

Remember, the IUD **does not** protect you from **Sexually Transmitted Infections or HIV**. Always use condoms to protect yourself!

If you would like to use an IUD after your delivery, you can get it inserted right after childbirth.

#### WHEN DOES THE IUD START WORKING?

- The IUD placed after childbirth starts working right away.

#### HOW LONG DOES THE IUD LAST?

- The IUD works for 3-12 years. It depends on which type you get.

#### WHAT DO I NEED TO DO AFTER I HAVE THE IUD INSERTED?

- Some people like to check their IUD's string after each period. You can start doing this 6 weeks or more after childbirth. To check, insert a finger into your vagina and feel for the cervix. (It feels like the tip of your nose). You should feel the string near your cervix. Do not pull on the string.

#### DOES THE IUD HAVE RISKS?

- The IUD is very safe. Serious problems are rare. If you have the following symptoms **within the first 3 weeks** after the IUD is inserted, see your clinician:
  - Fever (>101°F)
  - Chills
  - Strong or sharp pain in your stomach or belly
- If you have the following symptoms **at any time** while you have an IUD in you, see your clinician:
  - Feeling pregnant (breast/chest tenderness, nausea, vomiting)
  - Positive home pregnancy test

#### WHICH IUD IS BEST FOR ME?

- See the RHAP IUD Fact Sheet to decide.

