



Before your IUD insertion:

- Do not have any unprotected intercourse for at least 10 days before your insertion appointment. Please abstain or use latex condoms 100% of the time.

On the day of your IUD insertion:

- Eat and drink water or juice before your appointment.
- Take 800 mg of ibuprofen (4 Advil) or 440mg naproxen (2 Aleve) or 2 Extra Strength Tylenol about 30 minutes before your appointment. Please do not take aspirin.
- If you were given a prescription for misoprostol please take it 1 hour before your appointment.

Updated: 4/2021



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