



To book an IUD/IUS appointment

Call Women's Health Clinic at 204 947-1517 to arrange a birth control counselling session. We will discuss the benefits and risks of an IUD/IUS for birth control.

The WHC counsellor will assist you in booking a 40-minute medical appointment for consultation/insertion of your IUD/IUS.

We will ensure there is no risk of pregnancy before we insert an IUD/IUS. To prevent pregnancy before your insertion appointment:

- » consistently use a reliable form of birth control
- » plan to have the appointment during your period
- » or abstain from penis-vagina sex from when your period starts to when the IUD is inserted.

The day of your appointment

- » Most people experience some pain and cramps with an IUD/IUS insertion.
- » If you have no problems taking ibuprofen (Advil® or Motrin®) or naproxen (Aleve®), you may take 200-400 mgs one hour before your appointment.
- » If you are unable to take ibuprofen, you may take acetaminophen (Tylenol®).
- » Bring a pad and wear comfortable underwear.
- » Some people choose to arrange for a ride home from their appointment in case they feel queasy or uncomfortable.
- » You can bring support person into the room with you if you would find it helpful.
- » After your appointment:
- » Do not insert anything into your vagina for 24 hours.