



The IUD Clinic

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Live Well Medical Clinic

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Patient Instructions for IUD Appointment / Insertion

Please read the following instructions carefully before your appointment:

1. Call to confirm your appointment one week prior. Unconfirmed appointments will be cancelled.
2. All IUDs (Copper IUDs, Mirena and Kyleena LNG IUS) are available at the clinic for purchase - we recommend that you do not fill your prescription for your IUD as women often change their minds at the time of the IUD consultation appointment.
3. For IUD insertions, take 400mg-600mg of ibuprofen 1 hour before your appointment. Arrange for a ride home if you are sensitive to procedures.
4. In order to have your IUD inserted or removed, it is important to avoid unprotected intercourse two weeks before your appointment.
5. Arrive 10 minutes early with your Care Card and piece of ID.
6. Bring a translator if you are not fluent in English.
7. Before your appointment, refer to our website www.theiudclinic.com for additional information about IUDs including pre and post insertion instructions and FAQs
8. We require 72 hours notice to change or cancel an appointment. Missed appointments or late cancellations are subject to an administrative fee - this fee is to prevent last minute cancellations and changes to our IUD schedule that could impact other patients. The fee needs to be paid before you can rebook your appointment.

Missed IUD Consultation: \$100

Missed IUD Insertion/Removal \$250