

# After your child's IUD insertion: Information for parents and caregivers

## What is an Intrauterine Device (IUD)?

An intrauterine device or IUD is a medical device that can treat gynecological conditions. It is also a form of contraception (birth control).

The IUD is a small, T-shaped device. A health-care provider puts the IUD into your child's uterus. There are 2 kinds of IUD:

- **Copper IUD:** This works as birth control as soon as it is in the uterus.
- **Hormone-releasing IUD (Mirena/Kyleena):** This works as birth control 8 days after it goes into the uterus.

Once the IUD is in place, there are 2 strings that hang out of your child's cervix. The strings do not come out of the vagina. Your child's health-care provider will use the strings to check that the IUD is in the right place. They will also use the strings to remove the IUD when your child is ready.

An IUD **DOES NOT** protect your child from sexually transmitted infections (STIs).

## Caring for your child at home

- **Pain care:** For 1-2 days after the IUD goes in, your child may have cramping. This will feel like menstrual cramps. Your child can take pain medication such as Acetaminophen (Tylenol), Ibuprofen (Advil), or both. A member of your child's health-care team will discuss this with you before you go home.

Today your child had:

Acetaminophen(Tylenol) at \_\_\_\_\_ (time)

Ibuprofen(Advil) at \_\_\_\_\_ (time)

If your child received a prescription for pain medication, follow your pharmacist's instructions.

You can also place heating pads over your child's abdomen. This can soothe cramping.

- **Diet:** Follow your health-care provider's suggestions. If they did not make suggestions, offer your child clear fluids first. Your child should slowly return to regular eating when they can.
- **Activity:** After getting an IUD, your child can do quiet activities for the rest of the day. Someone must always stay with your child. Your child may need help with daily activities, like walking to the bathroom. Do not plan any other activities for the rest of the day. They should not drive, go to school, or work that day.
- **Hygiene:** Your child can shower anytime. They must not take a bath for 24 hours after getting an IUD.
- **Vaginal care:** For the first 24 hours after getting an IUD, your child should only use menstrual pads. They can use tampons or a menstrual cup for menstrual bleeding after 24 hours.

- **Bleeding:**

*If your child has a hormone-releasing IUD:*

- Your child may have some cramping, frequent spotting or irregular light bleeding for the first 3 months after getting the IUD.
- After your child's body adjusts to the IUD, their periods may get lighter or stop altogether. This is normal.

*If your child has a copper IUD:*

- Your child may notice increased flow or cramping with their period.
- Your child can expect their regular period to come at its usual time.

## Routine follow-up visit

Your child's gynecologist is:

**Physician sticker here**

- Contact your gynecologist's office. Make an appointment for 4 – 6 weeks after your child gets their IUD.
- If the strings bother your child, visit their gynecologist. They may trim the strings.

## Questions?

For non-urgent questions, email the Pediatric and Adolescent Gynecology Nurse at [bcch.pagnursing@cw.bc.ca](mailto:bcch.pagnursing@cw.bc.ca).



## When to call the Clinic or go to the Emergency Room

If your child has:

- New cramping, or cramping that does not go away, and that is not related to your child's menses (period)
- A lot of vaginal bleeding (needs more than 1 pad per hour, for 2 hours in a row)
- Bad-smelling vaginal discharge
- Chills or a fever (above 38 degrees Celsius or 100.4 degrees Fahrenheit) that does not go away with medication (Acetaminophen or Ibuprofen)
- Severe pain that does not go away with medication (Acetaminophen or Ibuprofen)

Call Pediatric and Adolescent Gynecology Clinic at 604-875-2345 ext. 5749.

**If you cannot reach our team, go to your nearest Emergency Department.** If your child got their IUD at BC Children's, they can come to the BC Children's Emergency Department.