easily tolerable.
- The IUCD will then be put in the uterus. You may feel cramping or mild discomfort while the IUCD is being placed.
- Please note, IUCDs do not protect against sexually transmitted diseases.

Post Procedure:

- Medicine may be given if required, to ease discomfort.

- 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.
- You may resume normal activities immediately after the procedure.
- Spotting between the menstrual cycles could occur, which is normal.
- You must review with your gynaecologist after your next menstrual cycle.
- 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.