

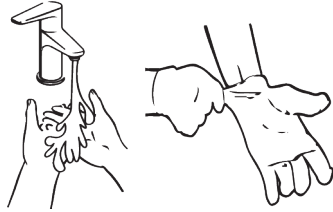
# FACT SHEET : IUD SELF REMOVAL

## 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

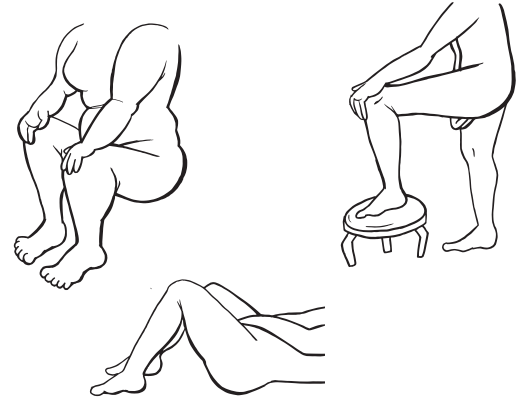
### 1. PREPARE YOUR HANDS

Wash your hands with soap and water. If you have exam gloves (like what a clinician uses), 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 stable a few feet off the ground (like a chair or toilet seat).



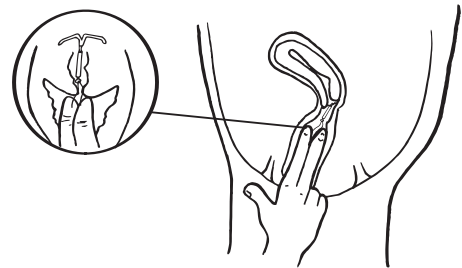
### 3. FEEL YOUR CERVIX

Put 1-2 fingers in your vagina to find your cervix, which feels like a firm circle (like the tip of your nose). Feel for the IUD strings coming out of your 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). Take a deep breath in and pull on the strings gently toward the opening of your vagina. It may help to cough while you pull to distract yourself. You may have to breathe, cough, and pull a few times, changing your finger position on the strings to get a better grip.



### 5. CRAMPING

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

### 6. Your IUD is out

Make sure your IUD is fully intact. It should have a “T” shape like the pictures here. If there is a part missing, see your clinician. Put the IUD in the trash.



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### WHAT SHOULD I EXPECT AFTER REMOVING MY IUD?

- Light bleeding and cramping for a few days after removal.
- You may get pregnant as soon as your IUD is removed.

### SHOULD I REMOVE MY IUD AT A SPECIFIC TIME?

- It does not matter what time of month you remove your IUD.
- If you remove your IUD right after sex, there still might be a very small risk of pregnancy.

### WILL REMOVING IT HURT?

- It might, but any pain should be brief and happen at the end of removal when the IUD is almost out.
- To help with cramping, take pain pills like ibuprofen or naproxen according to the package instructions 30-60 minutes before you remove the IUD.

### WHAT IF I START AND WANT TO STOP?

- You can stop at any time. But, the IUD will no longer protect you from pregnancy once you begin removing it.
- If you stop while feeling pain, at that point the IUD is most likely in your cervix, and another pull should get it out.

### WHAT IF I CANNOT FEEL THE STRINGS?

- The strings may be wrapped around your cervix. Try moving your fingers further into your vagina in a circular motion around your cervix.
- If you still cannot feel the strings, they may have been cut very short during insertion
- If you cannot feel the strings, you will need to go to a clinician to have the IUD removed.

### CAN I USE SOMETHING OTHER THAN MY FINGERS TO GRAB THE STRINGS?

- **NO.** Do not put anything other than your fingers (in a nitrile or latex glove if desired) inside your vagina. Putting anything else in your vagina can be dangerous.

### 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 pieces of the IUD seem to be missing.
- If you have foul smelling vaginal discharge or fevers/chills after IUD removal.

