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| **Patient sticker here** |

**School Health Program**

**IUD Insertion Procedure Note**

**LMP:\_\_\_\_\_\_\_\_\_\_ P: \_\_\_\_\_\_\_ BP:\_\_\_\_\_\_\_**

**Urine HCG :\_\_\_\_\_**

**Allergies: \_\_\_\_\_\_\_\_\_\_\_\_** ❑ NKDA

Analgesia ordered by provider and given before insertion:

❑ Ibuprofen 400 mg to 600 mg

❑ Acetaminophen 1000 mg

❑ Naproxen sodium 500 mg

❑ Patient refused analgesia

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_**

**LPN Signature/ Name Date**

**Reason for visit:** IUD Insertion

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**OB/GYN History:**

Age\_\_\_\_\_\_\_

# Pregnancies\_\_\_\_\_ # Births\_\_\_\_\_ # Abortions/Miscarriages\_\_\_\_\_

Last GC/CT done: \_\_\_\_\_\_\_\_\_\_ results: \_\_\_\_\_\_\_\_\_\_\_\_\_

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❑ IUD risks and benefits discussed with patient and all questions were answered.

❑  *Institutional Procedure Consent* signed and placed in chart.

❑ Time out procedure performed.

IUD selected: ❑ Cu T IUD (Paragard™) ❑ Levonorgestrel IUS (Mirena™)

IUD Lot number: \_\_\_\_\_\_\_\_\_\_\_\_\_ Expiration date : \_\_\_\_\_\_

**Procedure:**

Bimanual exam: ❑ No uterine tenderness. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Uterus position: ❑ Anteverted ❑ Retroverted \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

❑ Cervix visualized and prepped with betadine. Tenaculum placed on the cervix. Using sterile technique, uterus sounded to \_\_\_\_\_\_cm. IUD inserted according to product directions. IUD string cut to \_\_\_\_\_ cm. EBL \_\_\_\_\_ cc.

❑ No complications encountered. The patient tolerated the procedure well and left in satisfactory condition.

❑ The following difficulties were encountered.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Assessment:**

❑ IUD inserted ❑ IUD not inserted

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**Plan:**

❑ Patient was shown a segment of trimmed IUD string and instructed in the

technique of checking for the IUD string at her cervix.

❑ Patient instructed to use NSAIDS as directed for cramping/bleeding.

❑ *Post IUD Insertion Instruction Sheet* given to patient.

❑ IUD warning signs reinforced; if warning signs occur patient advised to call or go to local emergency room for assistance.

❑ Counseled about continued condom use/ Condoms dispensed

❑ Patient scheduled for follow-up in \_\_\_\_\_ weeks for string check.

❑ Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Provider Signature/ Name Date**

**Post IUD Insertion Instruction Sheet**

* The Paragard IUD works right away to prevent pregnancy. The Mirena starts working within 5-7 days, and you should use condoms for backup for 1 week.
* You can go back to your normal activities as soon as you feel like it; this includes using tampons, taking baths and having sexual intercourse.
* The IUD does not prevent STDs or HIV. You should still use condoms to prevent infections.
* You should have a follow-up appointment with us in 4 weeks to make sure your IUD is still in place. The IUD has the greatest chance of coming out in the first few weeks after the insertion. If your IUD has moved or has fallen out you *can* become pregnant.

**What to expect:**

* You may have more cramps or heavier bleeding with the IUD, especially during the first 3 months you use it.
* There may be more bleeding with the Paragard than with the Mirena.
* Medicine called NSAIDS can be used at any time to help decrease bleeding and cramping. These include:
  + Ibuprofen or Advil 400-600mg every 6 hours
  + Naprosyn or Aleve 250-500mg every 12 hours
* Consider taking NSAIDS for 2-3 days starting at the beginning of your next period to PREVENT some of the bleeding and cramping.

**Copper-T IUD (Paragard™):**

* May have increased bleeding and cramping with periods
* Should be replaced in no later than 10 to 12 years date: \_\_\_/20\_\_\_

**Progestin IUD (Mirena™):**

* May have decreased bleeding and cramping with periods
* May not have any periods after first year
* Should be replaced in no later than 5 to 7 years date: \_\_\_/20\_\_\_

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| If you develop any of the following *Warning Signs*, come in right away for a check-up:  **If within the first 3 days after insertion you have**:  Fever (>101)  Chills  Strong or sharp pain in your stomach or belly (not better with medicine)  Dizziness or lightheadedness  **At any time if you:**  Miss your period  Feel pregnant  Have a positive home pregnancy test  Can’t feel the string, or it feels shorter or longer than before  **You may call the Health Center at \_\_\_- \_\_\_\_\_- \_\_\_\_\_\_\_\_\_ between 8AM and 3:30PM on weekdays. At all other times, you can call the On-call provider at \_\_\_-\_\_\_\_-\_\_\_\_** |