LPT: See a certified nurse midwife for basic gyno checkups Ive seen a few posts here about being nervous to see a gynecologist, so I wanted to share this tip! I see a nurse who also is a certified midwife for my basic gyno check ups- pelvic exams, Pap smears, IUD placement, etc. She never uses stirrups and has always validated me.

No-scalpel, No-needle vasectomy This exists. It uses an air injector that disperses anesthetic into scrotal tissue, such that there is no pain from the procedure. Contrast this with womens health, where we still use SPECULUMS for cervical cancer screening that almost all women need. We use a TENACULUM to hook onto the cervix with NO ANESTHETIC for IUD insertions. Why arent we testing air injector anesthetic for this? Or using scopes for PAPs? The variety of treatments out there for erectile dysfunction is significant. We have pretty much nothing for female sexual dysfunction beyond making sure the vagina is lubricated adequately for intercourse. Blew my mind hearing about this vasectomy technique today, the technology is amazing and Im glad it exists - but it should be for the benefit of everyone, not just those without a cervix. There was someone else on here a while back who shared a solid point: We have special dildos with HD cameras at the tip for those who have this niche cervix kink. WHY do we not use something similar in the medical field?? Just a tiny tube with a light and a camera that shows everything? The hell man... I truly dont understand why we cant currently apply any of this technology to womens health. Whats the name of this procedure? Im looking to get the snip this year so Im interested Because were women lol. We dont need special tech, we can tolerate pain and invasive procedures just fine. /s I believe the no scalpel part of the procedure is just called NSV/no scalpel vasectomy. I dont think it has a specific name for the added air injector, other than no needle but I could be wrong. I would Google no scalpel no needle vasectomy city name, it seems to be the standard where I am but that may vary in other places. Thanks! I may not get this specific procedure, but Im kinda interested in just how they do that This site explains the no-needle part: https://vasectomie-montreal.ca/en/no-scalpel-no-needle-vasectomy/ Thanks! I know lack of interest in womens pain is part of it, but youd think thered at least be financial motivation given the gap in the market and how much applicable technology already exists It is very much possible to find a gyno that will knock you out for insertion in outpatient. Look around and see if you can find one. They can also look for polyps while up in there. My husband had the no scalpel vasectomy. They just used a pair of surgical scissors to basically stab a hole instead of making an incision. The area is numb either way, so I guess it doesnt really matter. 🤷‍♀️ I will say if the needle part freaks you out its not nearly as bad as you would think. I was pretty nervous for mine but its only a few seconds of discomfort and half a second of a sharp pain and then you dont feel anything, and when they do the other side you barely feel anything because of the first one. It wrecked my partner. He was in SO much pain, for both shots. I felt terrible Oh Im not really nervous about it at all, though I appreciate the sentiment. I had just never heard of such a procedure. Im still waiting for that reversible injection to get approved in America. Having a brain fart and cant remember the name. Its incredible what they can do these days. Im not really worried either way, but if I can get the procedure done with less recovery time- Im down. As someone whom has had one of these no scalpel no needle vasectomy I can say its not all its cracked up to be. I had reached the safe max of the anesthetic after 1 side was done. I was given the option to deal with it or come back another day. I chose to keep going. Ended up passing out and vomiting all over. I know it is nothing compared to the months of recovery women go through. Just saying its by no means as easy as it sounds. Good to know. Im pretty good with pain tolerance, but if I dont have to, why would I? 2-3 weeks recovery 2x over or just once. i t s. t h e. m i s o g y n y. sorry. I just see so many posts here like WHY IS X SO SHIT FOR WOMEN its misogyny. I know its typically a rhetorical question but 🫣😵‍💫 Yeah, same happened to me. It was the worst pain I had ever felt. But it was SO worth it! Oof my condolences, mine was only slightly more uncomfortable than getting an IV tbh. Ive literally just had it done today! Easy peasy A tiny tube with a camera already exist, actually - I forget the name but thry use them for colonoscopies and checking inside a persons throat etc. I got one two years ago -- they used the little aerosol anaesthetic thing, and that was the most painful part of the actual procedure. After that, once I was good and numb they did the rest -- which was very disconcerting. You know when you go to the dentist, and they numb you, but you can still feel them rooting around in your gums? That, but in your nutsack. After I finished they had me put on some extremely tight underwear and my girlfriend drove me home. Id recommend you have someone to wait on you a bit because I spent the next several hours feeling like I was on the verge of fainting, which is apparently pretty common. They told me Id be good to go the next day, that I could return to my desk job, but that was a bit of a lie. I was in significant (but manageable) pain for about 2 weeks, and moderate (ignorable) pain for a few more. If youre a boxers kinda guy, buy some briefs a size too small, because got dont want your boys moving around AT ALL for the first couple weeks. Full disclosure, two years after the procedure I still have pain, but its so minor it fades into the background most of the time. Occasionally it spikes up in the 4/10 range, and any pain in your genitals is just qualitatively awful. But I am the minority. The vast majority of vasectomies have no lasting effects. I hope hearing about my experience was useful! Obviously this isnt how it would go but Im laughing imagining the HR hell storm that would come about if a doctor had this thought, skipped a few steps, and tried to be innovative by pulling one of those devices out as they exist on the market today and announced it was time to do the exam. As with so many other questions, the answer is: misogyny. 1. Completely agreed with your main point that there should be additional levels of available options for inserting an IUD, checkin on an IUD, etc. 2. I just had this procedure you listed done, and I will tell you it was certainly not painless. Kind of do? Colcoscopies? &gt; The vast majority of vasectomies have no lasting effects. I thought this was the whole point of the procedure ^/s Youll be liable for using nonstandard techniques if you miss a cervical tumor using one of em cameras. So, I (male) had a kidney transplant. As part of it they add a tube going to your bladder and put a spring (basically) in to hold the tube open until it all heals up. They take it out through the penis with a tiny tube with a light, camera and remote forceps, so the technology literally exists. Endoscope I think? I had a better experience than the other responder to you. The most painful part of mine was them examining my testicles. I then felt a little impact (rubber band snap) as they did the no needle part (pressurized air I think, I saw a canister type thing that the nurse prepped). I think they may have added a bit more numbing via needle but I didnt feel that needle. I got an infection after mine, I think due to a cut I gave myself while shaving in advance. Some places tell you not to shave for that reason but my doctor said to shave. Other than that everything was smooth and easy. I should have noted to the doctors office that my symptoms were worse than expected and we probably could have hit the infection sooner, but all good now. The stitches dissolving out took about 10 days, those were sometimes a bit uncomfortable but not bad. I had the infection build for another week or 2 until we got that knocked down with antibiotics. Total recovery time was a month with the infection, would have been much less without. 10/10 would recommend. Edit: words are hard early in the morning, fixed some. Mine was painless once they hit me with the numbing sprayer. I know different people have different responses to numbing though. Im sorry for your experience, I saw your longer form comment and your experience sounds rough! As a dude who just had this procedure Im with you in the inequality. I was babied through the process with every step being explained and there being multiple options for pain management (I could have requested anxiety medication or gotten nitrous oxide too). Meanwhile my wifes IUD insertion was youll be fine, its just a pinch which left her in so much pain she didnt want to move for a couple days. I now have my vasectomy and her IUD will be expiring in the next 1-3 years (the timeline is varying depending on who you ask). Were looking into what options there are for her (she doesnt really want to restart her period and we dont mind having too birth control options) and its hard to find them. Also with doctors being disrespectful overall she has a fear of / disdain for doctors, which I cant disagree with. Seconded. Getting the anesthetic injected was…unpleasant. Really glad I went in with a fighters mindset and no expectations. I had to get a biopsy of my vulva once and the lidocaine injections were by far the worst part. I later learned from the nurse that they use a far less painful injection for vasectomies at that hospital. She said the reason they werent able to use it at the womens clinic was because it was more expensive. I was livid after hearing all that. Its like the female version of, okay sir. You can turn around now. \*glove snapping\* Of the guys ik who have had it, they say get the scalpel version Hysteroscopy. Theyre used all the time to diagnose polyps, fibroids, displaced IUDs etc. They do lol. Its called a hysteroscopy and its used all the time. So wrong! Im sorry you went through that Every woman should insist on some k

IUD Insertion Experience I got my IUD yesterday. This is the first one Ive gotten so I was extremely anxious and apprehensive about the procedure. A massive shout-out to my doctor who was absolutely incredible. She talked me through the procedure, prescribed an anti-anxiety medicine, and also told me to take 800mg of ibuprofen before the procedure. During the procedure, she used a warm speculum. This was so comfortable (a previous pap smear at a different provider was awful because the speculum was cold as f). S applied a numbing cream to the cervix. Once that kicked in, she was attempting to take measurements but it still hurt way too much, so she immediately stopped and gave me a local anaesthetic, which I didnt feel at all since my cervix was numb. After this, I didnt feel a single thing except some cramping when the IUD was placed. I had pretty bad cramps for 7-8 hours after the anaesthesia wore off but it felt like period cramps. This experience has set the bar. That sounds like a good experience. Congrats. It was! Thank you

Should I expect a pap smear? Hello all, I just turned 21 this month and am seeing an OBGYN for an annual appointment. I had an IUD placed at Planned Parenthood 1.5 years ago when I was 19. I also saw an OBGYN a few months ago for a problem visit because I had ovarian cysts rupture. They didnt do a pap then, but was wondering if there was a good chance theyd do one tomorrow as Im 21 now and its an annual appointment? I just want to prepare myself. Thanks for any input! Yes, I would expect one unless your most recent one was within the past three years Yes definitely! And dont worry too much about a pap - they are uncomfortable but really not that bad. If you had an IUD inserted - then a pap is nothing! Paps arent fun but they dont have to be awful. Ive learned that the more tense I am, the more uncomfortable. Try to focus on relaxing your muscles rather than tensing and constricting. Itll be ok! Its nothing like IUD insertion. Do expect one and try hard to relax. Paps are necessary to screen out cancer and other diseases. Take care of your body.

Dilaudid before IUD? Just curious if anyone has ever taken a dilaudid before getting an IUD? Im getting one today (as long as I dont back out) and I have a dilaudid leftover from my c section I was planning to take beforehand and wondering if it will help the pain. I didnt find it that painful. Its a pretty quick process. Its more painful coming out in my opinion Save it for after, in case. I would, its always easier to get ahead of the pain then it is to treat it. Have you gotten on before, meaning the IUD? Some women dont mind the proceedure and for some it is agony, if your the second group then I would just take it. Do it. They always offer me a tylenol and that is not good enough. And yeah take it before, the worst part is the dilation during the procedure. I am having one done soon and also have some left over for my c section. What did you do? How did it go? I actually ended up cancelling and not getting it done. I was way too anxious because I had a traumatic birth and I wasnt ready to feel pain down there. I was afraid the pain pill wouldnt do enough. I made an appointment with my female OBGYN and Im going to see what my options are, see if I can possibly get IV sedation or maybe figure out a different kind of BC. I have limited options because I had preeclampsia and I cant have anything that would affect my blood pressure so I think its a few certain IUDs or mini pill. Sorry I dont have any advice on whether it worked. If I did go through with it I would have definitely taken the pill probably 30ish minutes before hand. Lol so funny story, I met with a doctor today and I actually decided against an IUD too. I also had preeclampsia and high high blood pressure so I cant have any birth control method that uses estrogen as well. That leaves just the mini pill, the IUD and the implant. I ended up going with the implant and it wasnt bad at all. Its like the size of a matchstick and she completely numbed the area before inserting it. The only thing I felt was the numbing agent. She checked my cervix today for the IUD and my cervix points up so it would be hard to insert. She said she was going to use an ultrasound machine to help insert it and again I asked for pain meds knowing that it was going to be difficult to insert for them. They said that there are absolutely no pain meds for the procedure. Like they wont even try anything. So I said fuck that. Glad the implant exists. [deleted] Its frustrating they dont really offer anything for women who want pain management. Im going to my female OBGYN on Wednesday so lm going to ask about the implant! My male doctor didnt offer it so Im going to see if thats an option. Otherwise Im probably going to settle for mini pill, unless she would be open to offering IV sedation or pain management or something for an IUD. Im glad you got something that worked for you! Also crazy we both had preeclampsia - hope youre doing well now!

Good mainstream media coverage: better pain management for women choosing IUD as contraception I 100% agree with this. When I had my first IUD placed, I hadnt experienced childbirth yet. The resulting pain was way worse than what my doctor advised me of. I was having genuine uterine contractions! The pain was so bad that I had to go to the ER. It was awkward and embarrassing because my symptoms were so much worse than my doctors other patients, who tolerated the procedure much better than I did. I fared much better with later IUD placements after going through childbirth. My hope is that better education is given to medical providers and their patients. 15%?? thats way more than what I expected based on how women talk about it on the birth control sub.

My first gyno (I was 19 in Texas) was so rough putting my first IUD in because she didnt approve me getting one because I was single. It was traumatic as fuck. Im 29. Recently met a young woman whos just turned 21. Shes also from Texas and had the same experience as me with her Texas gyno. The most distressing part? Our gynos were women. It baffles me how some women are unsympathetic &amp; judgemental to other women. I am sorry you had to go through this. religion sucks I suggest interviewing your doctor. Ask them outright if they believe in body autonomy. Ask them if they are pro choice. Ask them about being pro birth control. I honestly would start yelp review doctors with anti choice beliefs. Doctors who ask or base their choices on inappropriate and arbitrary reasons like marriage. Let other women know not to bother with those doctors, at least those of us who care about these things. If being anti choice (or their religious beliefs) is important to a doctor they should be proud to see it in their reviews. No doctor in a state with banned abortion is going to say they are pro choice. Very few doctors are going to say they are forced birthers. This wasnt about abortion. This was about birth control Her choice to have birth control These people are anti choice (all choices but theirs) Adding: if your doctor isnt honest with you , find another. It took me 9 months to get an appointment with my pcp. We have no doctors here. Honestly, if this was happening to me, Id ditch that doc and wait another 9 months. Im not giving my money to these fuckers. Medicine is as much a business as anything. Mine was at 18. She called me a whore for wanting birth control pills for heavy bleeding and also having sex. For the procedures all her motions were akin to Joffreys behavior towards women, from GoT. It was small town in California and I really wanted to bleed more normally, so I sat there and took it. Mine put my IUD in wrong the first time, took it out and had to reinsert it, meaning my cervix was pierced twice. I did not receive any pain medication. Im terrified to have my IUD replaced or removed now. There is a quote I love from Flight of the Phoenix. Spirituality is not religion. Religion divides people. A belief in something unites them. yes, agree. i do hope theres a higher being and/or something after death but im at peace and very grateful if this life is all there is. Im sorry you had that experience. Ive had to reset the insertion device a couple of times over my career and I always apologize for it because I know its painful. When you do need to have it removed and/or replaced: 1- Take 600 mg of ibuprofen about 30 minutes before (as long as its safe for you medically) 2- DEMAND a paracervical block before removal 3- DEMAND the provider go slowly (except for removal, that should be done quickly to minimize pain) and, if it will be helpful, ask them to talk you through the procedure so nothing is a surprise 4- Although its easy for me to say, try to relax and send your mind elsewhere. Listen to music, podcast, or audio book. Read a magazine or book. Anything that can help you focus on something other than the procedure. Hope this helps. - Dr. chubnatty Thank you SO much for this!!! I have a regular appointment coming up and that alone is a little frightening for me - this made me feel a lot better knowing that people are in my corner. Im going to a different office this time so Im hoping the people there are as nice as you. A much better question is to ask about what local anesthetic theyll be using for pain management they will be doing during the dilation. They wont lie to you about their beliefs, theyll straight up tell you how theyre going to treat you. If they tell you that there wont be any other than ibuprofen, theyre 100% definitely going to cause you immense pain and discomfort. Many doctors will also cause this pain because they arent imaginative enough to consider that they SHOULD be managing the pain. Asking the question isnt just for your own dignity and comfort, but also gets them thinking about how they should be treating their other patients. Geez, what is it about fucking Texas? Hold them accountable Im convinced these ghoulish gynos are all the grown-up versions of those girls in high school who never had period cramps and think its just not that bad for everyone else. Theres no reason IUD insertion shouldnt be done with anesthesia imho. Women are just expected to suffer even at the hands of good doctors. I was 19 and irresponsible, got pregnant and had a miscarriage. My (male) gyno was INSISTENT that I get an iud because he knew I had trouble with other birth controls before and wasnt responsible enough to take pills everyday. This was in Atlanta, so a bit more liberal than Texas. Fuck the jihadis for Jesus. Its absolutely stupid we have to fight against doctors who are still part of that fruity little club. &gt;The most distressing part? Our gynos were women. Anti-choice leans male for obvious reasons, but there are a \*lot\* of anti-choice women due to religion mostly. I read today that high school bullies that are average at things end up being nurses for the control. Sounds accurate to me. I teach first year college students and one of my favorite lessons is about our core values. We spend the class choosing our values from a list of 40 and then whittle them down to our top 1. My values list makes a distinction between \*religion\* and \*faith\*. Students that choose religion tend to discuss feeling part of a community/family connections. Religion (organized relgion) is part of their community and identity. Students who choose faith tend to discuss feeling like they are connected to something bigger than them. They describe feeling like they are a part of a larger part of life. Both can be important, it just depends on what they want to focus on. Sense of community in an exclusionary type of way (religion) versus sense of bigger picture. Its very interesting from the outside looking in. I grew up a Southern Baptist and very devout. About first year of college, I started examining my \*why\* for religion and I had many problems with how the dogma of the religion was opposed to what I felt was a general message of all are welcome in Christs life. I describe myself now, at 37, as more spiritual and I am no connected to any organized faith. Probably pushing MLMs too. Im sorry I really dont like to comment on posts here very much, since Im a man and I view this as a place where women can go to get away from men and talk amongst themselves when they need it, but Ive gotta say something here. Thats absolutely fucked up. SO SO SO SO SO SO FUCKED UP. If youre a medical professional how can you let yourself treat your patients in such a way? If youre an educated person how can you even have personal beliefs that make you want to treat a patient that way?? ESPECIALLY IF YOURE A WOMAN? This ingrained hatred for women in our society is putrid, and so many are blind to it. Or even worse, see it and TRY TO JUSTIFY IT. Its horrible. Weve come so far but shit like this makes it feel like weve barely made any progress at all. It feels like a losing battle. For something as SIMPLE as EQUAL TREATMENT. We have to do more for you ladies. This is disgusting. OP, Im sorry you experienced this. I hope this gynecologist pays the price for what they did to you and likely countless other women. And I hope, likely in vain, that this hasnt happened to too many other women. When I got my IUD, I only had ibuprofen for pain management and I was fine. Mind you, I also got my nexplanon implant removed right before and while it didnt hurt, I had a ton of scar tissue so it was VERY uncomfortable. The IUD placement didnt seem as bad in comparison. Im also in California and I love my doctor! I 100% trust her. When I told her that I think Nexplanon was giving me anxiety/depression, she said that while there wasnt a lot of studies to back it up just yet she 100% believed me and then she suggested trying the non-hormonal IUD (Paragard) and it was the best decision for me. And yes, my anxiety/depression improved significantly when I switched. I wish everyone had the same experience as me in regards to a doctor they trust. :/ We are our own worst enemy. Theres a nugget of truth to that old trope. What you experienced is a type of internalized oppression. In social justice theory, internalized oppression is a concept in which an oppressed group uses the methods of the oppressing group against itself. It occurs when one group perceives an inequality of value relative to another group, and desires to be like the more highly-valued group. [Copy paste from Wikipedia](https://en.m.wikipedia.org/wiki/Internalized\_oppression#:~:text=In%20social%20justice%20theory%2C%20internalized,the%20more%20highly%2Dvalued%20group.) IUDs are painful to insert and there is no getting around that. It does take force. Sounds like the doctor was an asshole but I wouldnt assume that he was doing anything to make it extra painful. IUD insertions can be very traumatic because most are extremely painful. If anything they are undermedicating women for the pain, they should be offered something a little stronger to get through the procedure. Similar to an abortion, anytime someone is jamming something up your cervix, its going to hurt like hell. Having it removed is no worse than pulling out a tampon. That was my experience anyway. In order to place an IUD they have to insert it with a straw width tube. To remove it they just pull on the strings and it slides back out easily. Agreed As someone who works in healthcare, who has a lot of nurses in my family and childhood friends who grew up to be nurses, I have to question this stereotype. Like teaching, nursing was a profession that women have traditionally been able to get into and where they stood to earn a reasonable living. A great many nurses I work with are highly intelligent caring

Anyone here got an IUD on anesthesia? What was it like? Hi, Im a 23 yr old female. Im a virgin right now, but Im getting at that point where Im dating and thinking about finally having sex. So, I need some kind of birth control. Im a very forgetful person, so pills are out of the question. At first I wanted to get the depo shot, but after seeing so many horror stories of people gaining massive weight... that might not be for me. Honestly, Im terrified of hormonal imbalances and weight gain. I already have enough stressors in my life, I dont need that. I started researching the copper IUD, and while it comes with its side effects, most of them seem manageable to me. My only real hang up is... the insertion process. Ive seen numerous TikTok videos showcasing how they do it, and it looks like something straight out of a horror movie. Doesnt help that most testemionals Ive seen read like; Yeah the pain was excruciating, but its worth it. Listen, Ill be damned if I have some stranger stick a tool up my hoohah pierce my cervix with no anesthesia. Nope. Not happening. I was wondering if there was a way that I could get anesthesia, despite it not being the norm. And I was wondering what the experience was with that. I have zero pain tolerance and lots of anxiety. (in a perfect world, Id be completely unconscious for the procedure. But Ill settle with being loopy and unable to feel anything while its happening) Ehh Id say the pain is like a pap smear and severely bad cramps at the same time. And its over to a dull ache pretty quick. I also have a copper IUD and have not had kids. Its easier if you have had kids. Honestly you should be fine popping a couple over the counter pain pills before hand. Im pretty sure its highly unlikely theyll give you anything stronger than OTC and maybe something for the anxiety, but its worth having the conversation with your doctor about it, since different doctors will have different policies, plus no two patients are the same. I was in the exact same position as you when I got mine. I wanted a nonhormonal option. Ill start by saying it was 100% the right choice for me and completely worth the pain. The insertion was odd but it was over before I realized it and wasnt very painful at all, so anesthesia is really not going to be helpful. However, over the next few hours your going to experience some pretty painful cramps. I remember watching Mulan and shouting the lines at the TV to get through the pain. Once the really bad pain is gone it will feel like a bad period for a day or so but it should be manageable. Then, your first one or two periods after will be pretty heavy. Thats it. Thats the bad part. Theres nothing else bad about it. Its hormone free and awesome. Ive had mine for a few years now and Im really happy with it. The pain sucks but its short lived and youll be so glad you got the iud it will be worth it. Thanks for the response. Do you consider yourself to have a high pain tolerance? Ive heard so many things about this procedure, and the most common story I hear is that the insertion process is SUPER PAINFUL. I do believe people when they say its worth it. But I have no pain tolerance whatsoever. Im the kind of person wholl cry over a splinter. So thats the main issue for me. I can deal with the cramping afterwards, but the pain DURING is what gives me the most anxiety. And it doesnt help that with the research Ive done... I know exactly what theyre doing to my cervix 😬 Ive never had a pap smear before 😆 The pain during is almost nothing. I grew up in and out of hospitals so I have a ton of anxiety during medical procedures and almost zero pain tolerance and I promise you, the insertion wasnt a big deal. The cramps after were the worst of my life and seriously made me reconsider ever having kids lol. But that went away after a couple hours I think. Looking back, I remember screaming at Mulan to get through the cramps but I barely remember the insertion. It was like a blip. Id still do the cramps over again and choose this iud if I had to do it over. Im worried Im going to stress you out over a different part now. I believe youll need one before insertion. No its fine. I had awful cramps during my first years of getting my period. Id literally wake up in the middle of the night cause they used to be so bad. Its no fun, but I believe I can deal with it. I got the copper IUD several years ago now (28 now). I was in the same boat as you; I had heard the stories, but believed I could handle it. I took a couple ibuprofens beforehand, like the doctor suggested. They did absolutely nothing to help the pain. Now, I have a high pain tolerance. Ive had two kidney stones, to give you an idea of my pain threshold. The IUD experience is still the second worst pain Ive ever had to deal with in my life. The insertion felt like an actual hole puncher inside of me, even though it was quick. The cramps afterward though, were immediate and almost unbearable. They lasted about a week and I felt like I could barely move the entire time. Even now, I have the worst period pains every month, four years later. Despite the pain, I feel like the peace of mind is worth it, especially if you have sex with men. But Im not going to sugarcoat it, the whole insertion process was definitely a traumatizing experience for me. I had my Mirena put in under anesthesia and am SO glad I did. They did it in conjunction with a hysteroscopy (exam to look inside the cervix/uterus) due to wonkiness found during a pap smear. Im due to have it replaced at the end of 2023 and am dreading it. I get vomity during pap smears, and have already brought up needing to be under anesthesia to my PCP. Bring it up to your doctor for sure! Theyve seen everything (or at least read the case studies for almost everything). We arent the first people to have low thresholds for pain, and we certainly wont be the last -- but doctors need our help to be able to build a case 1) for insurance, and 2) medically speaking, to understand and balance out the risks from putting a patient under anesthesia since its never a 100% guaranteed safe exercise. (Not to scare you at all! Ive been under anesthesia 4x before, and would go under tomorrow with little hesitation if needed.) Happy to provide more details about the actual procedure(s) if useful. Im so glad youre thinking about the best ways to keep yourself safe -- so smart! Well I would say youre wrong, though pain is a lot worse than a pap smear. Its possible and you have to do the work IE tracking down a doctor who will do it and etc. but youre going to have to pay for a lot of it yourself .insurance wont cover the anesthesia part .potentially the entire thing. Youre not the only one though. Ive seen this come up more and more often good luck The pain during isnt NOTHING WTF It made me black out and Ive never fainted in my life Boy you sure get offended by other peoples experiences. You ok, buddy? Got my first Mirena in a doctors office without any pain meds. It was rather unpleasant but the pain wasnt what I would call excruciating. It was over in few seconds. I drove myself home afterwards. I was a bit achey and crampy for a few days. When time came for the second one, my gynae told me straight up that she only does them under anaesthesia because women shouldnt have to go through so much pain. I got a uterine biopsy done at the same time. I was so glad I had it under anaesthesia because the second one was helluva worse than the first. I was in tremendous pain after, they had to dose me a second time before I got discharged. I ached for days. Im not sure how much of this was the biopsy, and how much was the Mirena. I am due for a replacement next year. Im going straight for the anaesthetic option. If the option is available, take it. Dont put yourself through unnecessary pain. You have nothing to prove to anyone. Its not about toughness. Womens pain and suffering has been minimised and ignored for so long. If you have a doctor who is willing to make it as pain free as possible, please accept and appreciate that. You are so fortunate. Thats really sucky that insurance wont cover the anesthesia. In my opinion, if youre going through such an invasive procedure, then insurance should contribute to the anesthesia cost. But eh, I still think the cost might be worth it. Different for everyone Yes. Only downfall was cost and being seriously Ill from the drugs when I woke up ( like any surgery). Mi had to shop around for the right doctor to be able to do it as well. A gyn/surgeon. I had general anesthesia it was done at a hospital the doctor had operating privileges at. If youre not getting general anesthesia you could do a local numbing plus a morphine drip . Id much prefer a general anesthesia. Im glad to know they do that at some places! Id settle for sedation + local anesthesia too. Yes I had a colposcopy done ( uterine biopsy )with local anesthetic and a sedation drip, it went fine. I wouldve done the iud under these conditions as well but it wasnt offered. i had my iud inserted this morning. the pain for me was definitely nothing. the cramping after is so slight i dont even notice it. lol its almost like everyone has a completely different experience I just booked an appointment in Houston for an IUD insertion at a surgical center with IV sedation! My doctor offered it because I was really hesitant about enduring the procedure due to a trauma history. I am so grateful for her. I didnt even know it was something I could ask for. Why dont these doctors understand that yeah, pain is one thing, but to have a person inflicting pain on a very intimate part of your body is something altogether different for a lot of women. Wishing you luck!!! If I can find it in Texas, Im sure a compassionate provider is near you too. Im more than happy to update you and let you know how it goes. I will say, getting womens healthcare is so rough when you are young. Im now 3

IUD insertion with local anesthetic Hello all, after years of avoiding the dreaded IUD insertion I finally had it done. I requested a local anesthetic and was (begrudgingly) allowed to have it administered to my cervix. When I brought it up to the nurse who took my vitals she said we usually dont use that for IUD insertions, but we do have it for other procedures so Ill ask the doctor. Id previously endured a cervical biopsy and cryotherapy without any local anesthetic and those experiences were unbelievably painful for me, so I was comfortable asking for anesthetic this time. The doctor came in, administered the local anesthetic and began the IUD insertion, which to my surprise was not overly painful. However, after 2 minutes of trying to insert the IUD, my doctor left the room. I assume to get a different tool, but Im not sure. She returned, finished inserting my IUD (it was mildly uncomfortable but not blindingly painful like my biopsy or cryotherapy had been). Once my doctor finished inserting the IUD she told me it was a good thing that Id requested the anesthetic because I had scar tissue from my previous cervical procedures that was hard to get through and that she would have administered a local anesthetic after the her first attempt to dilate my cervix failed. Which leads me to the question: WHY THE FUCK IS LOCAL ANESTHETIC NOT STANDARD PROTOCOL FOR IUD INSERTION? Or for the other cervical procedures Ive endured? It was honestly a breeze with the anesthetic. It was like a light cramp. When I had my cervical biopsy and cryotherapy (without local anesthetic) it was almost the same pain level I experienced breaking a bone. Please ladies, request local anesthetic when you have any procedures that involve needling your cervix. Im getting this done tomorrow!! This has made me feeel soooooo much better lol. You couldnt have posted this at a better time EDIT: get the anesthetic if you can OMG it was so easy!! it hurt a little. like if a period cramp is dull, this felt sharp. it was ok! i got home, had a 3 hour nap and am ok [deleted] Im so glad! Demand the local anesthetic! I only knew to ask because Id googled it and now Im like its completely fucked that this isnt offered as step 1 of the process. I also took 4 advil an hour before. And an anti-anxiety pill. And a cocktail. Thankfully they offer it as standard where Im going, otherwise I wouldnt be getting it. Im so glad it was okay for you!! I wish I had access to an anxiety pill :( Im tempted to take a cocodamol before!! Some people are still under the impression that women cant feel anything in their vagina beyond a certain point. A myth men with small dicks prefer to believe LOO. Damn It is WILD to me that its not standard procedure. Thats awesome, I love that its standard where youre having your procedure! Def take whatever meds you have available beforehand too. For me advil, Xanax, and CBD made my IUD insertion an absolute breeze. I was so scared because every single woman Id talked to about their experience said it was one of the most painful experiences of their lives. It does not have to be that way. Right!! We should be offered ALL the stuff I wish this was standard or I knew to ask for it when I had my IUD inserted!! I left feeling AWFUL. During the insertion it hurt so bad I said out loud oh my fucking god how do people even give birth this is horrible lol It should be standard to give anesthetic!! I asked for local anesthetic when I first got mine and was told they only do that if there are issues. I then had the most painful afternoon of my entire life. I will never understand why it isnt standard to give anesthetics/pain meds to people getting IUDs [deleted] Ive twice been denied any local anesthetic xD if I had more patience and time, I would have shopped around. Its pretty terrible that gyno pain is so overlooked. My IUD insertion was 5 minutes of hell. If I knew CBD would have helped, I would have taken some. NB: I live in Vancouver, BC, Canada where this stuff is 100% legal. Not to mention, if you have a history of sexual abuse, having someone inflict severe pain to your genitalia can be really fucking retraumatizing. [deleted] Any reason the timing would make a difference? Ive got 🤞🏾a few years before I need to worry, but it can be useful info for someone else! [deleted] My first IUD insertion they used local anesthetic and a dilation cream which helped SO MUCH. but even then I was unable to move from the paint for about an hour after the insertion. Literally laid on the table crying. Ive had 2 unsuccessful insertions and 2 successful insertions and ended up just getting a hysterectomy (major surgery) because I couldnt stand the idea of going through it 3 or 4 more (successful!) times before menopause. Out of the 4 places Ive scheduled to have insertions none of them have been able to provide any pain relief besides taking OTC pain killers before my appointment. After the last unsuccessful insertion I was referred to the OBGYN (I think my PCP was just inexperienced), he was certain he could get it inserted but I asked about all my options with the conditions that 1. I dont want a period and 2. Im not having any more kids. If I could have reliably counted on receiving proper pain control I probably would have opted to just stick with an IUD until menopause, just because thats much less invasive than surgery. I am happy with my hysterectomy, I found out when they sent my uterus to pathology that I have adenomyosis, which explains why my periods were so heavy and painful. I just dont think I would have chosen it if I had an option for pain relief. Damn, I wish I would have had this. When I got my IUD I asked is this gonna hurt and the doctor told me probably not because I already had bad periods. I became sick from the insertion pain and spent almost 30 minutes on the exam room floor, throwing up. They wouldnt even give me ibuprofen, insisting that I needed to eat something first. I remember wishing I would pass out or something because the pain was so overwhelming. I dont mean to scare anyone away from IUDs though, I think my situation was worse than most because I was late for my appointment and the doctor had to rush. She said she hit a nerve or something

IUD check up IN 2 DAYS Insertion was a horrorshow. Ive put off the check up and Im well overdue now, so its scheduled for Monday. Im getting a little worked up, I dont know what to prepare for. If they even fucking touch my cervix let alone open me back up - I will NEED to be sedated. Im a redhead so naturally Im scared of anaesthesia, and my partner says stuff like its probably just not worth the risk... but he is a stinkin penis-haver. Who knows what I should prepare for? I will not let them remove it unmedicated, they will just have to bury me like this. Ive broken plenty of bones and will choose again and again to break multiple bones over this medieval gendered torture When i did mine, they did a transvaginal eco/ultrasound and tried to find it. Sadly mine was out of position so they had to remove it. If they have to do that, they will make you cough and remove it. It hurts a tiny bit. Bro I will straight up have to reschedule. I refuse to go through that unmedicated If yours is out of place, you can choose if you want to remove it right there or not. They wont open/stretch your cervix again. But you should call them and get the type of reassurance you need and ask all the questions so you know what they will do to you. For me, it was waaaay easier than inserting it.

Got my IUD replaced today and my doctor was amazing I was so scared to get my IUD replaced after all of the horror stories of medical neglect, incompetence, and zero pain control Ive read on here (I got my first IUD right after having my daughter and it wasnt too bad since Id recently given birth). My doctor was amazing. She told me exactly what would happen at each stage in the process and why, and what it would feel like. She explained beforehand that she would be using topical lidocaine to numb my cervix (a topical gel, not a shot, since the shot itself can be very painful). This morning about an hour before my appointment, a nurse called me to remind to take OTC painkillers beforehand, and my doctor offered to prescribe me anti-anxiety medicine if I needed it (I didnt). During the procedure, she walked me through exactly what she was doing at each moment. She explained that even with the lidocaine numbing, the very sensitive nerve endings on the cervix can cause dizziness and lightheadedness for a few minutes afterwards and made sure I stayed laying down for at least 5 minutes (this is in contrast with the horror stories I heard here of doctors believing the myth that the cervix doesnt have any nerve endings!). She had an amazing bedside manner and made me feel respected, safe, and validated my concerns. She understood the chronic conditions I have and was able to validate that this IUD was a good choice for managing the pain from my endometriosis and adenomyosis, and recommended when to get it replaced (5 years instead of 7) since Im using it for management of painful periods rather than birth control. I wanted to share this to offer hope and reassurance that as women, we can find quality, respectful medical care and we can advocate for it until we get it! Ive had my share of doctors that dont listen or respect me, dismiss my concerns and refuse to take my pain seriously. Its so nice to have a doctor who represents the very best of her profession. So glad to hear positive stories coming out. It can be a challenge to find a doctor that understands.

Gynecologist Appointment with Male Med Student I recently went in for a IUD placement. After searching for a female doctor after having poor experiences with male doctors this was important to me. I am also only 17, this being my first experience with a gynecologist I was already nervous for my appointment. A male med student had come in to take my history. Silently hoping he wouldnt be present for the rest of the visit. My doctor then came into the room. I get into the stirrups and she began the procedure as the med student stood on the other side of the room. Which I had settled with because he couldnt see anything. He then started to come closer and peak over her shoulder, making me horribly uncomfortable. I never consented to this. After a minute or so he asked doctor if he could stand behind her to watch. My heart sank, Im 17, doing this for the first time by myself. She asked me if it was okay after he had already been looking over her shoulder, feeling pressured I said okay. I left the appointment feeling unsafe and violated. This being my first experience with a gynecologist I am scared to ever go back. Have anyone experience anything similar where you didnt have the courage to speak up? How do you think doctors become doctors? They watch other doctors. I know sometimes its hard to speak up but next time you have to be honest and tell the doctor youre uncomfortable with someone else being in the room. Its rather common for medical students to observe or even participate in medical assessments or procedures since thats how they learn. Try to not to be self conscious about being honest about the way you feel. Honestly, doctors are used to some patients being uncomfortable with students being present! The dr definitely should have asked you for consent prior to even having the med student take your history. That is how its always been done for me - the doctor asks (without the other person present) if its ok, which is supposed to help take the pressure off if you want to decline. Of course this is how doctors learn, but you as the patient have the ultimate say. You deserve to be comfortable and shouldnt feel pressured. Im sorry you experienced this. It wont always be this way and please dont let this stop you from getting necessary medical exams in the future. Same. Ive had med students observe many times but Ive always been asked if thats ok before the appointment has properly begun. With consenting patients. Especially for intimate procedures that can be traumatic depending on the persons history and age - Would you mind if a med student observed today? should be the first question. They should always ask you whether you are OK with a student watching or doing anything. I have had students present at mammographies / breast exams, including a very sweet blind lady who was training to recognize tumors by touch and who needed to practice on live subjects. I have always been asked whether the other person could attend the exam or whether they could practice on me. Whether you go back to this doctor or another one, make it clear that you do not want students present. You might even be able to have this logged in your file. Sorry for your horrible experience. I would call or write to the doctor and politely tell her you felt violated and why, and to please get consent PRIOR to even having the med student in the room, much less looking at your private parts exposed. She should have known better, but a reminder can help both you with future appts as well as other women. Again, I am sorry you had to experience this thoughtless and unnecessary violation. That has nothing to do with the issue. The issue is CONSENT. A good doc ever even touches a patient without consent and asks consent for each new area they want to examine and explains in advance what they will be doing and why. Also ask if the patient feels more comfortable with a female nurse or student present. The closest place to me is a clinic connected to a hospital and since Im pretty comfortable I signed a form saying that the students could sit on or participate. And still the main doctor asks me and introduces them. I knowingly agreed to it. I think you need to look at your paperwork and tell them to take out any kind of thing that says other people can hang out and watch. Its important that students have a chance to learn but not on people who are massively uncomfortable. Your comfort and safety as a patient takes precedence. I would call back or ask your parents to call and state that it was EXTREMELY inappropriate. Also Im not sure where youre from, but youre a minor which makes things much worse. They shouldve asked your parents for consent on having a med student in the room. Absolutely inappropriate. So sorry this happened. Ive had so many students in my appointments over the years because I believe they need to learn first hand. However Ive never once not been asked if its ok. Even my GP who Ive seen for 7 years still asks even though Ive never said no. You can tell med students to leave. You dont owe them anything. And you should complain to your doctors office that the med student did not have your permission to be there.

Excellent GYN experience I went to the OBGYN this week, for my annual and in prep for having my copper IUD replaced next week. Honestly I was pretty nervous because of the pain the first time. Im chatting with the new to me NP who will be performing the procedure. She only asks if my period are regular. She doesnt mention anything about my weight being high for me right now. She never asks if Ill eventually want kids. She brings up the IUD, and asks if I have any questions. I responded whats your pain management philosophy when it comes to procedures like this? She looked surprised, and said that we have a few options. If Im chiefly concerned about pain, she can prescribe some Percocet. If Im also having anxiety related issues, she is happy to also include something for this. She goes on to explain that one of the MDs in the practice will also give cervical blocks for IUDs, and she would be happy to schedule me with her if that was my preference. We discussed it, and she did note that not everyone in the practice shares this view (I appreciated the heads up). For the physical exam, she asked every time before she touched me. Yall, I was stunned. I havent had horrible gyn experiences, but this was exceptional. It gave me a lot of comfort going into Monday that my provider cares about my health and safety, both physically and emotionally. (Im in Northern Virginia) Thats awesome! If you can, consider leaving her an online review so other women needing an IUD can find her.

Why dont they sedate you for IUD Insertion?

I shared the story of my most recent IUD experience I came across [this tweet](https://twitter.com/drcopps/status/1466832371286687745) today and it really got me thinking about my most recent IUD insertion. I had it done in 2019 but it is still a very clear memory because of how painful it was. I had my first IUD inserted in 2012-ish. I was worried about the pain but it took literally less than 20 seconds. After it was inserted, my doctor said, Okay, were done, and I said Thats it!??! It was literally a tiny pin prick. The second time around, this time, was much worse. I was with a different gynecologist. She said that my cervix was shy and hiding so she couldnt get the IUD placed where it should be. She then told me she needed to twist and pinch my cervix (those are the exact words she used) in order to get it in the correct position. And let me tell you, when she did it, it was some of the worst pain of my life. The actual insertion took more than 10 minutes, and I was in pain the entire time. Youre going to feel a little pressure. = Youre going to feel like Im twisting your insides because thats literally what Im doing. Id rather go through child birth again than be subjected to an experience like that. I dont know if my doctor didnt realize it would be that painful or just didnt care, but I tell anyone thats getting an IUD of my experience because people need to be aware. Because these stories need to be shared, I decided to take to Facebook to share mine and I was overwhelmed by how many of my friends had similar (painful) experiences. Its mind blowing how common these experiences are. Sedation should absolutely be required for IUD insertion or, at the very least, be offered as an option. Theres no reason why women should not be given painkillers when theyre literally having something implanted INSIDE THEIR BODIES when men ARE allowed to be sedated while having something thats removable stuck into their butthole. Gynecology and womens healthcare in general is not taken seriously and women are not taken seriously. Its absolute bullshit and something needs to change. 100% agree. Im so sorry that was your experience; I have many friends with similar stories, and each time Im like, why isnt our pain valid enough? Its one of the main reasons I feel so conflicted about getting an IUD. The pincer used is called a cervical tenaculum and after using it to insert IUDs (during residency training) I firmly believe I will never get an IUD for myself. They look like torture devices. You are absolutely right, women should be given the option for light sedation. Hell, men are offered benzos for vasectomies and they get injected with lidocaine first! The field of gynecology has a really horrific past and even now, in 2021, when the overwhelming majority of gynecologists are women, the practices still seem terrible. All of this to say, thats why Im team Nexplanon all the way. Its barely below the subcutaneous tissue and worse comes to worst I can remove it myself 🙃 You are absolutely right, the instruments they used looked like torture devices. Its horrifying that no one in the history of modern medicine has come up with a better way to do these procedures. I think Im going to look into Nexplanon my next go round. This IUD will last for probably another 4-5 years. I love that I dont have period and that I dont have to worry about birth control. But the pain of getting another one inserted just isnt worth it. Im getting my IUD put in tomorrow. Im getting knocked the fuck out for it. My gyno had it as a given that I wont be awake. Fuck all of that. Im pretty sure its standard here too. I dont know why anyone would be awake for it or even worse be given without pain meds. In my experience, and the experiences of the people I know, no one is offered pain meds around here. So Im sure no one thinks anything of it. Im glad you wont have to suffer through it! When I had my IUD inserted, my doctor told me that I wouldnt need any pain medication except for maybe some Tylenol when I was at work afterward. It was one of the most painful experiences Ive ever had, right alongside a kidney stone! Thats what Ive been hearing from a lot of people, that their doctor told them to take Tylenol. Tylenol doesnt even help me when I have a regular headache. Its outrageous that they just expect people to deal with the pain. [deleted] &gt;The pincer used is called a cervical tenaculum and after using it to insert IUDs (during residency training) I firmly believe I will never get an IUD for myself. They look like torture devices. Is it just me, or does [this](https://www.aspivix.com/wp-content/uploads/2020/10/Untitled-design-1-2-980x551.png) really look like a tool whose usage should NOT involve being twisted. More like should have a warning label on it saying DO NOT TWIST. Thats exactly what my doctor used! That instrument should not be used intetnally on someone thats awake. When they used the device on me, she removed her hand once it was clamped and I could feel gravity dragging my cervix downward from the weight of the device. It was just dangling there. The device started slipping and I could feel the point dragging its way down my cervix. It was a very panicky pain, would not care to repeat. And yes, they did have to replace it. Deep penetration felt bad for several weeks afterwards, I suspect it left an internal scratch. I can guarantee you there was a scratch involved at the very least! And who just leaves a tool dangling in someones vagina? Im sorry that that happened to you because thats terrible and shouldnt have happened. Imagine a surgeon just not holding onto things in the surgical field. Just letting tools fall haphazardly into the abdomen or the chest. Ive had tattoos that take hours of pain. I would sit through a hundred hours of tattooing rather than one IUD insertion. Mine was so painful it was nauseating, I thought I was going to pass out. Its a special pain, its so vulnerable. You got your pussy cranked open and the cold air is rushing up there. Having your guts twisted with medical instruments while youre awake majorly sucks. I had an IUD put in recently and since I also needed a hysteroscopy and a d&amp;c, they did it all under sedation. Needing a surgical procedure isnt fun, but I felt like it was lucky timing after hearing so many horror stories about IUD insertions. Everyone should have the option of sedation for this procedure. Yes! Its such a different kind of pain. Id absolutely go through hours of being tattooed instead too.

My dog is afraid of having her nails trimmed… I talked to her vet about it, and she prescribed me anxiety medicine to give her. Even with the medicine, she was still too scared and the vet tech wasnt comfortable continuing so theyre giving me an additional sedative drug so she can be calm and pain free during this procedure. Why am I posting this here? Because I was thinking, man… its so nice that these vets are so compassionate toward my dog that they use the tools they have to help make this nail trim as comfortable as possible. And yet were out here raw dogging gynecological procedures and being shut down if we express that were uncomfortable 😭 I wish I could take a Xanax before even a regular gyno appointment, let alone IUD placement or removal. Sometimes it just feels like we dont even get as much compassion as a dog. Seriously. My dog is on low grade nerve pain meds and anti-inflammatories all the time now (she had a leg/back injury in 2020 that wasnt healing + became chronic because she wouldnt rest). Ive gone to the ER literally sobbing in pain and been told I was drug seeking. Dog also gets anxiety meds for nails, dental care, x-rays etc, I disclose a PTSD diagnosis and get told to deal with it. Dont get me wrong, Im happy my girl isnt hurting and has a happy doggie life. But we could treat women this well too. Euthanasia is largely illegal for humans, and its a crime to separate puppies from their mothers before eight weeks. We very literally do treat dogs better than humans in this country when it comes to the big issues, its not your imagination. Ok, I am a tech, and yes, I do believe in trying to make the experience calm and pain-free for the pet. That being said, if we dont do this and use anti-anxiety meds and/or full sedation, then we, the staff, can get severely injured by the animals who go for fight or flight instead of freeze. It isnt just for the sake of the pet. In general, human medicine doesnt pose the threat of bodily harm to the provider in a lot of cases, and so they have the advantage and can do what they will. It is truly so fucked. [deleted] My vet happily trialled my senior dog on low dose ketamine for her chronic pain. Biting and scratching might do it. I feel this may be the only way! I have severe CPTSD and Ive actually thrown punches in response to unexpected pain. Its no fun being so trigger my doctors and dentists. I need to be out for literally anything more than a pap or general physical. For their safety and my own.

I was treated better giving blood than getting my IUD inserted. I passed out (and then threw up when I came to) while giving blood for the first time last year. They gave me food and a drink, and had me lay down and relax for almost an hour before they let me go home, and even then I had to insist that I was feeling fine, and I would sit in my car a bit longer before driving home (it was freezing in the building so I wanted to take time to warm up). The phlebotomists had such concern for my wellbeing, when I really caused a bunch of trouble for them. Not intentionally, of course, but I took up a chair for a while while recovering. I love my gynecologist. But she wasnt the one who did my IUD insertion. It was a different doctor at the same practice, and I had to be put under for it. Before that, there were two failed attempts, with one of them being so incredibly painful that I cried when the gynecologist and nurse left the room. They made me wait five minutes, drink some water, and then I left. The contrast between these two experiences was insane. Objectively, I definitely needed more time to recover physically from the blood draw. But the IUD insertion made me scared to have sex for months because I had so much trauma around anything going near my vagina. Anyways give blood, and advocate for yourself. Always request better pain management. Im so sorry this happened to you. Do you think youll speak up to your obgyn? Maybe…maybe not. It was pretty traumatizing overall. The pain was one part of it, but having my pain be expected was worse. My general practitioner prescribes my birth control now so I havent needed to go to my gyno in ages. When I got an IUD inserted I was not prepared for how excruciatingly painful it would be. And of course I was given nothing for pain before or afterward. It was absolutely horrible. Everyone I talked to that has an IUD was like yeah it hurt a little bit but it was fine so when the first try was excruciatingly painful I was just shocked. I was told to take like…ibuprofen beforehand. It did not help. That sort of pain just isnt taken seriously :/ I unintentionally kicked my gyno in the face. It was an involuntary leg movement to remove the cause of pain. Had to rescheduled and had to be put under to have it done. That was many years ago, I think I was 34, Im now 56. I cant believe women are still having to go through this. Also, had it removed 10 years later, very painful but very quick, no kicking. After all if that, I still recommend an IUD hands down 100%. Mine was non hormonal and worked 100% I tried bc pills, shots, implants before the IUD they all made me feel crazy and not myself at all. Even if she did its mostly invisible to them. Procedures, surgeries and anything women related is so normalized as if it doesnt hurt, too common and unimportant. I had csections and the attitude was the same because so many women do it they act like as if someone didnt just cut through 7 layers of muscles and it wasnt a major surgery. Nobody cares. A man complaining about back pain at an urgent care gets more narcotic pain killers than a woman who goes through csection. This is completely invisible to all that is involved. The mistreatment is so common thats why we have the highest preventable deaths when it comes to birth related deaths. Same goes to any other woman related problems. Its all seen as women hysteria when women bring up issues. If you read the history on that you will know why we are mistreated like that. Literally the same thing happened to me. I called back the same day and begged for removal due to excessive bleeding and like pregnancy cramps. They said I could come back in 6 days and that it wasnt an emergency. I needed to adjust and discomfort was expected. Long story short, I reached into my vagina with a pair of tweezers and rip the bitch out. Ladies, dont fucking do it! Word. I had to go to work for 4 days with my IUD hanging out of my cervix. Why? Because my physician did not believe me when I called to report it. I finally insisted on an appointment. Man the look on his face-he was he scared. If it had punctured my cervical wall I could have died. He did not apologize but his face said it all. Terrible Honestly, I have an extremely high pain tolerance and getting an IUD was probably a 4/10 on the pain scale. Sorry you felt that way, It was pretty bad in my opinion. My doctors were nice, though. I love my IUD. Im pretty much semen proof. Bad idea... dont tweeze it out please. No one do this. Not everyone experiences the same pain she did. I really like my IUD. I think it can be an extremely varied experience. The first time I got one inserted, it was like a pinch and a bit of discomfort, really no big deal. When I got it replaced last year, it was the worst pain I have ever felt. I was nauseous from the pain after, and had to lay there in the fetal position for around 35 minutes after. Still, I would make the same choice because worry free birth control is amazing. The day I got my IUD was the day I realized that I puke under extreme pain. The it hurt a bit but was mostly just uncomfortable was my experience, but both times Ive gotten mine in they did some sort of numbing agent in my Cervix, if you ever get it replaced please do advocate for that as well. The fact that it sounds like so many DRs seem to put them in without that is appalling to me.

I want my mirena out but I do not want a pelvic exam or pap can I refuse it? [deleted] Yes you can! I recommend finding a trauma-informed provider (google your city name and trauma informed obgyn or trauma informed midwife - Im partial to midwives personally as their care tends to be more personal) and telling them your situation. I see a trauma informed midwife for gyn care and she makes me feel respected, heard, and valued, which is definitely in contrast to my experiences with most medical professionals. Ok thank you Ill try to find one near me :)

Jaw reconstruction vs sonohysteroscopy I recently went through two jaw surgeries, one to remove a tumor in my lower jaw and the other to replace it with a bone graft. They were quite unpleasant as I have a large neck incision and a titanium plate that goes from my chin to my ear. I think Ive proven I am not a wimp. But that pain doesnt even come close to the pain I experienced during a vaginal ultrasound where they removed my IUD and infused fluid to evaluate a uterine mass, even with oxycodone, pregabalin, ibuprofen and Tylenol. I was scheduled for a biopsy and IUD replacement, but I could not tolerate any more. How is this even possible? People are knocked all the way out for a colonoscopy, but women are expected to take ibuprofen or Tylenol and bear through this with no other options. It is unacceptable to treat us this way. Im so sorry you went through that terrible pain I dont think I could handle that! Also I hope you are feeling better after the jaw operations too Im so sorry for your experience. We need a law that requires insurance companies to cover a full range of pain management, including sedation, for painful GYN procedures, and requires clinics to provide patients with a written list of the options they offer. Ive had several SHGs, which were not super comfortable but also not painful. Ive also had three HSGs, an IUD and an endometrial biopsy, and those were \*awful.\* After I almost passed out during the first HSG, my doc prescribed Valium for the next two. Didnt make it painless, just put me in happyland so that I cared less and didnt seize up from anxiety. Did they not give you anything for the IUD placement or the biopsy? Each of those procedures are rough just by themselves, but expecting a patient to get a SHG, IUD, AND endometrial biopsy in one go without prescription-stength painkillers at the \*very\* least is bonkersville. I mean, dentists will numb you up and put you on nitrous just for a routine cleaning if your anxiety levels are bad enough, so why dont OBGYN patients get the same consideration? Been told by multiple medical professionals for multiple procedures that I have a great pain tolerance, breast biopsy, cortisone injections in my knees and shoulder, PT, surgery, childbirth without an epidural as examples. My own primary told me my pain scale was skewed after I said the pain after knee replacement wasnt as bad as I was expecting. So if I tell you that getting a uterine biopsy without any pain relief was painful, it was fucking painful. Just a little pinch and some cramping as we force open your cervix and grab a piece of your uterine lining. My ass, let me put your balls in a vise and describe it as a little pinch and some pressure. Some cramping felt like they were ripping apart my insides! I used prescription pain meds from my jaw surgery—it was worse than I could have imagined.

Another IUD post Can someone, anyone help me understand why they dont put us under for IUD insertion? Compared to like a colonoscopy?! Signed - a 42 yr old woman who (hopefully) had her last traumatizing IUD insertion earlier today The option should be available, but not everyone needs it. Ive had two IUD insertions (and a removal) and I had zero issue with any of it. It felt strange, not very comfortable, but it absolutely didnt rise to the level of pain. Just odd, brief discomfort. No big deal. Walked out and continued my day as normal. I think the first time I maybe took a short nap afterwards? Thats all. Also, if they put you under, you cant leave by yourself. Youll need a ride and that person will have to be present and verify with staff that theyll be helping when you leave. If you dont have someone, they wont even take you back into the exam room. [deleted] I did ask about pain since it hurt so much my first time several years ago. They said they add some numbing gel (nothing was numb) and they can give me ibuprofen after. First there was the pain of the whole procedure which was intense. Like intensely intense. Then the after pain, nausea and spinning for 10 mins. After crying in the procedure room for several minutes I dressed, moved to the ultrasound room across the hall, Re un dressed, waited and had the ultrasound done which was also terribly painful and long. I was cramping a ton with the insertion of the camera wand it was just too much I was just laying there crying. Then she told me I could leave when I was done so I just got dressed as soon as I could calm down, got outside to fresh air and sobbed for ten minutes in my car. I dont really think I was in any shape to get home on my own. I honestly dont even know how I did. I do remember those protocols for the colonoscopy even though I had no pain, nausea or any of that. So weird I just dont get it. Cost. Also, once, a doctor said something to me about the balance of complications versus the pluses of it. Please join us over at r/wedeservebetter …you didnt have any pain….? Wow thats lucky. Im going to get another in a year, and I am not looking forward to the removal and insertion process. If there was pain medication (besides freakin ibuprofen which does close to nothing) Id definitely take it.

Why is there a lack of pain management at the GYN? I was just scrolling through IG and I fell into a rabbit hole of random gyn related stuff, but the one that stuck out to me the most was a cervical biopsy done with like a long claw grabber. The comments from women who had it done showed that most women do not get pain management for procedures done to the vagina or the cervix. It took a full chunk out of the practice orange and the idea of women doing it without pain management is crazy. &amp;#x200B; It reminded me of my own terrible experiences with getting IUDS placed and removed without any pain management, of being called a baby by the dr for sobbing in pain after they used the sounding tool to essentially punch my cervix open. The nurse kept asking her to please give me lidocaine because I was in agony, but the dr said it wasnt worse than having a baby and if I couldnt calm down and relax the tension on my cervix then I would have to leave without an IUD. I left without an IUD and blood running into my panties. The other doctors were kinder, but still no pain management except for the last one, who I told that I was scared (and I was shaking) because of the pain and she promised to use a ton of lidocaine. Surprisingly it doesnt hurt when you are numb, who would have thought? &amp;#x200B; These stories are not unique and I just dont know why doctors wont give us pain meds, or call us names when we express pain. They say its a pinch, or it will feel like a cramp, and then literally rip chunks out of your cervix or shove what is basically a long metal straw through your cervix, leaving you bleeding onto the table. (My experience) This doesnt even take into account how painful pap smears are, or how the speculum stretches you and that hurts too. My sister had her membranes stripped when she was due to deliver her son, she said it burned and hurt so bad but the doctor just hand waved it away because she was gonna pop out a baby any day and that would hurt worse. &amp;#x200B; Are we supposed to just grin and bear it? I dont know why they always downplay the pain or make you feel crazy for being hurt by objects in your deepest parts of your sexual anatomy. Womens pain is routinely downplayed. At least part of it is the meme that women are overemotional - hysterical if you will - and way too sensitive and weak. If you complain, its that youre a whiner over something that isnt really that bad. Mens pain is taken much more seriously because men are stereotyped as stoic and uncomplaining, so if they complain about something it MUST be serious. The reality, of course, is that the whole family comes down with the flu, and while the man of the house is huddled up on the couch with chicken soup complaining constantly about how bad he feels, the woman of the house is on her feet taking care of him and the children even though she feels just as bad. You got it down to a T here, all I have to add is that even if the gyno themselves knows it hurts, sometimes they slyly try to almost guilt you into not complaining because other women deal with this too, youll manage:) yeah, but why we gotta? A woman doctor friend told me that when she did the gyn rotation, they were actually told to do things like press on a woman \*\*\*until she winces from pain\*\*\* I believe that some male gynecologists dont like women. My experience says its most male gynecologists tbh. Ive had a couple cervical biopsies on my cervix. There was pain, for sure, but I dont remember it being unbearable. The numbing needle for a labia/perineum biopsy was fucking excruciating though. Thought I was going to throw up hahah I was hospitalised for a week with a severe kidney infection that went septic. My boyfriend had a cold. He called me to complain that it wasnt fair he was so sick cause he couldnt go to the brewery with the boys. I was like, mate Im stuck in hospital I had a uterine biopsy before my hysterectomy/endo excision....and it was excruciating. I couldnt believe it, but I was told that it was such a short procedure that they didnt give pain meds. I cant even imagine a doctor sticking something up a mans penis and ripping some tissue off his insides without pain meds. I guess I was lucky to get the pill that dilates your cervix a little. I believe woman are just supposed to grin and bear it......and we are by far more able to deal with pain. Because we have no choice. Ex-boyfriend, I hope. Ive had a bunch of procedures, including two c-sections, but the worst pain Ive ever felt was during a gynecological diagnostic procedure I was told might include discomfort. I took a commuter train home and nearly passed out from pain. Ive got my first gyno appointment next month, and Im planning to chase an IUD. Reading all the horror stories on here makes me high key nervous ngl, I hope its just because no one writes about the good ones. Sorry you had such a shitty experience, you deserved better I have an IUD and Im not gonna lie, the insertion was uncomfortable but it certainly wasnt a horror story. For me, the discomfort lasted barely one minute. Once the procedure was finished, all I felt was some light cramping for a few hours, and some light bleeding. By the end of the day everything felt back to normal. I know this is easier said than done but if you can relax that helps so much. Also what helped a lot was I struck up a conversation with the assisting nurse, that was a great distraction and she also held my hand☺️ Oh and I had no pain management in place, they told me to take some otc meds before I came in, which I didnt do. I had this too and it hurt like fuck. The (female) gyno said Yes, its a bit awkward when I was crying in pain. Awkward? Wtf. My advice(not that you asked for it) is not to let these stories psych you out of anything. I had the Mirena for years and loved it. Best birth control I ever had. Remember: no one ever posts mediocre stories or uneventful ones. Most posts are because something bad happened and a couple will be something great happened. No one goes out of their way to say it was boring but worth it. I agree with the above poster, the insertion is uncomfortable, but it only lasts for a few seconds. I was able to drive myself home after and took a day or 2 off to sit with a heating pad while my body adjusted. It took maybe 2 months to feel 100% back to my normal self (meaning some cramping and mild bleeding/spotting on and off) but after that I never knew it was there, eventually stopped having periods. It was great. Everyone is different of course and IUDs arent for everyone. But in my experience, the anxiety of anticipation is usually way worse than the experience itself. And for every woman out there always remember to advocate for yourself! If you are uncomfortable or dont trust your doctor, speak up! Change doctors! We deserve better than being treated as if our pain and concerns dont matter! Ultimately they are there to serve us, they wont have a practice if we dont go to them. But please never let a bad experience prevent you from seeking out proper Healthcare. You are worth it! A few years ago I had a hysteroscopy without anesthesia and it was the most painful experience of my life. I was crying and swearing my mouth off every time they inflated my uterus with saline. Im disgusted that the (female) gyno seemed shocked at how much discomfort I was in, as if I was being crazy. The nurse had better bedside manner and even hugged me afterwards while I was still crying from the pain. I never went back to that clinic. Strangely enough when I mentioned it to my sister (OR nurse) she said they routinely do this procedure at the hospital under anesthesia!! I wasnt even offered that as a fucking option. Now at least I know better for the future if I ever have to get that done again. Ive been to the local er often for ovarian cysts. Im left to languish for 4-5 hours with no pain relief. My husband had a kidney stone last year. Before he was through the er door they were offering him pain meds. Fucking hate medicine honestly. You have to prove youre sick enough to warrant pain management. But if men are yelling theyre \*clearly\* in pain. Women screaming in agony is hysterical. I say this after having an IUD placed with nothing. It was NOT just a pinch. I was white knuckling it trying not to scream bloody murder. Then had horrific cramps for a solid week after. I was told thats normal and just how it is. After 7 years of this shit I finally got it pulled and my periods are suddenly less severe, less hemorrhagic and not debilitating. That was only possible because my husband got snipped to stop my near constant pain. Oddly enough I got shittier treatment from female doctors. Just because they havent had a period from hell doesnt mean nobody does. Why not just biopsy it after the hysterectomy? I have pretty severe anxiety in doctors offices (sexually assaulted by a doctor in my early 20s) and Ive found that bringing my boyfriend is a huge help in getting them to cooperate. (Hes a giant human, most people are intimidated by him without him doing anything). Yes, its sexist crap but Ill be dammed if Im going to go through another assault to prove a feminist point. Also, before I had him around, I would simply refuse procedures without proper anxiety and pain meds. Like, when they said it needed to be done, I say not without xyz. When I get oh I dont think you need that then I say I dont need the test or procedure. Id say a solid 85% of all doctors (and dentists) cave at that point, the remaining 15% I thank for their time, fire and leave. But you have to be able to walk away and risk waiting for a test while you do that. (My job is very high risk, and I was misdiagnosed with cancer at 20 so my sense of omg you could die is skewed a bit. Its useful when negotiating this stuff.) Bottom line, push back. Dont be bullied by people who dont care about womens pain . I wonder how many of them chose the specialty not

Dysphoria and pain made me wimp out of an internal ultrasound I am 18 years old and transboy (biologically female) Today I had a follow up ultrasound, I had polycystsic ovaries and a thickened endometrium at my last external one. Ive never been sexually active and can hardly wear tampons without pain. Not to mention the utter humiliation and absolute disgust I feel when even thinking about someone seeing my private areas, due to gender dysphoria. Anyways, because of the thickened endometrium my gyno recommended getting another ultrasound after I had breakthrough bleeding (I had just gotten nexplanon) which led me to today. The ultrasound tech said she couldnt tell if anything was different from an external and asked me about 3 times if I wanted to just do the internal or else we would have to reschedule. The first time (and only time) I had a pelvic exam was this year, and the nurse said she would only use one finger. This was excruciating. It was the equivalent of when I got my nose pierced and I couldnt sit straight up without bad pain for a week. I knew I would be in horrible pain if I had to do an internal ultrasound and I panicked and basically just said oh well that sucks you cant see anything and left. I feel pathetic, like Im a coward and I wish I could just be normal. I wish I didnt have to deal with gender dysphoria and the absolute disgust I have with any reproductive areas. I feel so alone and I was wondering if anyone else had this bad kind of pain before. And what helped with emotional support if you ever felt like it made you worthless and pathetic like how Im feeling I cant offer any advice, just lots of hugs. Blessings to you. Even as a cis woman I wouldnt have been ok with an internal u/s being sprung on me! Youre not a wimp, they are sooo painful. Im sorry you went through that. Oh hon. I am so sorry. What a shitshow to go through. Are you feeling physically any better yet? (Not that your emotions arent important, I just hate to ask if theyre better yet. Youve clearly been going through some tough stuff.) Your ultrasound tech also sounds like she was useless. Thats not your fault. She should have been far more empathetic to you. I dont have any advice for how to cope with this other than to just practice good self-care in the coming days. You deserve access to safe, supportive healthcare. Some ideas for figuring out whats at the root of this pain: I dont have a lot of experience with people experiencing gender dysphoria but your symptoms surrounding tampons and exams sound like vaginismus. I know that dysphoria can result in painful examinations but vaginismus might be worth exploring because your symptoms sound quite severe. You may or may not want to pursue treatment depending on your plans for gender confirmation surgery, sexual interest, etc and regardless of if you pursue treatment, your pain is real. If you dont have or get a vaginismus diagnosis and still need reproductive healthcare, do not be afraid to advocate for yourself. You can ask them to use lube to help reduce pain or with an internal ultrasound (should you pursue that), ask to insert the probe yourself. That can help with pain. For interests sake, did the doctor use lube? Ive heard people on this sub say its painful, but never heard of a bad one irl where I live. Physically Im doing ok. I have suspected I have endometriosis for a LONG time as it aligns with a lot of my symptoms, as well as causing severe vaginismus. Knowing I have PCOS is oddly comforting. I am not completely out as trans yet, (thankfully my mom is SO supportive, shes been my rock through the past 4 years Ive been having issues. 6 month long periods and quarter sized clots. Yikes.) my doctor is very understanding and knows about my dysphoria, I see her on the 8th of July, so Im thinking of asking for diagnostic laparoscopy. In Lithuania a lot of the time if you are willing to pay for a procedure most doctors will do it. So hopefully a laparoscopy will help complete my diagnosis instead of doing a internal ultrasound and biopsy Seems like the ultrasound tech should have been way more sensitive to how you feel- physically as well as emotionally. Talk to your Gyn about your experience and how you feel. If your doctor is unable to understand and/or offer help, you need to keep looking for another doctor. Perhaps theres a local trans support group that can help? Youre NOT the only trans person with gyn problems out there. Youll be much better off in general if youre able to connect with your local trans community. We cis folk are pretty pathetic when it comes to being empathetic to people whose situations we dont immediately understand. Im sorry youre going through this. That said, while Im a cis/straight/white/boring old woman, I do have fibromyalgia and am in constant pain. I know how hard it is to convince people to take your pain seriously when there isnt anything obviously wrong with you. Dont let anyone try to convince you that your pain- physical or emotional- isnt real. Dont let anyone try to tell you that your feelings arent valid. Your pain- ALL of it- is real and you deserve nothing less than compassion and support from your medical professionals. You are as worthy of respect and the best medical care available as anybody else and \*PLEASE\* dont accept second rate. Do you have a close friend/ally who can accompany you to your appointment? Sometimes when were overwhelmed, we are less effective in advocating for ourselves and we just sort of collapse in on ourselves. Someone who can help speak for you when youre feeling compromised might help. No matter what, though, dont think that you dont matter. You are as important and your feelings are as valid as those of \*anybody\* else. You deserve good care and have a right to demand it. \\*HUGS\\* Please remember that YOU matter. Ive heard from my friend studying to be a gyno that people with endometriosis, vaginismus, or similar conditions make anything going up there really painful (even tampons) Yes lubed. The wand is a rigid 10+ and they have to press it DEEPLY into all walls to get pics of ovaries, tubes, measure blood flow, etc. Theyre not just sticking inside you. Secondly, a tech does it, not a doctor. Just for information sake. Thank you for the response, just hearing that people sympathise with me makes me feel so much better. My mother has a scarily high pain tolerance, so unfortunately she cant sympathise with me about this stuff. (Albeit shes amazing with giving support in anything else) Ive been spending the day with my cats, so theyve been cheering me up as well Yes, to all the above, my darling boy. If you absolutely must have an internal exam/ultrasound, you must, my love, demand Xanax or Valium to help you relax. Do not let the white coats talk down to you. Do you have someone you trust that can accompany you? Take them with you! Have them hold your hand. It will help, I promise!-- Love, your internet Mama, Dani This sounds very angsty, and I suppose it is. But I hate if people I care about see me vulnerable. Ive thought of bringing a stuffed animal if I do have to. But I think that would be very odd considering Im an adult now. My mom suggested I should bring a small pillow if I do have to go through with this though I also had a pelvic ultrasound for endometriosis. Its been almost a year I think. The ultrasound tech was really nice, asked me if I wanted to do the internal one. She was very clear that while it could help give better info, it was absolutely not mandatory and I did not have to do it if I didnt want to/was uncomfortable/didnt feel like it. I was fine with it and she even gave me the option of putting in the wand myself. 😂 The way the nurse talked to you was not appropriate. There are so many reasons why someone would be uncomfortable with a transvaginal ultrasound. And it can be triggering for someone to have to explain WHY they dont want to or cant. Patient declines, tech/nurse/whoever moves on. Honey, who cares what the techs think! Most will be fine with it. Do let the tech no that you have anxiety about the process though. Im married to a special procedures technologist, no one will have a problem with you bringing a stuffer. Im sorry youre going through this rn. I had vaginismus in my late teens and I have endometriosis. Im 52 now. Vaginismus is excruciating, anything felt like a knife going in my vagina and I understand completely. I just want to add that even if a painful condition is in your head it doesnt hurt any less than if its what doctor might call real pain. It helps to remember this if doctors claim its stress or psychological pain. Tell them its still pain, no matter where it originates. Doctors need to be told not to be assholes sometimes. Thank you for the response, any sympathy Ive received has made me feel a lot more comforted and feel less alone As someone who gets regular internal ultrasounds (I have probably done close to 40 of them) I have never had one done where I wasnt in control of the situation. The technician always hands the wand to me to insert it myself. If you find its to painful for you then you can stop the exam at that point. You would be totally in control of the insertion, it will not be done for you. I know some people have been commenting how painful this exam is but I have never experience any pain with any this test. I do find Pap smears and getting a speculum inserted painful tho and sometimes tampons as well. Let the technician know your concerns also before the exam. The wand is definitely not 10 inches. I feel like your comments are purposely trying to make him nervous. I have had over 40 of these exams. The wand only goes about 2-3 inches into the vagina and is just slightly wider than a tampon. Absolutely NOT. He already had this exam. I was empathizing with him. Go google internal ultrasound wand. I said nothing about the diameter. The length of the wand is very long. Look at the leverage the handle give

-Vent Post/ Off my Chest- I decided the IUD was the best birth control option for me but have never given birth or been pregnant before. Ive done my research and several people have said the insertion process was very painful. I usually have a high pain tolerance, but dont want to chance it considering the two facts above. My OBGYN said the only pain management they provide is Tylenol, so of course I called around for other options. Apparently its $500 out of pocket to get further pain relief. Insurance does not cover it and it makes me furious that we are forced to foot the bill when the medical system knows this is a painful procedure. It just reminds me that medical sexism is real and that once again theres always some additional cost to things just simply for being a woman. Im at the point now where I dont even care to have a uterus anymore because its so much to manage even if that means I wont ever have children. Im over it. The patriarchy is alive and well. I was peeved as well. The IUD insertion was a brief pain but so shockingly intense I lost my breath and as soon as the doctor left me to clean up, I started to panic. I had braced myself for pain, Im not unfamiliar with OBGYNs and Im usually fine. This was not fine. It was absolutely not okay and I will never go back to that doctor. I passed a clot so big I felt sick. I spent the rest of the day in bed after being told I could go back to work after the appointment. ask for anxiety meds!!!!! I never want kids. I would rather have a hysterectomy and go through the pain of surgical removal of a major organ and early menopause than attempt an IUD insertion. At least with surgery they give you medication. If I do this Im seen as a drug seeker What! For one day? I literally get two pills for one day and only for my procedures.

The IUDs gave me chronic pain, even after getting them removed. Im on the edge, I dont want to live. Not with this pain. \[22 she/they\] Long story short... I had the copper IUD put in on 20 September 2022. After a month of unbearable pain, I went for a check up. The doc said everything looks fine, so she only prescribed me some anti-inflammatory drugs and a 3-day antibiotic just in case. I didnt fully trust her opinion, so I searched for another doctor. He said that the IUD is partially in my uterine wall, and also too low in the cervix. It was taken out on the same visit and I felt relief right away. He said I can get another IUD put in on my next period. This time I opted for Kyleena, and got it on 19 November. I went for the check up on 20 December, and everything looked perfect. I told the doctor about the pain Ive been experiencing, but he brushed it off, saying its normal for the first couple months. A week later, I text him, telling him the pain is not going away, only getting worse. He told me to do blood tests, they come out just fine, so he says to stick with the IUD if the pain is bearable. So I did for another week, until finally taking it out as I couldnt stand it. Unfortunately, the pain did not go away so far. Sometimes its only worse. I changed the gyno again. She looked at the ultrasound photos, and said the first IUD was never even in the uterine muscle, as he said. She also said it was a mistake that both my IUDs were put in at the last day of my period, as Ive never given birth and they should have been put in when my period is the strongest, so my cervix is most open. She performed a transvaginal ultrasound and my uterus and ovaries look okay, theres also no free fluid, basically everything perfect. Therefore, she said there might be an infection so she put me on some medicine for 20 days: antibiotic, antibacterial, antifungal. Its only been two days so far, but its not getting better AT ALL. AT ALL! Its only getting worse, if anything. I have pain in my abdomen and back 24/7, I have stabbing pains, burning pains, stretching pains. Im concerned. Im scared the IUD fucked me up for life and they cant figure out whats wrong, Ill have this pain forever and Im going to kill myself if this goes on. I dont want to live with this pain. [deleted] Im so sorry to hear and read this. As someone who has found living with copper IUD a living hell and find it so painful, I do have empathy for your pain, but this on top of so much negligence is infuriating and scary. The good news is you seem to be with a gyno now who is actually paying attention and trying to actually help. There may be some damage (not necessarily permanent as far as we know yet) but I do think that hopefully with the IUD being completely removed and with the medication, whatever is hurting can begin healing. At this point, the wound may still be very much there and open despite the IUD being removed, and it may take time to heal, more than a few days for example. But dont give up hope yet that it \*will\* heal. Continue seeing your gyno actively, continue being very communicative about what is happening, and take the medication as prescribed. Give your body a chance to start mending and try to remain positive for now — I know thats easy to say and hard to do when you feel like this and its completely natural to be concerned about whats going on inside you and feel defeated. I just mean that we dont know for sure yet that you cannot heal in the long run so try not to overwhelm yourself with your thoughts right now. Hopefully you are able to take time off and just relax and lay down and move only when you need to. Most importantly, dont give up on your life. It isnt over yet. I want to believe this can be overcome for you and I hope you are able to try and see through this process of getting to the bottom of everything and healing. Yes I think the current gyno is actually really trying to help. She gave me a list of blood tests to do and then get an appoitment with her on the phone, to tell her about the results and how Ive been feeling. She said if this current treatment doesnt work, well do a cervical swab to try to identify the bacteria, if there is any. I dont know if maybe I should ask her for different tests that could be done? It actually worried me that everything looks ok on the ultrasound. Because I feel like theres no clear cause of the pain identified yet and thats why I doubt it will ever be identified, but Im 99% sure its the IUDs that are responsible for it, because prior to using them Ive never had such issues. Im so frustrated and scared I just keep crying and worrying. Ive also been through a lot of mental health issues and some time before getting the IUD it was all good and I even got off medication but current situation makes me so depressed I cant handle it. Im so sorry this happened to you. My first thought is that perhaps your pelvic floor muscles suffered an injury. Can you ask your doc if she thinks pelvic floor therapy could be helpful? Even just an evaluation by a pelvic floor therapist could tell you if your muscles are doing OK. Pelvic floor dysfunction can cause a lot of pain, and youve had some serious medical trauma in the area. Ive had two IUDs myself and they were both awful. I had a Mirena for almost 3 years and it caused a lot of issues for me. I tried a Kyleena as well, lasted 3 months and then took it out. Im so sorry that youre in so much pain...but the good news is your doctor is trying to help you. I know its only been a couple of days, but healing takes time. Be kind to yourself - healing isnt linear - its more of a rollercoaster. Im going to call my gyno in a few days after I get my blood tests done so I think Ill ask her: 1. If she thinks there are any other tests can I take (like an abdominal ultrasound, MRI) 2. If she thinks it might be that the IUD has affected my pelvic floor muscles and whether I should seek therapy for this. Do you think pelvic floor dysfunction can cause the pain I have though? Its basically pain in lower back and lower abdomen that sometimes flares up and then the stabbing weird pains that are very localised - I thought it was my ovaries the whole time, but I had the transvaginal ultrasound and my ovaries look fine. Did your pain go away right after taking the IUD out? That seems to be the case for most people... Idk why not for me... It totally can. I have r/interstitialcystitis, which I believe is due to pelvic floor dysfunction that started when I had Mirena inserted and then had to take it out because of the pain. Ive had vaginismus ever since, and though I am mostly able to have sex now after using dilators, I cant use any internal period protection other than soft tampons, which are hard to find where I am (in the states). Please make sure you consider alternatives not related to the IUD. Keep a detailed pain and symptoms journal that will help your new doc consider differential diagnoses. Yeah, Im going to a regular doctor on Monday to describe my symptoms and ask for referrals for different tests or to different doctors that might help with the diagnosis. Pelvic floor muscles and nerves are connected to a lot throughout the pelvis, abdomen, and back, so its possible for it to cause some back and abdominal discomfort. I suggest it mainly because most docs dont think to check for asymmetrical muscle strength, and it can cause a huge amount of pain I dont think it was immediate relief no. Was I glad to get it out? Absolutely. But it took time for everything to settle back down. How are you feeling today? I felt fine in the morning but with every hour I have more stabbing pains. I think it might be better than when I had the IUD still in, but honestly Im not sure. Its been over 3 weeks since I took the IUD out. Thank you a lot for asking, makes me feel like at least someone cares I care because I know how youre feeling. Ive been through a lot myself and I know what its like to live with pain. Would it be possible for you to ask your doctor for some stronger pain meds? Im sure Tylenol and Advil probably arent helping much. She gave me a name of pain medication that does help (dexketoprofenum), Ive tried it out. Im not really taking it because first of all I feel like my liver has had enough for the past 4 months, and because I want to have a better ability to monitor the pains if that makes sense...

The pain of getting an IUD can be excruciating. Why arent there better relief options? scare tactic b.s. that even quotes (but does not cite) only an estimated \*\*about\*\* (lol) 11-15 per cent who have an insertion experience severe pain. IUD is one of the safest, most effective forms of birth control, please dont dont discourage its use, especially in these times. the thing i hate is that the article is from the AU ABC. like, a legit news source. i thought they were on the better side with all of that I wonder about all of this because I remember researching it and finding that doctors dont necessarily have a good grasp on pain levels where the IUD is concerned. As in theres quite a lot of flippancy. Thats not to say that you shouldnt get one, but rather doctors need to be more responsive. I, for example, wasnt told to take anything in advance while other women apparently were. It was excruciating. Im in need of BC but I wont even consider getting a new IUD. Its a great option but doctors need to be more understanding, thats my major takeaway. I didnt read this as discouraging. It says for most its not bad, but for some it is and cites that low figure. For about one out of ten the pain is significant and people may be less worried if they had access to options for pain management or if they knew that if they do experience significant pain during insertion they can say something and not be dismissed or have their pain minimized. I absolutely love my IUD, but Im one of those women. The pain is terrible, usually bringing tears to my eyes. Ive had migraines for twenty years, so its not like Im a stranger to pain, but something about it is just excruciating and I cant really tell you why. Most people seem to be fine pretty quickly after as well, but itll take me days to stop feeling the pain. Those 72ish hours are worth it though and I still highly recommend it. It hurts and that sucks for me, but the benefits outweigh that. We really shouldnt discourage IUD usage, that includes by refusing sensible pain relief options for an oftentimes (yeah, 11-15 percent is oftentimes for some outcomes) excruciatingly painful procedure. People get scared off, lifelong, from what is some peoples best hope of safe and effective birth control, because when it comes to gynaecological procedures were oftentimes stuck with bite down on a wallet level pain management for no good reason. And thats not the fault of people who discuss the pain! Nor is it the fault of the people who experience it directly and nope out! Its a system that refuses known, safe, effective options. Accurately and adultly addressing this isnt some kind of disservice just because it means accepting current options arent perfect. And what specific times do you mean? This is an Australian article. Were doing fine, a bit put off by covid, but improving patient care is paramount in all situations. We cant halt all world progress because talking about it doesnt fit in to some country or others internal narratives. Pain is a real access issue, and if a buffered lidocaine paracervical and something to take the edge off can help, asking for it isnt greedy. There arent better relief options because its woman pain and therefore, its not that bad. We just need to get over it with an 800mg ibuprofen. specific times of reproductive rights teetering on the brink of destruction in the US. (didnt catch news source closely enough)

I did all the research and still didnt know: IUD Experience and Vasovagal Reaction/Shock Hi friends, I wanted to write a post about what I didnt realize could happen when getting an IUD even though I did a ton of research! If this can help prepare someone better, I will have done my job. Disclaimer - Im not a medical professional, just a girl trying to facilitate information sharing. This is not medical advice. I got my first IUD, a copper one, today after hours of research and preparation. I even brought lavender essential oil to the procedure to breathe in during the insertion (which was surprisingly helpful, I recommend it to all!). To start on a positive note, the insertion was really not that bad. I did opt for a local anesthetic into my cervix, which is frequently offered to women here in the UK. Between the anesthetic, the experienced doctors, and my copious huffing of lavender scent, once the doctor was done, I said That was all?. It felt like an uncomfortable cramp or really deep penetration where your cervix gets hit. After giving myself a pat on the back for handling this like a grown adult, I sat to wait out the mandatory 10-minute observation period. Based on everything I learned so far about IUDs, after the insertion I am out of the woods of mindboggling pain and should expect a bunch of period-like cramps, but not much more. Lo and behold, as I waited, I began feeling lightheaded and unwell. After calling for help, two nurses began escorting me to a room where I can lay down; however, the effort was in vain as I proceeded to fall completely unconscious in the hallway. I came to with them looking over me as I was sprawled out on a bench in the hall. After I got into another room to lie down, I proceeded to have about an hour and a half of faintness, sweating, chills, tingling in my arms and legs, and absolutely intensely painful pulling cramps. My blood pressure fell lower than most politicians approval ratings, and I was pale as a sheet. I was later told that what I was experiencing was called a vasovagal reaction, or cervical shock, which I did not realize could happen over 10 minutes after IUD insertion. Knowing that this is a typical reaction that can occur, and not my body experiencing spontaneous multi-organ failure, was surprisingly soothing and eased my fear that something went horribly wrong. A lovely nurse and several doctors came to check on me as my uterus was going through the 5 stages of grief and making peace with its new house guest. Many cracked jokes about the terrible experiences they had during their IUD insertions, which made me feel more optimistic about my situation, yet also depressed about the current state of womens pain management in the world of medicine. Eventually, after about 2 hours of observation, I began to spontaneously feel better and took an Uber home because I was in no condition to walk. Now I am feeling fine and currently eating a burrito bowl while occasionally wincing at waves of cramps. Takeaways: I am happy I opted for a local anesthetic, and lavender oil will be a procedure essential for me, no pun intended. I do wish I knew what was happening to my body during the second part of the whole ordeal, and hopefully, this post can prepare and soothe anyone else who will go through something similar. Also, I think being completely comfortable with your doctor is imperative so choose wisely, and when possible speak up if your needs as a patient arent being met. \*\*Would I do it again?\*\* \*\*Sure\*\*. Unfortunately, I do not get to experience the benefits of an IUD in the near future as the man I want to see most in the world lives on another continent; however, knowing that I am going to be protected for years made the experience more worth it. I think the most important thing is to keep advocating for proper pain management and transparency about procedure pain for to make such experiences better and more predictable for everyone in the future. Maybe with that, the number of Reddit posts about these types of scary IUD experiences will get lower for good. :) &#x200B; YOU CAN GET AN ANESTHETIC???? I had to fucking beg for something, anything for my replacement after I literally turned green with pain the first time - they gave me a cervix softener & a Valium. Then the dr chided me for crying on the table because it still hurt like a motherfucker. Yeah, of fucking course Im American. My thoughts exactly! I got a saltine cracker, a cup of water and 1 Tylenol to chew on. It took 4 hours for the procedure. Mandatory 10 min waiting period? Im on my second IUD and with both they were just like see ya! right after. Same, for all three Ive had. Get out and try not to look at all your blood on the table! OP is in the UK. The [NHS official page](https://www.nhs.uk/conditions/contraception/iud-coil/) confirms that you can ask for local anesthetics when fitted with an IUD. Do you have the same reaction when getting blood drawn? I have to preface blood tests by stating Im prone to vasovagal syncope reactions and Ill need to lie down for the procedure so I dont pass out on them (...again). Sometimes even talking about parts of the eyeball will trigger them for me (health classes in school were a nightmare for this). I can handle the sight of blood though, but some discussions and procedures will cause cold sweats, going pale, plummeting blood pressure, etc. It could also be part of a response to any anxiety about your procedure (like if you were psyching yourself up and its just the adrenaline crash). I dont know how I feel about a needle to the cervix. Thats the nerves that are freaking out to fucking start with. My doctor told me I needed biopsies several years ago but refuses any sedation. Ill just gamble with death by cancer than play this terrible game of Lady bits dont feel pain You can ask for it in the United States as well This is real! Im an eye doctor and just last week I was educating someone about a condition they had and as soon as I grabbed my plastic eyeball model they went vasovagal. People have all kinds of triggers. I did 😭😭 Man, I know. Thats a terrible gamble but I 100% understand the fatalism. No, I dont have this reaction to anything else. I handle all sorts of other medical procedures very easily. I will tell them about this when Im getting my IUD removed though. I cant say I was not anxious before the procedure, but I felt completely normal after for over 15 minutes. My body may have also been trying to push out the IUD based on the insane cramps I had as this was all happening that accompanied the - dont think this was the anxiety coming down but probably the stimulation of the cervix that caused it. You were lucky to get a local anaesthetic, Im also in the UK and was just told to take ibuprofen. Which did nothing, and I felt like I had a needle being shoved through my insides. I also had a bad aftermath. Thankfully, the doctor noticed I was pale and kept me lying down whilst she checked my blood pressure. I was lying down for over an hour in the end and had to get my sister to come and meet me as I was still a bit lightheaded and shaky. They really should make sure people are aware of these things beforehand, even if only a few have that reaction. Im not looking forward to when I have to have it changed, but I will definitely be insisting on local anaesthetic! My first IUD they left me alone to put my clothes on in the room after the procedure. I was dizzy cuz my doctor had me up high in the air so her six foot tall self could look straight into my pussy as she inserted it. by the time I managed to stand up and waddle my bare butt to my clothes a nurse opened the door and tried to enter with the next patient, she was annoyed I hadnt left yet.

Women, what can we do about IUD insertions without pain medication? I was just reading an article in Jezebel about a Tiktocker who recorded her painful IUD replacement. And there are concerns that women wont choose this very effective form of birth control due to the painful process. Last year my daughter got an IUD and she definitely found it painful, she was yelling and cursing. Her doctor said that they dont offer pain relief, and that no one in the practice (large regional practice in an affluent area) does. So how do we change this? There appears to be a groundswell of attention to this problem, but will doctors change their practices? What can we, regular people, do to influence change? Should we petition ACOG to change their medical treatment guidelines? Are those change.org petitions meaningful? Suggestions welcome! I was instructed to take a motrin beforehand. Dr. Had a difficult time inserting the iud, but I just felt discomfort and tolerable pain My daughter took several advil before but apparently it wasnt enough (also the doc didnt say to until I called ahead and asked). What people are missing from this whole situation is that medication has risks and expenses. Doctors who offer things like sedation and numbing have to be trained to provide them or pay to have someone on staff to provide them. If youre gonna put people under there are requirements for type of facility you work in and what emergency procedures are in place. Theres a risk of adverse reactions and side effects from any kind of real painkiller. Its in the patients best interests to administer those drugs for a painful and life saving surgery. It might not be in their best interests to risk side effects for a procedure that isnt painful at all for many, and is pretty short term pain for the rest. Yall think its as easy as getting numbed at the dentist or something but the dentist numbs people every day. How often would a practicing gyno really get to numb people for a bc method that lasts 7 freaking years? Id actually rather not have someone stabbing my cervix with needles. So what is it gonna take to change it? Enough demand that those expenses are worth it, and maybe a whole new class of drugs being invented that are effective but not too risky or too expensive to have the training to administer. Im gonna get downvoted to oblivion but people here like to pretend this is only about ignoring womens pain. But medical decisions can be life or death and sometimes a little pain is preferable to serious drug interactions, side effects, and botched administration. I take heavy painkillers in max doses. Still hurts a lot, but at least less than it would have. Still screaming in pain. Men would not put up with this shit. My hubby got totes sedated for a colonoscopy no problem so its not that hard or that dangerous to not have your patients screaming in pain. Refuse to do it without pain meds. This is the way. Any MD can prescribe one dose of a painkiller to take the edge off. Most people do not have serious effects from one dose of a pain med (more have dangerous side effects from birth control which you can get online via chat app lol). Pretty much. Heath care in the US is still based on capitalism. If millions of women refuse, specifically because if the lack of pain control, then well see a bunch of doctors suddenly offer it. Unfortunately, well also see a lot of wildly unqualified people giving pain relief as someone posted above \*side eyes the dermatologist practices that have popped up all over run by people who went to beauty school or are an NP.\* There needs to be a balance but America is bad at that. Thanks for your thoughtful answer. I think that patients should participate in the benefit / risk decisions regarding pain medication and their care. In my case, the OB/GYN offices are in the same building complex as a surgicenter where they do colonoscopies and have anesthesiologists on staff. But Im not even necessarily advocating for anesthesia, but something? A prescription for an oral painkiller? In many cases thats not a big deal. I am also surprised that you say the procedure is not painful for most - Ive heard the opposite. But for people like my daughter, who we know it IS painful for, Id like to think its plausible for something to be offered to ease the pain. Pain, not a tiny pinch or a little discomfort. Demand twilight sedation. If only those types of drugs werent abused and resold for profit, that might help too... if America did anything about its opioid crisis... I would agree if doctors didnt already hand them out like candy. Why does the hard line have to be taken on a specific womens issue and not universally? And ps now that I know, I will just give her a pain pill, I have plenty that I didnt take when prescribed because I only ne3ed one but was given 15 for things like backpain. So Ive had to go to the ER a couple times for ruptured ovarian cysts with some complications. ER staff put in my chart that I have a very high pain tolerance. Even so, I passed out from my IUD insertion. My gyno was laughing when I came to and said that it happened all of the time. I would never get another one. Sure it was short term, but it was by far the most painful thing Ive ever experienced in my life and theres no way I could put myself through it again. You go to r/WeDeserveBetter and join up You make zero sense: you say its hard to numb someone in the same sentence as saying dentists do it all the time like wtf? And other countries regularly give pain meds for this Youre being downvoted because you lack logic. Youre not allowed at r/WeDeserveBetter because you dont. What about the gas? Some gynos offer it for stuff Lol the lidocaine injection is the least of your worries. I thought you were talking about twilight sedation but…the cervical injection is whats bothering you?! Zero medical doctors exist that cant be trained in five minutes how to do those. And if they cant, they shouldnt be doctors. Good lord. Preventing trauma is absolutely worth it. A lidocaine injection costs pennies, dude. What a stupid take. Just an FYI, the NP that inserted mine does them two specific days a week and thats her whole day those days. A ton of people get them. Youre being ridiculous. Even a one time dose of oxycodone and a mg of Xanax would be incredibly helpful for many women. I had my own prescriptions and did that for my second insertion which was a friggin breeze in comparison to the first. Uhhhhh....So, most gynecologists are trained to and can perform a d&amp;c, even if they cant/dont perform abortions as part of thier medical practice. I have had two and zero times did I have someone stab my cervix with a needle just because they presumably do less abortions than dentists perform cavity fillings. Weirdly enough, back when abortion was mostly available, they didnt perform them without giving us drugs, and I think your post is being downvoted because its not well thought out. I absolutely want better pain management for insertion. However, i can also understand why that hasnt happened. First, they do prescribe pain meds to take before insertion. I was prescribed 600mg ibuprofen. Second, the level of pain and discomfort is drastically different for each patient. I personally know women who had very little pain. My pain was at an 8/10 and the ibuprofen did absolutely nothing to help. That said, I can imagine its tough for doctors to treat pain responsibly and appropriately when the pain level is so unpredictable. Finally, Ive heard that after you go through it once and know what level of pain to expect, you can communicate with your doctor for the next iud and advocate for better pain management. Hopefully, a good doctor will listen. Thats just the conclusion Ive come to, but I can definitely be wrong. I just know when I get my next iud, Im going to be very clear with my doctor that I need better pain management. Dentists numb people every day. Gynos dont need to numb people every day, so they would never be as practiced. And I want someone to be practiced at it. And dont worry, I know you dont want anyone capable of rational discussion in your fringe anti-medical sub, but you might want to think how invalidating other womens personhood for merely disagreeing with you is probably hurting your cause. I had some oxycodone leftover from a medical abortion two years before in my freezer the pharmacist cleared me to take and it helped. Along with Xanax, lol. Its a procedure like any other. You make an appt at a day surgery center that is qualified to provide adequate pain control and sedation. Its not hard to do this. Gynos do this all the damn time for other gynecological procedures. Ive had an HSG and no one told me I would be in so much pain I would be sweating and faint. Cervixes are sensitive little bitches. They dont even like getting bumped with a somewhat (relatively speaking— its softer than plastic tubes or iuds)squishy and blunt dick, let alone have things shoved literally through it. I will \*never\* get an iud after experiencing the excruciating pain of the HSG. I know what it feels like to have things shoved through my cervix with no pain control. Never again and shame on the drs who do this every day, causing immense pain, then laugh about it or treat their patients as if they are being dramatic. Its inhumane, how can anyone be so desensitized they are just ok with causing that sort of pain and never even warning the person about it? Its simply outright cruelty that pain control and anesthesia isnt even an option and its a bad look you are trying to convince anyone otherwise. They can prescribe a single dose, taken before the appt or given them something in the office before the procedure Gosh, its almost like they need to research why insertion is so god awful for some women so they can offer adequate pain control. Unreasonable idea, I know. They are just hysterical women after all. Hard

I had a colposcopy yesterday and I cant stop crying thinking about it. I was incredibly worried and stressed about it and my heart rate was around 120bpm before the doctor came in. I let her know that I was nervous and she explained everything to me and made sure I was comfortable. She prepared everything prior to the procedure so that I didnt have to be uncomfortable for longer than necessary. She said from a first look that the tissue looked healthy but shed get back to me with the results. Since then I have pretty bad cramping but I cant stop crying and I dont think its due to the cramping? Im not sure whether it was the vulnerability of it all or feelings of shame or what but I CANT stop crying. The only other notes I can make are that my doctor had to open my cervix and take a biopsy of my uterus in addition to other tissue. Ive had two IUDs implanted over the years and my cervix has been sensitive. While her first assessment seems good I still cant stop crying and Im just trying to process it all. Can anyone share insight or their own experiences? Just had one yesterday too! Ive had a long history with this so it wasnt my first rodeo. It will be okay! Easier said than done but try not to think about it. Do things to take your mind off of it and try to get good sleep and take care of yourself. What were your pap results that caused the colposcopy? How old are you? I just had one done last month! Im still waiting on results. I felt SUPER violated afterwards even though she walked me through everything she was going to do before doing it. And not gonna lie, I still feel violated thinking about it. I cried the whole day and the whole next day. For me, the cramping went away in 2 days Id say, and the spotting lasted about a week. Ive had it done twice! Im 31 but I had my first (&amp; biopsy like you had) around 25 and my second one was a couple of months ago. Im not sure of your relationship with your obgyn but my first one I felt really uncomfortable afterwards, I had no reason to be and I know the doctors do it for a living, but I couldnt help it. The second time, I had it done with a doctor I had been seeing frequently so it didnt feel like we were strangers, I think that helped a lot. Anyways I know its hard but try to keep yourself busy and distracted until you get the results. From my experience they dont say things look healthy if they dont, they just tell you to wait for the results. After the first one I had cramps for a few days but the second one only about a day and I felt better. Im going to try to get back into my hobbies tomorrow if Im feeling up to it and Im hoping that will help. I originally testing positive for HPV in 2013 but then was negative from 2014 until 2020 and 2021. My latest test says is that E6/E7 was detected but not strains 16, 18 or 45. Also Im 29. Ah okay so theyre just being safe! Did they say if it was HSIL or LSIL? I am guessing its just a colpo because of the high risk hpv not because of cell changes. Its standard. Get back to life! Youll be fine as long as you stay on top of things but do keep me posted! Thank you for sharing! Ive seen my doctor for years and I love her but I definitely feel violated as well. I have a degree in physiology &amp; neurobiology and I love science and hearing about medical things. I still feel raw and vulnerable especially after two speculums to get to my cervix. Im hoping Ill feel better after some self care this weekend. Its good to feel validated and supported in feeling this way ❤️ I felt super weird and super alone after, so I totally get what you mean. I hope everything goes well for you with the results and whatnot 💙 Ive had a couple of colonoscopies in my life and both were really easy going. The worst part both times was the prep. And both times I woke up and just wanted to binge eat tacos. Thank you! Your comment put me more at ease. It was LSIL but I think they wanted to biopsy due to the recurrence. As long as insurance covers it (yearly) I have them test for all STDs even if they dont typically pap every year. If its covered, Im signing up! Theres a local restaurant near me that makes incredible Al pastor tacos. Youve convinced me to treat myself tomorrow! You went through a traumatic experience — of course you would cry about it! The feelings you felt were overwhelming and uncomfortable which is enough to cause trauma. Go easy on yourself and dont forget self care :) Thank you for replying! Im hoping Ill feel better in the next day or so. I love my doctor and Ive had her for a while with no issue so Im not sure what my problem is. We love to talk about science and medical journals and yesterday it calmed me down when she walked me through the process and the functions of the microscope. She even showed me my biopsies which I found fascinating. Im hoping to get back into one of my hobbies tomorrow so I think that will keep me from stewing on it. Its been difficult to process without feeling like Im acting dramatic. I really appreciate your response. Thank you ❤️❤️ Ive had more than 100 colonoscopies due to a chronic condition. The cramps are from the air that is pumped in and as a FYI, the intestines have millions of nerve endings so any kind of discomfort is magnified. Probably the most painful thing you can go through is a blocked intestine so it could be sensitive for a day or so. If it continues on, you should call your doctor. Just had my first one yesterday and also cant stop crying :(. Bad cramps yesterday and feeling pain/ discomfort today. I hope you feel better soon! I had cramping and weird twinges of pain in a few spots for 4 or 5 days. Definitely take some time for self care like the others have suggested! I had a movie night with tons of blankets and cocoa and watched chick flicks so I could bawl my eyes out and pretend it was the movie thank you &lt;3&lt;3 Just had one this morning, I didnt realize how harsh this procedure would be. Ive been too busy to research like I usually would. Ive had a pelvic ultrasound before, IUD inserted/removed and anual Pap smears. This was different though. They took 4 biopsy samples, it was uncomfortable and painful. I didnt look up anything in regards to the procedure before hand which may have been for the best in terms of no built up anxiety days prior. My provider talked to me at length about what was gonna happened and was as gentle as she could. I thought okay cool go ahead and though it was as described going through it emotionally was a bit brutal. Ive been home now and the cramping is pretty bad, I accidentally fell asleep for a few hours after taking some acetaminophen and Im still processing what happened. I dont cry much so thats not an issue but that was actually traumatic and Im still processing cause wtf was that. I hope 11 days later youre doing a lot better! Thank you! I was an emotional wreck for 4 or 5 days after but Im doing much better now. The cramping lasted 2 or so days and then the next two or three days I felt like a jolty/twinge feeling in certain spots, Im assuming those are where the biopsies were taken from. I hope you feel better soon and take time to care for yourself ❤️

IUD under anesthesia? I have dreaded getting an IUD for a very long time now and I just need to get it over with because Im not on any birth control - and I do want to avoid hormonal BC if I can. Ive heard the pain is excruciating and Im afraid of routine procedures as is even when theyre known to cause 0 pain. I have scheduled many before and cancelled last minute due to my anxiety around the pain. I saw online that one obgyn offered it and I went in for a consult. The doctor offered it as a last resort option because I kept questioning her on options for the pain but was told that although they could do it, insurance most likely wouldnt cover it. I have never considered that for some reason. My question all in all is: has anyone gotten an IUD under anesthesia and did your insurance cover it? Hoping maybe its just this doctor and you were able to find a place that offered anesthesia along with the IUD for free? ( And if you did have to pay, since it was only for a few minutes, how much did it cost? I dont mind spending some money as long as I dont end up with a bill thats thousands of dollars for just a 5 minute procedure You would have to check with your insurance on what they cover. My gyno cut the strings too short when he inserted my first one, so when it was time to have it replaced, the strings had curled up into my uterus and it wasnt possible to grab them without causing me excruciating pain. I ended up going under to have it removed and replaced, and my insurance ended up dubbing it not medically necessary and charging me for the procedure. I think it was about $450. Such bullshit. I guess were expected to just suck it up and deal with god-awful pain. Honestly, after having the second removed and the third inserted without anesthesia, Id probably pay the $450 if they offered it. OR THE GODDAMNED INSURANCE COMPANIES COULD JUST FUCKING COVER IT. Or they could rx us serious pain meds for insertion/removal. Er, ahem... yeah. tl;dr my insurance didnt cover the anesthesia and, while it was expensive, it was less than Id have thought.

Im sick of every doctor being dismissive of the pain of womens procedures as just like a pinch IUD insertion? Just a pinching sensation. Colposcopy? Just a pinching sensation. Pap test? Just a pinching sensation. Im so fucking sick of it I could scream, its so dismissive, like if you react like it actually hurts \*because it fucking does\*, you must be a baby and overly dramatic. Fuck you, let me squeeze one of your testes and tell you it feels like just a pinch, \*doc\*. Edit: Dont even get me started on colposcopy, a very common procedure for women, continually being auto-corrected on my phone to colostomy. I mean the correction at least acknowledges how serious the colposcopy is Seriously this is actually so unbelievable. Ive dealt with some fertility issues and had to take the abortion pill and the male doctor told me to take some Advil. I was in so much pain I threw up, but sure Advil should have done it. Its fucked up. Dentists are super guilty of this. Theyre gonna start breaking and yanking out your wisdom teeth while saying youre going to feel a little \*pressure\*… Tbh I dont even blame them. The last thing I wanna hear while in the chair is Its gonna hurt like a bitch! Or the just a bit of pressure with their stingy amount of cold lube on the even colder speculum that causes you to tense up. Just relax for me sweetie... Oh my god I hate it so much. Warm the lube up, use a massive amount like you would for a vaginal ultrasound, and for the love of God buy a heating pad to wrap around the packaging for the speculum. This one pisses me off so much. I once had a dentist who I think had previously specialized in pediatric dentistry, because his bedside manner seemed to be calibrated for a small child. Just a little pinch. Im going to tickle your teeth just a little. Let me know if your teeth start waking up from their nap. Like, come on. Im adult, we dont need any of this nonsense. Pap smear was just a pinch though Omg - they told me Id be able to drive myself home from my colposcopy! I was doubled over in my car crying and bleeding for over an hour before I could even start the car. Just take 2 Motrin before you come in - my ass!! \*screams into the void\* I had a procedure done at my gynecologist office. When it was done they said, All right you can go home now. Halfway home I managed to pull into a speedway parking lot, open the door, throw up and then passed out hanging out of the car by my seatbelt. When I came to and was more coherent and was able to get the rest of the way home I called the office and told them what happened and they actually said to me. Oh yeah, that can happen. Would have been nice to know that beforehand. I have horrifying period cramps that can make me delirious or even pass out. I got opioid shot in my teens and early twenties in the ER routinely, no questions asked. I have never experienced pain like my iud insertion. Adding: I am on continuous birth control to help manage PMDD and it changed my life with regard to no more periods or cramps. Same as my IUD insertion/removal. edit seriously who is downvoting this? For some it IS just a pinch. FFS this sub sometimes. I got staples in my head the other day and thats what he said - just a pinch. It was and it hurt for 5 seconds then stopped. Around here Colonoscopies are done under light anaesthesia. I remember nothing from that. Thankfully. The last painful procedure was a uterine lining biopsy. And, to his credit, the doctor did state it would be at least as bad as my worst period cramps. It was a bit worse. The mamogram is the one that I hate. And where I go, they warm up the plates and it is older nurses doing it, so they know it sucks and are honest, and give you a minute if you need to breathe or rest. OMG. I had to have a driver to take me home. They knock us out at the place my insurance sends us to. Its gotten to the point where my breathing kind of skips and Ill feel a jolt of energy run and tingle up my spine and ribs when I hear little pinch or the word discomfort from a medical provider. I think those words actually put me in fight or flight. Amazing how Ill hear I know, it sucks, just a little more time to numb you when Im getting a few stitches in my hand or a needle-in-the-neck thyroid biopsy or a tooth filled, but its always the little pinch of gynecological procedures thats far worse than anything doctors actually warn me about when ANY OTHER PART OF MY BODY is given appropriate pain management. So many believe outdated bullshit like the cervix has no nerves at all and cannot feel any pain or obviously subscribe to one on the meryiad of traditional religious and cultural beliefs around the globe that equate womanhood with maditory or retaliative pain and suffering. I snuck around the house as a kid hiding my broken arm from my parents for over 24 hours (I didnt know back then it was broken, I thought it was just sore and resting it on a pillow like youd see in cartoons would make it better). I ignored and pushed through the pain and swelling of an infected wisdom tooth socket until it was so bad I couldnt even nibble a biscuit and staff ended up instantly knocking me out for emergency absess drainage the second my dumb ass walked into the office to ask if everything was OK. Id do either of those again before I endure another IUD insertion. At least when my radius is snapped in half or my face is deformed because my jaw is swollen full of puss and fluid people believe me when I say it hurts instead of comparing the pain to childbirth and telling me suck it up, buttercup, its nothing as the ends of a tenaculum PIERCE THROUGH THE the flesh of my stupid fucking cervix and are used like a fork going through steak to yank around my stupid fucking tilted uterus. I dont even want these stupid reproductive organs! I hate them! They do NOTHING for me but cause pain and rage, but according to the medical industry and culture I live in, I deserve to suffer because suffering comes built in with having them. Uh holy shit feel better and heal up soon My old obgyno (a woman) had a heat lamp that she pointed at you for this. It helped a lot. Then I moved. My current one (a man) told me that IUD insertion would be just like some light cramps. NO IT WAS NOT. I had a gyne tell me that as well, expecting me to say oh okay! and schedule a date to have one put in. He was shocked when I laughed and told him that every friend I know who has had an IUD have all said it was one of the \*\*most painful\*\* things theyve ever experienced in their life and I think doing that to people without sedation or \*at least\* a ton of local anesthetic is sadistic torture. He tried to argue that it really wasnt that bad and I said, do you have an extra person or two in the room to hold the patients legs so they dont kick you in the face when its inserted because it hurts so much? (which I knew he did because a friend of mine saw him for an IUD and she told me she had someone holding her legs and when she asked why she was told it was so the doctor wouldnt get kicked in the face). He didnt say anything to that and got a phone call and was happy to walk away from me, lol. I did not go back to see him again. Ive never even felt the pap smear. 2 different doctors, didnt feel it with either. Was wondering if I was the only one because people talk about it hurting. I thought it was just me. I was like, really??? This feels like just a pinch to everyone else??? Makes you feel hysterical. And they keep it in for much longer than advertised too. I was \*begging\* my gyno to take it out because she inserted a speculum and just wheeled away on her chair to do fuck knows what. Then she came back and removed it at a snails pace, acting like I was insane. Womens healthcare is a joke. Mine was a bit more uncomfortable than a pinch, kinda more like when you put a tampon in at a wrong angle. Uncomfortable pain that I just had to breathe deeply through Preach. I hear you. I had a surgical abortion about 10yrs ago with no anesthesia. Up until recently, it was the most painful thing I had ever gone through. I had an IUD inserted a couple of weeks ago, and it was 100% on par with the abortion pain. Just a pinch my ass. They should also not bother telling people to take a Tylenol or ibuprofen beforehand because they will do absolutely nothing, and the only thing that helped with the cramps afterwards was a heating pad and copious amounts of marijuana. My IUD insertion was the worst pain Ive ever felt in my life. What actually helped me with blood collection was a nurse describe the sensation as a sharp scratch. Every time they said a little pinch it hurt more and I felt awful (I have blood-injury-needle phobia). Now Im always ready for a sharp scratch and thats exactly how it feels. Ive had kidney stones and IUD insertion is probably still the most painful thing thats ever happened to me. They tell you to take ibuprofen an hour before like thats going to do anything. 😂 Same. Ugh. I mean, I could drive. But then I had to weirdly/awkwardly walk back into work (half hunched over walk) and tell my boss I had to go home for the afternoon. Sure, maybe its different for everyone, but def let women know that it can be very very painful! Yeah we do. I tell everyone this for everything. Its more a warning that Im doing something than an accurate gauge of severity, and likely better than Get ready its gonna hurt a lot! That said, medicine definitely has a history of undertreating pain especially in the aftermath of the opiate epidemic and a lot of women in particular feel that their pain is written off and/or undertreated and is a definite realm of need for continued improvement. My ex was a super-hardy hiking camping climbing sort and she almost passed out after her IUD insertion. I think they should be offered with opiates and/or procedural sedation, although that would also carry additional costs, delays, staffing, and risks that people with a uteru