

## Intrauterine Device (IUD) Insertion Equipment and Supplies List

### IUD (Paragard, Liletta, Mirena, Kyleena, or Skyla):

- Speculum
- Tenaculum
- Scissors
- Ringed forceps
- Sterile or clean gauze (e.g. 4 x 4s)
- Uterine Sound
- Dilator and/or Os finders
- Large cotton swabs
- Betadine or chlorhexidine
- Monsel's solution or silver nitrate sticks (optional)

### Consider a paracervical block:

- Anesthetic (e.g. 10-20 mL of 1% lidocaine; optional to dilute with NaCL or add sodium bicarbonate or epinephrine)
- 18g needle to draw up medication
- 22g 1 1/2" or longer needle to attach to syringe
- 10 mL syringes

## Intrauterine Device (IUD) Removal Equipment and Supplies List

### IUD Removal (simple)

- Speculum
- Ringed forceps
- Large cotton swabs

### IUD Removal Complex (sterile)

- Speculum
- Tenaculum
- Ringed forceps
- Sterile 4 x 4's
- Cytobrush
- Alligator forceps or IUD hook

### Consider a paracervical block:

- Anesthetic (e.g. 10-20 mL of 1% lidocaine; optional to dilute with NaCl or add sodium bicarbonate or epinephrine)
- 18g needle to draw up medication
- 22g 1 1/2" or longer needle to attach to syringe
- 10 mL syringes