



Colebrook Family Practice

Intrauterine Devices (IUD)

One of the services provided in our clinic is IUD insertion by Dr. Anand. Before the procedure Dr. Anand will have a consult with you going over all details of the different types of IUDs and the risks and benefits of IUDs. She will also go over the insertion procedure itself. After the first consult appointment, another appointment may be necessary to do swabs for screening of infections. The third appointment will be the insertion of the IUD itself

If you have a family physician, please obtain a referral and have it faxed to our office. We will call you directly with a consult appointment once the referral has been reviewed.

If you do not have a family physician, then please let us know and we will be able to setup a consult for you.

Prior to insertion, it is recommended that you take 400mg of Advil/ibuprofen 30 minutes before the procedure (if you do not have allergies to the medication). The appointment itself is 30 minutes long but the procedure typically only takes 5-10 minutes.

Please be advised that there needs to be a zero percent chance of pregnancy on the day of insertion or the IUD will not be inserted. This means that if only condoms are used, you will need to abstain from intercourse from your last menstrual period until insertion. If you are using the pill, patch or ring correctly and consistently, then you do not need to abstain. You will be given an aftercare sheet after the procedure is done. Please contact our office if you have any further questions.