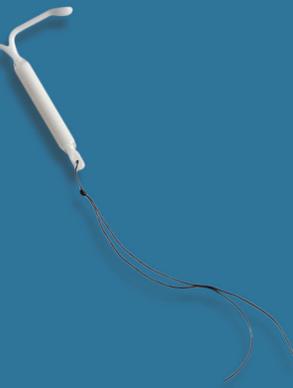


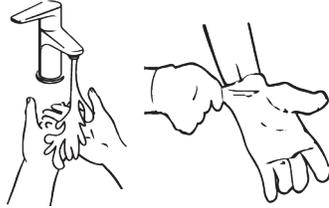
**IUD self-removal is safe if:**

- You want your IUD removed and you do not want a new one now
- You can feel your IUD strings



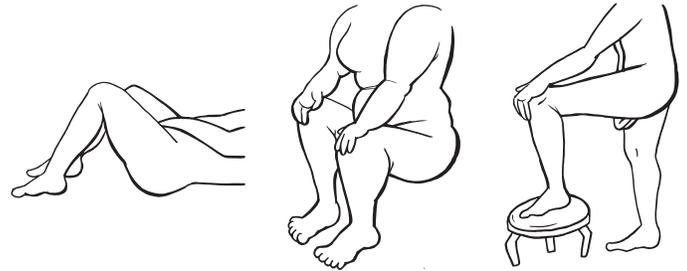
**1. PREPARE YOUR HANDS**

Wash your hands. If you have exam gloves (nitrile or latex), put those on. They can help you grip the string.



**2. GET INTO POSITION**

Lie on your back with your knees bent toward your chest, squat with your feet on the floor, or stand with one foot resting on something a few feet off the ground (like a chair).



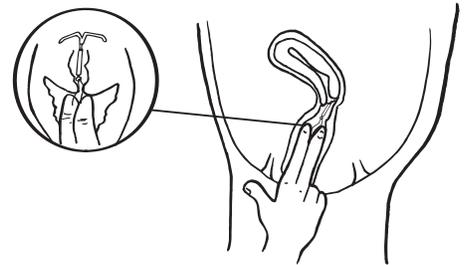
**3. FEEL YOUR CERVIX**

Put 1-2 fingers in your vagina to find your cervix, which feels like a firm circle. Feel for the IUD strings coming out of the cervix.



**4. THE IUD STRINGS**

Grasp the IUD strings firmly (you may have to grasp between your index and middle finger to bring the strings down until you can grasp them between your thumb and index finger). Pull gently towards the opening of the vagina.



**5. POSSIBLE CRAMPING**

You may feel cramps as the IUD passes through the cervix and into the vagina.

**WHAT SHOULD I EXPECT AFTER REMOVING THE IUD?**

- Light bleeding and cramping for a few days after removal.
- You may get pregnant as soon as the IUD is removed.
- If you were using a progestin IUD, it may take a few months for monthly bleeding to return.

**WHEN SHOULD I CALL MY CLINICIAN?**

- If you can't feel your IUD strings, schedule an office visit to remove the IUD.
- If the IUD does not come out with gentle pulling, stop and schedule an office visit.
- If you have foul smelling vaginal discharge or fevers/chills after IUD removal.

