Failed IUD I tried to get a copper IUD this morning and it didnt work due to my cervix not being open enough. My doctor tried lidocaine and all and it wouldnt go. She had me pick up two pills at the pharmacy to take that would relax my cervix and open it up a bit. I came back this afternoon to try again and it didnt work again. For some reason this is making me incredibly sad. Now Im crying in the parking lot because this doctor said that this has never happened to her in the 20 years she has been putting in IUDs and I cant help but feel like something is wrong with me. She gave me recommendations for other forms of birth control and sent me on my way. I dont want to use anything else and I feel hopeless and sad. Has this ever happened to anyone here? I have a bicorneal (I think thats the word) uterus, meaning that its kind of heart shaped, divided in two. It was in my file, but my ob recommended an IUD. But in order for an IUD to be effective for me, Id have to have one on each side. Had to go through the whole painful insertion process for her to notice and realize that it had all been a waste of time. I ended up with an arm implant (nexplanon) good for three years, and it worked great for me. Dont beat yourself up. Our bodies are all different, and thats nothing to be ashamed about. as the other comment here stated, dont beat yourself up! all of our bodies are different. and not for nothing, those copper IUDs are huge compared to the hormonal ones (I just had my copper one removed and was surprised at how much bigger it was). plus, im sure you went in there hoping for the ten years of nonhormonal birth control relief that a copper iud can provide someone and having this experience is probably a little bit nerve-wracking on top of that. I hope you are able to find a method of birth control that works for you! That sounds so frustrating! Im so sorry you had to go through that. And thank you, Im feeling much better today Thank you, I really appreciate it :)

Talking health with partner So I have been making an effort to learn more about reproductive health. Naturally I wanted to share information with my partner as I came across it. I think its important that both of us know these things about our respective organ systems as we intend to be together long-term. Also to make our preferences for treatment clear if either of us are not able to do so. I recently expressed frustration at the use of a tenaculum and the abysmal lack of adequate pain meds during my IUD insertion a few years ago and he immediately wanted to correct me and let me know they are tenaculum forceps. I asked if he seriously felt it was more important to correct me in that moment. Come to learn he felt defensive and wanted to be right to feel better. He apologised and appreciated the whole medical decisions thing but Im not sure how to feel. Im striving to think critically through my outrage at what Im learning and it wouldve been nice to have support. I fear both his disinterest and defensiveness when it comes to reproductive health (for both of us) and in general the important stuff like budgeting, life goals etc. Have I gone about this badly? Am I wrong for wanting to talk about these things? Question: is your partner the type of person who likes things to be correct in general or is this only specific to reproductive health? I wonder if your values and life goals are aligned. He doesnt seem to be at the same level of maturity that youre hoping for.

IUD Options: Mirena or Copper I was prescribed the Mirena IUD, but Im worried about the side effects of weight gain, acne and sexdrive (I have a really big problem with both). But I also got scared by the cramps description of the Cooper one. If you have a Mirena one, do you have these side effects? how strong are they? (If you also use antidepressants please tell me if you feel that they have any effect on it). Have you ever used both, which do you recommend? not saying this from experience but, my mother had a Mirena IUD for over 10 years since 2012 and had weight gain, among other issues which made her really regret it, she finally had the IUD removed this year and had to have it done surgically because it became embedded in the wall of her uterus. I prefer the mirena. I had a copper one but the cramps were horrific. With the mirena, I notice zero side effects and I also dont get a period anymore. Ive had both Mirena and Paragard. Mirena was a nightmare torture device that made my periods 2-3 weeks long and so heavy I became anemic with constant cramping, breast pain, and dramatic decline in mental health. Paragard hasnt changed my periods or caused and extra cramping or spotting; I love that I forget I have it. Plus it protects me for longer. Both insertions were brutal though.

Mirena Strings? Could only feel one at first and now I feel both? [deleted] the strings were probably stuck together before. As long as they are not closer to the vaginal opening as they were before everything is probably fine. [deleted]

What are your experiences with copper IUDs? (Please also share your country) (Germany) Ive had an copper IUD for about 4 years now after having a thrombosis while on the pill. So my gynecologist said I could have the IUD for 5 years and then Id have to get it replaced. Ive heard its quite painful, so I want to know what your experiences are. Also I am going to move to Sweden soon so lm not sure if I should get it replaced early but with the gynecologist I already know or in Sweden. Are there dedicated clinics for womens health in Sweden? Please share your experiences :-) My experience with placement and removal were both very negative. Placement: They had to measure my cervix first by inserting something to ensure I could accommodate the IUD. That and the actual placement were extremely painful - I cried out in pain, and I am usually pretty okay with pain. The intensity of pain stopped once it was placed, but I had lingering pain. I drove myself to and from the clinic. I recommend getting a driver. The lasting pain was bad cramping like menstrual cramps, but I would feel a sharp stinging pain if I moved my core or pelvis too much. I felt the desire to evacuate everything from my body (like an urge to pee, poop, puke, all at once but I didnt actually need to go). Im not sure what this was about, but that might I also had some waves of nausea and some dry heaving. The next day was still crampy, but not as bad. Probably by day 3 or 4 I felt pretty normal. All of that was tolerable except the actual placement. Notably, I did not know to take a painkiller before the procedure and they did not use any numbing agents. Removal: My doctor accidentally yanked it out while collecting a biopsy of my cervix. It was probably way worse than a planned removal because I think it came out at an angle and just… improperly. In addition to the physical pain involved it was pretty traumatizing to essentially undergo a procedure I did not consent to and now had no birth control. I cant explain it but I cried for hours even though the pain was over very quickly. Removal was less painful than placement. I didnt have many issues with the IUD and I had it for several years. The only issue I really encountered was that over time my period gradually grew longer in duration to the point that by the end, I was bleeding 14 days each cycle - literally half of the time. I was considering removal because of it. But it was the only problem I had. That said, the placement was painful enough that I would never opt to get it done again. I have a Nexplanon arm implant now. My experience is just mine. I know others have had no pain with placement or removal.

Question about taking Misoprostol orally before IUD placement Contact your medical provider for medical advice, not internet randos.

IUD insertion pain Last week I went and had an IUD inserted by a doctor, and it was the most painful experience I have ever been through. The pain of the insertion was high, but it was only a few minutes. What I cant seem to find any information about is the pain AFTER. I had the most severe cramps of my life, I dont usually tear up from pain but from my 3:30 apt until I finally passed out at 8:30 (because the pain of it exhausted me) I was in constant pain, with tears streaming down my face, I threw up from the pain, I might have started even going into shock because I was under 2 blankets, in a house coat, and was shivering. I took 1000 mg of advil, which did nothing. When I woke up the pain was gone... What I want to know is if this is a common occurrence that just isnt hyped up? Is that what they meang by severe cramping? It made me want this thing out of me, and I am absolutely terrified to actually be intimate with this thing inside me. Wow, that sounds so excruciating but something you should bring up with the doc. As far as I can tell, shivers and throwing up are major indicators that Ive had a severe reaction to something! I had horrible severe pain for about 3-4 days. I had to call the doc who did the procedure and he phoned in a script for painkillers. For the record, I have a high tolerance for pain, but I was in bed for 3 days. Now, what I did not know is that a couple years later Id be diagnosed with endometriosis. However, I know other women who dont have endometriosis and experienced similar pain. Im sorry your going through this. Yeah! Thats why I was wondering if that was like normal or not. 3-4 days? God I dont think id last. I was considering the er after a few hours of it If you feel something is wrong, get a follow up! I had severe pain at first but once it stopped intimacy was not a problem and didnt hurt at all You can always call your doctor. I had pretty bad cramps (not as bad as yours though, I think) for a few days after. My first period after was just as bad, but it got better over time. My obgyn said as long as theres no excessive bleeding, its probably ok. Its had no impact on intimacy for me. Wow! I had to do a double take here -- this is almost exactly what I went through. Cramps were so bad right after the insertion that I passed out on the table, and after I got home I screamed and cried and writhed and puked and all that jazz for the rest of the day. I am SO incredibly sorry that you are going through this!! Is this your first? My first insertion I didnt have much pain at all, but Im beginning to think that its because it wasnt inserted properly... about 6 months after I got my first one, I started having a period again out of the blue (it stopped about a month after getting it put in) and having horrible stabbing pains in my abdomen. Turns out, the thing had shifted and was pretty much in the process of falling out. Anyway, thats not exactly relevant to your questions, Im sorry. I just wanted you to know youre not alone! Since then, I havent had any issues with it despite just being terrified that the thing that happened with the first one is going to happen again. My periods have stopped completely. Intimacy hasnt been painful and my partner says he cant feel it or anything. Still, barely seems worth it for the amount of pain that getting it put in and taken out puts us through... I had awful pain for like 5 days but had the joy of having to do it twice. It was misaligned the first time so had to do it twice. I would definitely go to the doctor or call your clinics advice line if they have one about what to do since it sounds like you no longer have that pain(?). They may want to do an ultrasound to visualize where the IUD is just to make sure its where it is supposed to be. Throwing up, shivering, and the fact the pain was not manageable with a fairly high dose of Advil (i think adults can only take 1200mg -3000mg/day depending on their weight) makes me think something shifted. I would consider this as severe cramping.

Advice on ovarian cysts? Hello, ladies! I have the dumb Nexplanon implant, and I guess it can raise your risk for cysts. I had one in October of last year and about thought I was going to die it was so painful. The doctors did an ultrasound and were basically like, Its so small. Idk why it hurts that bad? And I was just like I wouldnt be here if it didnt? So 2 weeks ago, I had all this pain on my right side. I have some family members who have had their appendix out, so thats where my mind went. I didnt wanna go to the hospital and get a big bill if it wasnt necessary, so I was able to get into a family medicine clinic. The doctor scheduled a CT scan. She said it was only a small cyst and just gave me ibuprofen and anti nausea medicine since I couldnt even eat, I was so nauseous. So I had a weeks worth of ibuprofen. The pain did not feel any better until about the 5th days of me taking ibuprofen. But I stopped taking it at the 7th day since it felt better. But literally 3 days later, the pain came back. Its been 2 days now, and its unbelievable. Its so painful. I am also like on my period but its heavier than its been in my entire life? Do I need to just go to the hospital? Idk what to do? I dont want a huge hospital bill if its nothing? Is it normal for cysts to be so painful? I dont think thats normal and you should probably see a new gyno. Ive a couple sizeable ovarian cysts and whilst they do make periods more painful and one hurt like hell when it ruptured, the rest of the time I forget about them. My gyno offered to remove them, but I didnt feel like paying for surgery, so Ive mostly just been living with atrocious periods. He said as long as it doesnt get to the point Im feverish, nauseous or extreme pain, theyre not dangerous and that cysts tend to come and go with hormone fluctuations. It sounds youve been in pretty severe pain for a while, so it might be time to consult a specialist. My cyst was definitely painful. Unless the pain is unbearable I dont recommend going to the hospital since you already had imaging done. Have you seen a gynecologist about it, not a family medicine physician? They are going to be the people who can help the most. Usually if theyre small they tend to not doing anything but at least you can get the ball rolling. The one I had last year, I went to the gyno. And she just gave me ibuprofen. And that one was manageable. The only reason I went to the normal family medicine this time was because it was he only one I could get into right away. But thank you for the advice! I have calls and messages into my gyno now. Hopefully, I can get in soon cause this sucks! No. I havent. I went to the family medicine cause they were able to get me in that day. I called and messaged my gyno, so hopefully I can get in soon! The pain is terrible. I got some like menstrual cramp medication, and at least it doesnt hurt as bad now. Ive had chronic ovarian cysts since early high school. Its what prompted me going on the pill. From what I was told back then, hormonal birth control is supposed to help prevent the formation of cysts, but its not full proof and doesnt do anything for already developed cysts. This is the first time Ive heard of hormonal treatments causing more cysts… I think the only thing they would suggest is changing your form of BC. Ive had a Mirena (hormonal IUD) for 4 years now and havent seen any increase in the amount or severity of my cysts. Granted Ive never had pain for literal days at a time; maximum of half a day and only with particularly large bursts, which are few and far between. Your pain seems pretty severe, but Im not sure there is much you can do besides take stronger pain meds or see if another form of BC works for you. Sorry you are in so much pain :( I know how it feels; just hurts to move and the nausea from the piercing pain doesnt help. Hope you find something that works! Yeah, I was surprised when they mentioned that nexplanon can increase your risk of them? When I was in high school, my mom insisted for me to go on birth control since my periods would cause me to miss school they were so painful and awful. So I was on the depo shot for the longest time. And after a few years, my doctor wanted me to take the pill since long term use of the depo isnt great. And the pill caused me to just be sooo sad. So I figured since I had a good experience with the depo, Id try the nexplanon so I wouldnt have to go in every 3 months. And since then, Ive had 2 cysts including this one. And its only been a little over a year. I was able to schedule an exam for Monday!!! So hopefully we can get to the bottom of this cause this is crazy painful! Im surprised how painful it is. Glad to hear about your appointment. Hopefully the doctor has a few options for you! I will say you seem to have the worst pain Ive heard so that really sucks. Good luck!

Already disliking my copper IUD [deleted] Your body is just adjusting to having a new device rammed into it. Have some sympathy for what your body is going through. Youll be back to normal soon. Also, if youre coming off of hormonal birth control, it may take a while because your hormones have to regulate themselves after being on birth control for X amount of years. Spotting after insertion is normal. When you are full on bleeding for weeks on end is cause for concern. If you feel concerned, check in with your gyno. I had to remove mine after 6 months because it got worse and worse every day. The bleeding was horrendous and the pain was constant. Fuck that, I went back on the pill. The first few months were rough. Like incapacitated from the pain during the first few days of my period. One of them was 10 days long. The doctor that put it in told me to start taking ibuprofen a day or two before I was due to start it. And to stay ontop of it for the first few days. It helped a lot with the pain and bleeding. Thats the only advice I have. :/ The spotting unfortunately can last weeks while your body adjusts. Mine did. It was annoying but I researched the copper iud a lot, read peoples experiences, so I expected the spotting. I hope it stops for you soon. I loved mine after the spotting stopped and I didnt notice if it made my period any heavier.

Im getting my first IUD (copper non hormonal) in two weeks at planned parenthood. Tell me everything I need to know leading up to, during, and after… I beg yall Im 26f and have been on the generic of Yasmine (Ocella) bc pills since I was 14-15, stopping back in 2019 to have my daughter (via emergency c section, idk if thats relevant for IUD insertion or not but I never labored it was a true emergency) and immediately going back on them after. Ive messed up the pills a bunch of times and have decided I really dislike hormonal birth control for a variety of reasons and want something I can basically not worry about forgetting about. Ive talked with my doctor about the idea of an IUD for a while tho not extensively. Recently lost private insurance turning 26 and all of my doctors along with it and have been going to planned parenthood and I honestly love them at my local planned parenthood. I made an appointment in two weeks to get one but I forgot to ask questions and I was tbh in a rush to leave that day so they didnt tell me much which is why I come here to yall FIRST to ask your experiences/advice/recommendations (esp before I Google and horror stories show up): ✨What was YOUR experience like getting an IUD and specifically the COPPER one? (Emphasis on YOUR or someone close to you; not like your friends cousins uncles gfs aunts horror story you heard twisted down the grapevine pls 😭🥴) ✨What is something you wish you knew before getting the IUD? What is something youd want to tell/advise/recommend etc someone who is getting one? ✨What was the process like for you? How bad did it hurt and how long did it take for you to recover? How long after getting it did you wait to have sex? (Id be lying if I said I wasnt trying to become my mans Twinkie again but without a baby this time lol) ✨ALSO! I always thought you had to be on your period when you got one inserted but I probably wont be but they said that would be okay(???) ✨Can I ask for pain management during? My cervix is really sensitive in general and gets bruised really stupidly easily and my insides in general get sore stupid easy after sex or even after just a pap so the idea of IUD insertion it makes me nervous regarding insertion day and the days following ESPECIALLY since I dont anticipate being on my period on insertion day ✨✨✨Im also type 1 diabetic, diagnosed at 9mo, so if any of you are type 1 let me know if you think it has affected your T1 at all or any negatives/positives or any tips regarding T1 for the whole shebang and afterwards ✨Anything else you want to mention I BEG you to!! ✨And finally, a million brownie points if you got an IUD at planned parenthood and can tell me about the experience and anything you recommend from/about it!! Thank yall in advance and especially if you read this far 💛💛💛 I would ask for pain meds and, if possible, meds to slightly dilate your cervix. Insertion huts, and my provider didnt mention there are ways to handle the pain better than breathe and ibuprofen. Have a heating pad and pain meds for after— the cramping hurts. I used THC for pain management after and it worked well. I was fine within 24 hours. The copper ones can make your periods SIGNIFICANTLY heavier. I have a Mirena, but I think I can help! 1. Its painful, but only for a bit. The cramps during insertion apparently compare to the beginning stages of labour (according to my gyne), and although its probably the worst pain Ive experienced, I cant remember it and have no regrets. Side note: my gyne told me that people dont really remember pain, which is why women would dare go through labour more than once, and I can reiterate this statement. Once I stood up and put on my clothes again, the pain wasnt in my mind anymore. I was given medication to relax my cervix, and pain pills for the cramps afterwards. They will usually try to insert it normally first, but if you find it too painful, you can ask for it to be done under anaesthesia - that was an option at my clinic, anyway. 2) Use breathing techniques and communicate with the person inserting your IUD during the process. If you need to, ask to continue laying down for a few seconds/minutes afterwards, as you might feel a little faint - this is not something your body has ever gone through, and it could be a bit shocked. 3) Preferably get someone to pick you up afterwards, and take the day off. You might not react as badly, but I was OUT for the rest of the day. My boyfriend drove me home and in pain I asked for a McDonalds milkshake lol To be completely honest, it was an awful day of laying in bed with bad period-like cramps, but it was SO WORTH IT. I dont have to worry about pregnancy for the next few years, I dont have periods anymore, and my debilitating cramps are gone. 4) Copper IUDs can make your periods heavier. Thats why I personally got the hormonal one, and havent noticed any real hormonal changes besides worse skin (after switching from Yasmin BC, which I took for my skin). Has someone from Planned Parenthood talked you through the different options? There are more than just copper and mirena. 5) youll have spotting for up to a few months afterwards, but it shouldnt be severe or last more than 3 moths (I think?). You can always get it removed if your periods are too irregular or spotting is too much/too often after a few months. 6) Im not sure how PP works, but go for a check up 6 weeks after to see if the IUD has moved. If its going to, itll usually do so within this period. Your chances of it moving out of place after 6 weeks is minimal. &amp;#x200B; Im not an expert, and my post probably makes the experience sound horrible. But it was so worth it! Good luck! Okay I have Kyleena cause Ive never had kids so I wasnt eligible for copper (Gynos preference) Im gonna tell you it is gonna hurt. Its inevitable youre getting a foreign object inserted in your body. Not everywhere offers pain management but ask! I personally didnt have any or get offered and I wish I would have cause 😅. Personally I had TERRIBLE cramps the first day but Tylenol and a heat pad saved me. Mostly heating pad. Have had a little spotting but nothing crazy and some minor cramping here and there. So far I havent had any problems out of it beside being incredibly painful during insertion and after the first few day. I would recommend getting someone to take you so you dont have to drive after. But youve had a baby so if you can make it through that you can make it through this! Iuds have been referred as the Mercedes of contraceptive because of effectiveness and low maintenance. Everyone will have a horror story for anything you do. So many people tried to talk me out of getting it because their best friends dogs, moms grandmothers friend had an issue with it so just do whats best for you and be happy youre being protected and prepared! Good luck and I hope everything works out for you! Also check your strings often! Try to relax during insertion as it makes it easier (as hard as it is to relax). It seems like you dont want to hear my own horror story, so I wont go into the details, and will leave it this much. The bit I wish I knew: non-hormonal does not meat it cannot mess up hormones badly. Eg. anemia is a known and documented potential side-effect, yet nobody warned me how incredibly bad anemia can be. Forget getting real help if things go wrong. I mean you probably know this from previous experience with womens healthcare, you will be told its all in your head, even if its proven that its not in your head. So just generic womens healthcare is a bad joke kind of warnings. The copper IUD itself wasnt really the source of my horror story, it was the complete lack of support around it. I hope it goes well for you. You should be happy to know that theres research showing that women whove had kids are much less likely to experience severe pain during IUD insertion, even if they had a c-section rather than a vaginal delivery. Re: how bad did it hurt, in my case there were two brief periods (a few seconds) of pain that I would describe as intense enough to make me curse but not enough to make me scream or anything like that. Even right after it was over I was thinking ok, that wasnt fun but it was totally worth it for 5 years of not worrying about pregnancy. &gt; What is something youd want to tell/advise/recommend etc someone who is getting one? Get it done on a Friday morning and then take the rest of the day off from work. I wasnt in that much discomfort afterwards but it was still draining. Make it clear to your partner that hed better take good care of you that weekend and he will be the one doing all the housework for the next few days!

My uterus decided to expel my IUD today. I woke up at 4:30am with cramps. Weird, I thought. I just finished my period. Whatever, though. Uteruses can be weird, right? No blood, no problem. I went about my normal routine until about 7am when the cramps got worse. I put two fingers inside to check. Yep, plastic. Im so disappointed. Ive had it less than a year and its supposed to last 12. I had to take an hour off work to deal with it. My provider doesnt stock copper IUDs, which is my preference, so I had to make an appointment somewhere else. That appointment is in a month. A whole fucking month away! And guess what? I have to take more time off work to handle it. Ladies, check your strings. May your birth control protect you and stay wherever its supposed to be. oh no!!! i am so sorry to hear that. Oh my God you had an explosive in there?! ;) Welcome to the club! Mine came out with a torrent of blood that caused me to become temporarily anemic. It was bloody awful. Hopefully youll recover quickly and can find a form of birth control that works well for you. I have been there, twice. Mine never came completely out, they would get lodged in my cervix and cause a lot of cramping and eventually pain. My third IUD was placed under ultrasound, and hopefully will stay where it is supposed to. A friend of mine had hers perforate her cervix 😬😬😬 Ive had 2 be expelled, Ive just stopped all birth control and use condoms its fine and easier then the nonsense of my uterus :-(

My doctor may have messed up my IUD insertion? [deleted] I have a friend who had to get hers inserted twice because it was not sticking correctly (her words). And every friend Ive had get IUDs have said the insertion and period post were uncomfortable. Im sorry youre experiencing a rough time! Oof that is awful. The doc told me mine wasnt sticking correctly as well (slightly different words, she told me my uterus was bouncy or something?) I wish I didnt have to deal with having one but my periods have always been excruciatingly painful (ibuprofen and tylenol do nothing to help) and the IUD stopped my period. I also only got my period every 3 to 6 months which doesnt seem at all normal. Coincidentally I reached out to my girlfriends who have/had IUDs this week because another friend was seeking advice. Several of them have also commented that their periods are irregular/nonexistent with the mirena specifically. Im glad that I dont have a period with the mirena. My periods were super irregular without it so I never knew when they were going to happen. And they were so bad I would have to miss a day or two of work which definitely isnt ideal. Unfortunately its not a perfect procedure but I hope you feel better and that it did actually work correctly Thank you, I hope so too. I was told there was a 50/50 chance I may have to get it redone. She shouldve NEVER tried pushing it further in!!! When you first put the iud in it is sterile. When you have it halfway sticking out and shove it in, it can cause infections and PID. Thats why they tell you that if it starts to come out to not push it in, it is no longer sterile. Are you having any fever or chills?? Definitely mention this at your checkup and never go back to this absolute fucking quack. I never even did a lick of medical school and I know this shit!! When I had one though I was cramping a lot in the first month of having it and my first period with it was terrible, but it evened out. Its possible that theres nothing wrong and it may just be adjusting but mention everything at your appointment. I had horrendous pain for several, several days afterwards. Nausea, cramps, I cried a lot because there was nothing to be done about the cramps. It was a nightmare. But at the checkup, be sure to mention the pain and they can check to see if the IUD is sticking out at all and they can potentially reinsert or do another one. Oh my gosh, I am so sorry. That is the level I am experiencing too, have definitely cried numerous times as well. The only thing keeping me sane has been the many DVDs that my mom let me borrow to distract myself as well as my favorite podcasts. I will for sure be mentioning my pain level. The doc doing the check up is the one who inserted it so at least she will know whats going on and why without much explanation.

How much period pain is normal after IUD insertion? I had an IUD put in just under two weeks ago as part of a polyp removal surgery, and was due to have my period start early last week. It came a few days late, and now I am having the most horrendous cramps--Ive maxed out on OTC meds and am still curled up in a ball trying to teach myself Lamaze breathing and crying. The cramps are so strong theyre going down my legs. My heating pad is doing exactly nothing for pain relief, and I cant take any more pain meds for another few hours. Ive never had cramps this bad ever. I know cramping for a few days after insertion is really, really expected, and some level of cramping and bleeding for a few months. But is this level normal? Which IUD did you get? I had horrible cramps with my paragard, to the point where they traveled through my body like you said. Sometimes I could almost time them like contractions! And Id get cramps when I ovulated too, although not nearly as bad. My period flow also got super heavy and continued spotting for up to 10 days. I had it in about 18 months and couldnt take it anymore. Thankfully I didnt actively need it at the time, but I cant tolerate hormones at all so I was hoping it would level off. Every body responds differently, unfortunately. Some people dont experience any difference after the initial cramping, some have more or less my same experience. Thanks for sharing your experience. Im sorry you went through that! I got the Mirena, and Im supposed to have one that has hormones so that I dont have any more polyps. I was expecting to have a slightly worse period because I got it inserted so close--plus I just had polyps removed and that throws things off--but I was not expecting to be literally floored by the cramps even on pain medication. Its worth it to call back whoever did the insertion. If the pain is so bad its keeping you down, you probably need an ultrasound. Dont let anyone tell you that you are just fine. Get it checked out. Thanks--theyre bringing me in Wednesday to check placement and make sure I dont have a post-op infection. Im hoping that this is normal and temporary because I really want it to work, and also dont want to deal with a possible perforation, but I am also very grateful to have a doctor who isnt brushing me off until my normal post-op next week. Yeah, it does sound very odd! Im glad youre scheduled to go in for a check up. Hopefully its nothing troublesome, you did just have surgery \*very\* recently, so fingers crossed for encouraging news 🤞 Thank you! I hope so too. Im so glad. I hope everything is normal too.

My experience: IUD medical tourism for Americans I had a pretty positive experience going out of country for an IUD and just wanted spread the word. I had used hormonal pill BC for over a decade but only recently figured out it was the cause of some issues I was having. The only nonhormonal option available in the US is Paragard. I never had an IUD before due to the horror stories about perforation and pain. Paragard especially has a high incidence of continued very bad side effects, especially if you have never given birth and/or have a smaller uterus. There are two other copper IUDs available in other parts of the world that I was looking into with much less severe symptoms and lower (maybe even no) perforation risk: Ballerine and Gynefix. They are not the typical T shape and much smaller, so a much higher percentage of people keep them in the long term. Personally, I went with Gynefix. It was easy and fairly painless since they gave me local anesthesia (not the case in the US). I left the appointment and walked around the rest of the day sightseeing. If this sounds like something you want to do, you can just search the IUDs and check country availability and easiest places to travel. I will say the quotes I got were expensive, plus travel expenses- $500 in Europe or $800 in The Cayman Islands for the procedure. For me, it was worth saving up. Thanks for sharing. It boggles my ever loving mind that USA gynos shove a metal rod through the cervix with 0 anesthetic. I want an IUD badly but my own OBGYN literally told me it was going to hurt - and I quote - a lot. I reconsidered. Sidenote but I listened to a podcast episode on the history of the IUD and it made me quesy as hell. Google what they used to look like... What did they use for local anesthetic? Ive heard that a shot in the cervix is very painful as well, which is why they dont use local anesthetic for iud insertions. Not sure if that is true though So for me (US based), the IUD was a little fiery going in and then I had cramps for like the next 8hrs (which I doubt local anaesthesia would have helped with). It was definitely uncomfortable getting the IUD, but I think the IUD type matters too. It sounds like OP didnt get any of the typical cramping of the hormonal (stiffer T shaped) IUDs, so its hard to compare. I eventually got rid of mine after getting an ovarian cyst and because it actually hurt my boyfriend and I never stopped spotting (it messed up my vagina more than BC, thats for sure) Yeah I am just so sick of birth control I could scream. Ive tried 3 different types of pill and got sick each time. My good friend gained 25 ilbs after 1 depo injection. Had another friend who loved her IUD but shed given birth so felt no pain. Ive been doing research on the little rod they put in your arm but my god its all so tedious. Sorry for the mini rant lol No apologies necessary, these are all valid points. I recently asked my doctor about the implant (which works similarly to the pill) and he said that he has had a lot of patients with issues with the implant. If you are having serious long term issues with body-wide hormonal options, then I wouldnt recommend the implant, honestly. But I am not a doctor. An IUD works great for lots of people and the discomfort/pain is pretty temporary (all things considered). Would it be better without the discomfort and pain? Yes. Is that realistically possible for the non-copper IUDs? Not really. So if you dont want a baby and can handle bad cramps for a day, it might still be worth it. It was lidocaine and epinephrine. It hurt about as much to get as a normal shot,just a little pinch. I saw it- just a normal looking needle, nothing nightmare worthy. This is a fair point. I was considering the copper option a while back but the downside to that one is my period is super heavy so my OBGYN was discussing the pitfalls. Ahhhh the life of a woman. Oh well >but my own OBGYN literally told me it was going to hurt - and I quote - a lot. I reconsidered. And did they offer any pain management? I was told I should take an extra strength (800 MG I think) ibuprofen an hour or two before the procedure. I was like hmm. 🤣🤣🤣 Yeah, thatll do jack shit. My (Paragard/copper IUD) insertion was pretty bad. I threw up after I got home. That said, I would do it again. I had it for 8 years, and it was great birth control. Paragards actually have a lower failure rate than tubal ligation (NOT to be confused with a bilateral salpingectomy, which is full removal of the fallopian tubes). I saw you said in another comment that you have concerns because of your heavy period. I went in knowing it would probably make my heavy period worse, and it did. There was a nasty adjustment period before things settled into a new normal. If I had to do it again (Im now sterilized), I would advocate for myself better, and demand a local anesthetic. It doesnt have to be this way. Im on my second, both hurt like hell, the second made me holler And I was shamed for it by the female OB/GYN in front of the gyno NP being trained (never set foot in that office again) Im convinced lack of standardized pain protocols in the US exist to punish us for choosing such an effective method of BC Dont give me lip about anesthesia risk, most of these fuckers just outright LIE about how much it hurts & most dont even recommend over the counter pain relievers prior Thanks OP - I will spread the word My postpartum IUD hurt way worse I was told this was due to scar tissue Who the fuck knows How was it getting an appointment as a traveller? Were there any issues being a foreigner on a tourist visa, like did that affect where you were able to get it? Being a foreigner just means youll pay out of pocket, but anyone I asked was able to give me a quote. I pulled available trained doctors from the IUDs website and I didnt run in to any restrictions,just some language barriers. Thats great to know, Ill definitely be looking into this. Have you been liking the Gynefix in general? Had paragard for a year - worst experience of my life. I have a high pain tolerance, and it was AWFUL. Just had Mona Lisa 5 mini inserted in Canada - its still a t shape, but much much smaller. 24mm wide by 30mm wide vs paragard (32mm wide by 36 mm long) and its night and day. Mona Lisa got inserted a few hours ago, and I already cant tell its there. There are options out there, ladies! Dont let our caring government make that choice for you. I traveled to Colombia, to have a porcelain venners treatment, I recommend it 100%. I found a platform that helped me find the doctor, helped me with the scheduling and accompanied me in the process, the price is between $4,000 and $5,000, here at Miami cost me around $15,000, the agency was www.turit.co H! Would you PM me and tell me a little bit more about your experience and how you found somewhere in Canada? I have been exploring this route after reading all the horror stories about Paragard For sure! It was a challenge. I just called a few dozen places to see if theyd do it for a foreigner. Here is the one I went to: https://eastendwomensclinic.com/ Its in Toronto. They have Liberte( youll have to specify which size you want, the regular one is quite big if I remember right) , and if you want something different, they have pharmacy right there in the building and they can call in a prescription for you over the phone. You can pick it up on your way up to the clinic - no prior consultation needed. It cost me 200CAD for the insertion and the IUD itself( I have Mona Lisa 5yr Mini) was 85. +1 416-901-3278 is their number. Good luck! Thank you so much! Any advice on finding a provider? I dont mind traveling or paying cash, but no idea where to start as far as finding a doctor abroad. If you just Google Gynefix, youll see the manufacturer website. It has a list of countries for availability and a search feature within those countries.

Experience with having a paragard iud removed after 12 years? Hey yall Im having my iud removed after having it implanted for about 12 years on Monday. Ive been wanting to take it out for about 2 years but Ive been putting it off since I my husband hasnt gotten a vasectomy yet and its been the only birth control that has ever worked for me. Im feeling nervous though. Ive been reading more articles lately about iuds breaking inside of women and pieces becoming lodged. Also for the first time in my life my period is 14 days early… and Ive never had break through bleeding in between periods before. Just wondering if anybody else has experience with this. I had one removed after 2 years, not 12. It took less than a minute and I dont think it hurt at all. I was prepared for hell, given the insertion pain. Edit: And stop reading horror stories! Literally no point in agitating yourself with what-ifs. Life is hard enough for women right now, there is no point in seeking out extra stress. :) Youre not going to see many stories or articles about the thousands of IUDs that get removed daily without issue. Study says most IUDs come out fine just isnt going to get the clicks. I had mine out after 11 years or so. It was totally fine. Ive had mine for 4 years, went to have a pap smear today and was told it was improperly inserted, just barley in there, the NP could feel it when inserting her finger before the actual exam. I was too scare to have it removed today because of all the horror stories told but, after she told me several times it will become infected soon if it wasnt already I will have it taken out on Monday. Tell me its not going to hurt that bad lol! Its already more than half way out!! Ill also add she said it would hurt less than the day to day pain Ive been in the last 4 years because if its improper placement. Curious as to how she thought it was improperly placed. After 4 years if it was improperly placed I feel like it would have either ejected itself or dug a hole into your uterus. I also have some reservations about NPs so my bias may be showing there. Was it a copper or a mirena? I was actually told it was improperly place during a vaginally sonogram not replated to this and was urged to go see a gynecologist that does IUDs, this one only does fertility consults. Its a copper IUD. Ok, sonogram verification is good. Copper iuds hurt more in general, but Im glad they independently verified wonky placement. Removal will be fine. You can do this. I had mine removed on Tuesday cd9, 4 days ago, after having it placed for 9 years. One of the arms was nearly broken off but stayed intact just barely. Ive been wanting it removed for a couple of years now, but also havent been using any other form of bc. Im so grateful I didnt wait longer to have it removed given its deterioration upon removal. Today is cd12, ttw, unprotected on cd 9, 10, 12, and counting! Ill keep everyone posted - not sure how fertile I am, but I suppose well find out! 😊

Copper IUD HELP [deleted] Take some ibuprofen for pain - it helps a lot more than Midol. Ibuprofen, heating pad, and maybe a hot bath if you can. Basically, midol is weaker so its not going to help as much as regular ibuprofen Id get it checked for proper placement. Bending over shouldnt cause that pain. I had issues with placement of the copper iud - twice. Its absolutely worth getting placement checked, but many women I know have significant pain doing their day to day activities with a new IUD.

Removing your own IUD Has anyone ever tried to remove their own iud and had something go wrong? I have been researching and so far can only find anecdotes of people being successful but I want to hear if anyone has had a problem when trying. UPDATE!! I ended up removing my Skyla iud on my own in about 10 minutes. Having researched the process and knowing my own body, it was very simple and painless. Of course I had some cramping but it was totally manageable. I want to thank all the women who came forward to tell me their experience and for not judging my decisions about my body. After doing this myself against the advice of many people who claimed it was dangerous and wrong, I can truly see how society has primed us to see a womans body as something dirty and strange and that doesnt belong to us. Society does not want women to understand and look after their own bodies but we are so powerful when we learn that our body belongs to us and only WE know what is best for us. Xoxo I would never ever try to remove my own IUD. Thats dangerous. My question was for people who have done it but thank you for that! Dont do it. It hurts more than you can imagine. Its extremely painful. I passed out from the pain. If you stop half way, youll damage your cervix. Dont do it. Seriously. I had an idiot doctor rip it out and I broke down. Dont dismiss people who tell you its medically dangerous. If you scratch your cervix, you are open to infection of the cervix and the uterus. Did you do it yourself? Was this done by a doctor It has to come out eventually so how do I guarantee I wont get an idiot doctor? This is why Im asking from people who actually did it themselves. Im interested in that specific circumstance I was in the ER and my doctor popped it out. I cried. He was misinformed by his OBGYN wife because she thought I had had a baby. Dont do it. Get pain management before hand, please. Based on your experience I could very well have the same outcome from getting it done by a doctor. The device needs to come out and it seems like doctors also cause terrible pain when doing it. Planned Parenthood does a great job. If you are worried about pain, you can request a cervical numbing and utarun bath. Both help a lot. They are charging me $400 to yank some strings. Im also not worried about pain at all Fucking do it then. If you are ready for labor like pains, skrew it, right? I was on 4 pain medications and it still hurt. But I cant stop you. If you get a fever, go to the hospital or you could die. Im sorry but I think you misunderstood the purpose of this post. Im not looking to be convinced one way or another. I want to hear peoples anecdotes from when they have tried removing an iud by themselves. That is all. Thanks for your input but you did not have an anecdote I was looking for. Im sorry the doctor harmed you. Xoxo I am very sorry that you were harmed by the terrible medical system that doesnt look out for patients. I can tell that you are projecting this onto me and I understand but please try to be less aggressive towards people who are just asking for information. Dont fucking do it. I was taken care of by the hospital for a few hours afterwards. Its necessary. No, thats a lie. Planned Parenthood would never charge that much unless you can afford it. All medical help at PP is free. Please dont accuse me of lying. I make minimum wage and have insurance but they do not take my insurance and that is what they told me it will cost. Thanks for your input but Im gonna ask that you stop responding since youre clearly projecting your anger onto a random person. Not all Planned Parenthood locations offer birth control services for free. Not all Planned Parenthood locations offer a sliding scale. PP can be a great resource for many people, but please do not spread misinformation. Definitely call around if there are any other local health clinics. Many hospitals also offer financial aid services that can discount whatever insurance does not cover up to 100%. This is not anything you should attempt on your own. Without knowing exactly how the IUD is positioned, removing it on your own could cause damage to your uterus or cervix and ultimately result in more expenses (which seems to be what youre trying to avoid). Yep Im stepping in here: Unfortunately, due to state restrictions, not all PP can afford to have a sliding scale payment system. I live in the deep South, and it cost me $500 out of pocket just to get my implant removed. Im going to echo what everyone else has said: This is a horrible idea. If you cant afford your doctor, or PP, you can try your Local Health Department. I did it myself, years ago, not advising it but I did it. Copper iud years ago- used hemostatic forceps (like a mini clamp with grip) Mine was embedded, I cannot even fucking fathom trying to do that on my own. Just full stop no. Mine is not embedded Have you seen an obgyn to confirm that? I had no idea mine was until it was time to come out. Yes I have had an ultra sound its in the right position. Also I would never keep trying to pull out something thats clearly stuck. Thank you for the input That sucks, both of my insertions and my removal have been free at PP. Youre being charged to have a medical professional care for you if something goes wrong. It could come out perfectly fine but YOU could still faint or have a reaction to the pain. If you have medical insurance, go to a GYN who is in-network for you, since PP is not. Doctors are very specialized. ER docs are not gynecologists. The above had her IUD removed by the former, not the latter. Go to a GYN and youll have someone who knows what theyre doing. https://www.reproductiveaccess.org/resource/contraceptive-pearls-iud-self-removal/#:~:text=The%20most%20effective%20position%20for,the%20opening%20of%20the%20vagina. Why is this getting downvotes? I had Paraguard removed by a doctor (at the 10 year mark). She broke off one of the arms. I was scheduled for an ultrasound but the arm came out of my the next day. Dr. guilted me into getting fitted with Mirena 9/2020…I Hate it! This is my 3rd IUD. Ive been researching for weeks, bought all the supplies I feel that I may need and this sucker is coming out tonight, by my own hands. There is a great group on FB that has a ton of wealth in regards to this subject…DM me and Ill share the name of the group with you. Good luck! I removed mine after 4 years. I hated having it. I had no problems personally. Because people dont want women to have control of their own medical decisions hope it goes ok! follow the directions carefully. OP did you ever end up taking it out? Found this thread while searching for answers to the same question

Getting IUD changed out at a VA hospital, any advice? I cant believe its been 5 years already. I am not looking forward to this. Last time they had to dig around to locate the thing and get it out. They eventually gave me a numbing shot but Id like some advice on how to handle the whole experience better. Do you normally have trouble getting your IUD located for checkups? You can request they locate it via ultrasound and have it removed that way to minimize the digging around. Aside from locating it, removal shouldnt be painful (especially compared to insertion).

Not sure if this is the right place, but does anyone have a list of OBGYNs that will use painkillers when inserting an IUD? Im looking for OBGYN in my area and am terrified by hundreds of stories that Ive heard of women getting an IUD inserted and screaming bloody murder because the doc thinks theyre fine. I know I could demand better treatment but if anyone had a list or knows someone in Louisiana thats good please let me know. Maricopa obgyn Its a little far from me but if I go out that way Ill be sure to check it out, thank you They have an office on camelback abs east valley I offered to pay for my daughters to be knocked out if they so choose. Perhaps if youre willing to pay a portion out of pocket you would have more leeway? Id advise not reading about the terrible experiences!! Youre just gonna freak yourself out. I got an IUD about a month ago and I was so worried about it, but it honestly went fine for me. Yeah, it hurts a bit, but its not unbearable. I didnt cry or anything. I was lucky to have a good experience with it and I know its not that way for everyone, but try not to scare yourself too much about it. It might not be terrible!

Experiences with IUDs? [deleted] Theyll tell you it wont hurt much, but if you do a search on here, youll see stories of some women vomiting and passing out from the pain. I passively dont remember the pain, but ymmv Ive had 2 Mirenas. The first one was just like a pap smear and some mild cramping. The second one was way worse in terms of cramping but not so bad as to deter me from getting it again. I got the copper IUD about 3 years ago. Insertion was very, very painful. I had pretty extreme cramps and 2 week periods for the first two months or so. Cramping and period length ramped down significantly after 6 months. After a year I was almost back to pre birth control levels of cramps and bleeding. Year three now and while the first six months were crap, my IUD doesnt bother me anymore and Im pretty happy with it. I love non hormonal birth control. Still though, the first couple of months were hell in terms of pain levels. If you decide to go ahead, be prepared for it. I love mine. The first 6 months were pretty painful periods, but now Im 5 years in and everything is back to normal. I was not able to wear a cup or tampons the first few months, but I can now, though I prefer period underwear. Were you not able to use the cup/tampons because of heavy flow or something else? Ive only used the cup for the past few years and really prefer it It gave me cramps. IUDs can make your cervix really tender, such that having a cup, disc or tampon touching it is unbearable because of the cramping this causes. I had a failed IUD insertion, and now this is my permanent state. The only internal protection I can use now is soft tampons, which are hard to find because theyre only made in Germany and Norway. The IUD insertion failed because my body never stopped trying to expel it. I was in AGONY for three days after my IUD placement, until I insisted that they remove the cursed thing. I couldnt stop vomiting and sobbing from pain long enough to eat or sleep. By the end of day three I felt like I was going insane. They were dismissive and rude and insisted that some cramping was normal. It was so much worse than childbirth, for me. 0/10 experience. I cant use hormonal methods for medical reasons, so now Im just relying on withdrawal, which is not great. Luckily I am old and hopefully not very fertile anymore. i hear there.s a male contraceptive on the way https://www.nih.gov/news-events/news-releases/nih-evaluate-effectiveness-male-contraceptive-skin-gel I had success with IUD up until removal. Only happened in an OR with anesthesia. I had a copper IUD for five years (had it removed only because we are TTC) and hands down it was the best thing ever. Yes, insertion did hurt like a motherfucker (I have a very tilted uterus and it took a fair bit of finagling to get everything lined up straight), but it was over and done with in a couple minutes. I had some cramps for a day or so after that were in line with my worst periods, and some off and on spotting for a couple weeks. My advice would be to have it done by a provider who does the insertions frequently, my own GP recommended I book an appointment at our local sexual health clinic to have it done as they literally do hundreds every year. The biggest risk with IUDs is typically uterine perforation, which would occur during insertion and is somewhat related to the skill of the person doing the procedure. Even though I started seeing stars and almost passed out during insertion (which is more related to activation of the vasovagal response of the sympathetic nervous system than to the amount of pain experienced), I would 100000% do it all over again, and plan to have another one inserted once we are finished having children. Just got an IUD in late January. It was really painful far worse than just intense cramps, or just like a pap. Also, I was in pain most of the night and day after, which ibuprofen helped with but did not completely take away the pain. I dont have kids. Its painful AF. I was pissed that literally no one told me it would be that painful so at the very least I could mentally prepare. How was the procedure itself pain wise? Do you feel like its worth the pain you went through? And how long did your pain last? I have an appointment in a week to get it but Im still nervous. I know I cant do hormonal birth control anymore and this just logically seems like the best option, but my nerves are getting the best of me. I hated hormonal birth control because of how much it impacts my mood. I was in pain the entire afternoon/night (a lot of pain, I was taking tons of ibuprofen) and the day after (not as bad, like a really heavy period). The procedure itself was the most painful thing I have ever been through, but I havent ever broken a bone, had kids or really had anything super traumatic happen to me. However, I definitely dont understand how anyone could say its like a pap. I just posted about how I have been spotting everyday for a month now. My doctor told me that I would be spotting for the first 4-6 months but to me that didnt mean that I would be spotting daily for 6 months. Soo if the bleeding stops soon then yes it is worth it because I dont feel nearly as crazy as I was on hormonal birth control.

How long did your cramps last after getting an IUD? [deleted] Hey there-- I got the kyleena a few years ago, by far my favorite birth control. I had mild to (very occasionally) moderate cramps for a couple weeks after insertion. Totally normal, your body is getting used to the hormones in the IUD and the presence of the IUD in your uterus. In all likelihood itll go away quickly and you wont even know its there anymore :) Best of luck!! I got the Kyleena a few years ago. I hated it. The first month or so I had pretty bad cramps on and off. Month 2 and 3 better but still intermittent. I think i had painful cramps for about 6 months but only a few days here and there the last month. I had it a year, but then I had enough and I took it out and went on the combination pill instead. Much happier now. Mine lasted a few weeks afterwards. Cramps get fewer with more time in between the longer it is. Dont worry! I have Liletta BTW I got the Mirena. Cramping was just a few days, but then I had like a month-long light period. (I was also only 6 weeks pp, so that may have affected the bleeding) but I havent had any periods since! (Although also bf, so that may affect that too) Its been a month and I still get random cramps after days of no cramps. Today was the worst day in a while. I have the kyleena too

Tips For Copper IUD insertion? I met with my obgyn today about non hormonal birth control options and it seems like the copper iud is the best option. I am a little nervous as she said the only pain killers I am allowed are those I supply myself like ibuprofen. I have a feeling that will not be enough. I looked into buying topical lidocaine and found a spray on Amazon that is 5% and for outer use only. Would I apply this to myself before the procedure? Any other suggestions for pain management? I dont want to apply something that will get in the way of the insertion. Thanks ! I would take the ibuprofen, maybe Tylenol as well. A topical painkiller should be fine, but be sure to ensure its for internal use. The vagina is very sensitive and many products are not designed for that. I would let your physician know you applied it, in case it causes any redness or irritation that could cause concern. I personally smoked cannabis before getting mine inserted, and felt that was an excellent move for me. Obviously that might not apply for everyone, but Im planning on doing it when I get it replaced. Call back and ask if you can have a prescription for Arthrotec. Its a NSAID and Misoprostol (softens the cervix). I credit it with making my IUD insertion feel like a couple strong cramps and that was it. Hell, call a Telehealth service and have them prescribe it for you. I had lavender and chamomile tea ready to knock me out. Looking back I should have added melatonin, too. The pain is... bearable... but you will be very achy for the rest of the day. I took the following two days off and spent that time in bed. Sleep was the best medication for me tbh. In the end it wasnt worth it as it fell out in a month. If its possible to ask for ultrasound-guided insertion, do it. It should help the doc to do a nice insertion. I took 600 mg of naproxen before, along with inserting two cytotec pills 4 hrs prior (this relaxes the cervix, my gyn didnt need to do any dilation), you will want to request local anesthetic which is an injection into the cervix. The pain, with all of this, was still the worst Ive ever experienced. It was the only time In my life I had ever screamed from pain. The cramps are intense. They are closer to contractions than normal period cramps. Have someone drive you to and from your apt, and make sure you have a heating pad ready for when you get home, it helps a TON. After that regularly dose with Tylenol for 5-6 days [deleted] Im going to have to get one put in again soon too 🥴 I just used ibuprofen for the other 2 I had put in. Based on my experience, OTC pain killers are not enough. Not sure why your obgyn said you werent allowed anything else, I would go back and insist on getting prescribed something. My first insertion was horrifyingly painful, when I got it replaced my obgyn prescribed me a percoset and an ativan to take 30 minutes ahead of time - one to take away the pain, one to make me not worry about it. It made such a difference - the first time I was in excruciating pain for days, the second time I floated through the procedure, took an amazing nap after, and woke up feeling right as rain. There is no reason to not be medicated during an IUD insertion, please insist on being prescribed something. Update: received the copped iud and after the most stress inducing and crazy week trying to even schedule the appointment only for them to cancel a half hour before and then call back saying its on ten mins before the appointment I finally got the insertion. I think I was so overwhelmed by the scheduling that I burst into tears when the midwife came into the room to do the procedure. She calmed me down and did breathing exercises with me and then did the insertion. It was pretty painful and she could not offer me any type of pain meds or assistance besides the ibuprofen I took ahead of time. Left feeling in a lot of pain. Luckily I live near a state with a dispensary so I bought a thc gummy which did help with the pwin over the next few days. (Unfortunately they only have hallucinogenic ones so I was partially high the next few days). After a few days I checked myself and literally saw the string hanging outside of my body. Unbelievable. So I made another appointment to go back and have the strings cut. So frustrated by this whole process. Just when the pain is starting to subside I am now subjected to another procedure and another round of stress inducing scheduling. So frustrating but comforting to know its over and done with soon and will not be a pain I have to feel again for ten years.

I am getting an IUD in a couple weeks and am hoping for some advice and/or insight Hi everyone! Im 20 years old and getting my first IUD in a couple weeks and I am just wondering how it has been for someone who might have one? (TW/SA for the next paragraph) I decided to get one now to be safer with my boyfriend, but mostly because Im almost 21 and I am afraid of being assaulted and not being able to get an abortion if I need one. I am getting the Paraguard (copper, non-hormonal) because hormonal birth control really messed up my mental health worse than it already was. I know it is probably going to hurt like a bitch to get put in, and my OBGYN has luckily been really great and helpful. She told me to take 600mg ibuprofen beforehand (I live just shy of an hour away so Im planning on taking it as Im leaving so it has time to work) and if we decide while Im there to do anything more than that, then we can talk about it. She also told me it can make my periods worse, but theyre already not bad so I am hoping that I will be alright. I called my insurance and he said it is all covered (though he didnt know how to pronounce intrauterine, asked if I was looking to have the doctor insert it, or if I can pick it up from the pharmacy and do it myself, and that he actually doesnt even know if you could do that yourself … how do you know that little about people with uteruses??) and I made my appointment with my doc for the beginning of june. I guess I am just hoping for some insight, advice, or anything from other people who might have it? Thanks to anyone who helps out! I got a hormonal IUD, so I am not sure what the comparison is. I have had it for ten months now. Good call on the Ibuprofen. I wasnt given that suggestion and why, oh why, I do not know. I was okayish for the afternoon after it was placed but the following few days were akin to the early onset of labour pains. Ive given birth and the comparison was accurate to my experience. I bled for about six weeks after placement. Following that, my periods have been hard to predict, I bleed more often, but my flow is less and I usually have less cramps and period-related pain. Even with all that, it was worth it. However, I am not sure how honest folks are with the potential recovery time and its effects on the body. It wasnt easy. If you have any kind of anxiety, be sure to take something right before. If you think you might need it but dont have an active prescription, most doctors will give you a one time prescription of Xanax or the like especially if youve taken it before without issue. I took 2 paracetamol and 2 ibuprofen an hour before my insertions and removals, which really helped. I second this, really helped me as well. If you are able to, make sure you dont have anything (energy intensive) planned that day aside from the IUD insertion. I had bad cramps for the rest of the day and just laid on the couch with a hot water bottle. I second taking anxiety meds before hand. I also asked the doctor to keep talking and telling me EXACTLY what they were doing before they did it. Sending good vibes. Hope it works out I had my first IUD at 25yrs old. It was Paragaurd. The all Copper, no hormones. It destroyed me. My cycles were 10x worse. The first three months were a nightmare. And the pain never stopped. My gyno told me to get over it. I found a new doc and switched out the IUD for the lowest hormonal one on the market at the time. I no longer bled on my cycles. But the side effects sucked. Constant pain was still there. It didnt matter if I was laying down, sitting, standing. Always this pain in the pit of my body. Had dark, thick black hairs growing on my face, mood swings like crazy. My partner could feel the wires during intercourse and sex was no longer pleasant for me. After 5/6yrs I finally said fuck this and had it removed. I wish they had worked better for me. They are genius. If youre in the US I hope youre in a sanctuary state. Some states want to out law IUDs is Roe is over turned. Also, make sure you get it installed after your cycle. When your cervix is at its thinnest. Otherwise you will want to die. I didnt like it because I could feel it. I ended up getting it taken out after a few months. Hope it works out for you but its easy enough to remove if you dont like it. Good luck! got my copper iud about three years ago and Im very happy with it. i took some ibuprofen before the appointment and honestly, it didnt really help during the insertion. i absolutely yelled at nothing for those 30 seconds, and im a very quiet person when dealing with pain. my poor doc said i can even curse at her if it helped. shes such a sweetheart. but also, i feel like ibuprofen doesnt really do much for me in general, not even headaches. so maybe thats just a me thing. after that was done, i frankly bled like a pig. it took like three ultra strong pads through the day, but there was basically zero pain after the initial few minutes. i was even back at work at the bar by evening, like five hours later. my periods definitely got heavier, but not unmanageable and they still arent painful. like maybe some cramps for 1-3 days but nothing to keep me from casually carrying on with my day. i never had any cramps at all before the iud though, and only light to medium bleeding. so far, no pregnancy. also no late periods or anything. i definitely recommend using an app like clue or flo to track your cycles. i learned so much about my natural cycle and even though mine is a bit irregular (by 4-5 days), its made it pretty predictable. [deleted]

Im so mad my OB didnt tell me the potential pain &amp; side effects of an IUD Im currently doubled over in pain from cysts on my right ovary, contemplating going to the ER. I had NO idea I could get these. I have never had any issues with my cervix or uterus before the Mirena. I just wanted something other than the pill as I wasnt consistent even with alarms and kept causing terrible periods and migraines. I loved that I could set it and forget it. The insertion was traumatic. No article I looked into said I would be screaming in pain and cursing every last ancestor of my doctor. Getting up and almost passing out while the nurse and doctor left to let me recover. 5 months after insertion I went in to find I had a small cyst on my right and left ovary. I left thinking that would be it, they just get bigger and shrink &amp; eventually go away. Now almost a year later its been very light periods with massive ovarian pain every period this month im pretty sure it ruptured. I want to keep my IUD in. I dont want babies, I dont want to go through the trauma of the removal (I get teary eyed just thinking about having to do it) but I dont know if I can take this any more. Yeah I get it not everyone has painful experiences but I had no idea what was even HAPPENING in the procedure before, during or after. To not even have the option of pain reduction outside of fucking ibuprofen and a heating pad is ARCHAIC. Why do they think any of this is ok? Why has there been no easily accessible medication to help alleviate cysts? We just wait until they burst and then see if we need expensive surgery or die? Ugh. I am so upset and in so much pain and feeling beyond helpless in a system that simply doesnt take me seriously. Im sorry youre going through that. When I was in college I did the DEPO prevera shot in the butt every 3 months, because it was easy, and I no longer had a period. Didnt have a period for five years! It was great! But I didnt feel like going on t that way forever, felt unnatural.. but what sounds even worse is what youre describing. I sit over here on my high horse and wonder why on earth women would choose the IUD. It sounds horrible.. and your experience can only confirm everything Ive ever thought about it. I think women try to convince other women to get it because its not that bad BULLSHIT! Again, Im sorry to hear about your experience. Thanks for sharing. Thats awful, Im so sorry you had to go through that. Just FYI, the removal is not very painful, especially compared with the pain of insertion. Both times I had an IUD removed it was a feeling of immeasurable relief to not have irritating to painful pressure in my cervix all the time. Yeah, it really messed me up too I fucking love my IUD, Im on my 3rd and I wont use anything else now. For me personally insertion isnt that bad. The pain I get during my period is far worse. Doctors love to completely overlook all the negative side effects that all forms of BC have for women. I also had issues that were never explained to me from my pills. I am never going back on BC it was terrible. Congrats? Mine was the worst pain of my life. I hear you. Theres a lot of discord in the medical community right now regarding pain management for IUD insertion. Check it out on Tik Tok. Its disappointing to see female obgyns dismissing patients pain. Congrats? I was merely answering someones I dont know why anyone would do that but apparently thats pissed people off because I had a postive experience. I definitely think so. I feel like more and more people are talking about the reality. We are so incredibly misled and my OB was encouraging me since it was so easy compared to the pill I was on. Thats what I hear but im still so nervous. probably because the sounding and measuring the cervix was the worst part but I have no idea because they didnt tell me anything they were doing during insertion im sorry :( did you get it out? god yes. once I got off the pill I realized how different of a person I was when taking them. Yeah, I dont recommend what I did but I asked my husband to take it out 😅. This was back when the virus lockdown just started so the clinics were super busy. It triggered my psoriasis nothing too extreme just a little rash but my legs felt really heavy and my hands were hurting. From my immune system going crazy because of it. Which I kind of predicted it but my doctor told me I was overthinking it.

IUD Cramps - 9 years after insertion? Hi everyone, wondering if anyone else is in the same boat as me. Im mid-30s and had a Paragard IUD inserted back in 2012. I had typical post-IUD symptoms during that time—heavier cramping/bleeding, spotting, etc. but nothing I would describe as severe. Until this year. My sister (also mid-30s) and I have been getting truly hideous cramps during our cycles, and lasting quite a bit longer than normal—sometimes the worst days are day 4 or 5, rather than our usual 1-2. Today, my cramps were so severe that I couldnt work, and neither my heat pad or two Advil took the edge off. Two hours after taking the Advil, Im starting to feel some relief, but its still quite painful. My sister actually had her IUD removed a few months ago, and she says she has had a complete reversal: no bad period cramps at all since then. So Im already planning on making an appointment with my OBGYN on Monday to discuss this, but in the meantime, Im wondering if anyone else has had this experience? Everything Ive read says that these symptoms are common in the first year or so post-insertion, but not almost a decade later. Thanks for any insights you might have! Do you have your IUDs box with instructions with you? You might be over the usage time limit since the insertion was almost a decade ago. I would definitely visit the doctors office nevertheless, since it couldve moved down your cervix thus causing pain (this is just a guess, Im no medical expert). Feel better soon! Thanks so much for the well wishes! I dont have the box, but at my last yearly check up (January or so), my OBGYN told me that the Paragard IUDs are actually considered good for \*twelve\* years now, which surprised me. But Im wondering if youre right, maybe mine went bad or something. Thanks for your reply!

I dont understand why we dont get pain relief for IUD procedures Getting mine inserted 5 years ago was the worst agony of my life. I went to get it removed today, nervous but I had read that removal wasnt nearly as bad as insertion. I took Tylenol beforehand just to help a little. But I dont think it helped at all. The doctor couldnt find my strings and had to go digging. In the end she couldnt find them at all and told me to come back after I next had a round of spotting. It was a 25 minute drive home and I bled a LOT during it. Its been 3 hours and Im still bleeding from whatever she did. She warned me that when I do come back, if they still cant find the strings, they will have to do even worse searching around and it will hurt. I asked if theres any anesthetic at all and she said no. I cannot bear the thought of doing this again. Someone just tell me why I cant have pain relief?? This isnt right! Thats fucking inhumane. I cant believe they dont use anaesthesia. Thats an invasive procedure! I am concerned that they couldnt find the strings and still let you go home. I am concerned the IUD shifted. I found the pain very bad as well for both insertion and removal, but after the removal I had relief from other issues I was having so it overshadowed the pain of the removal. My insertion wasnt that bad. Minor cramping. 🤷🏻‍♀️ I think it was the anxiety that got me so I took a lorazepam before I went in. And I pulled mine out myself cuz my uterus decided to self expell it I guess. I used to check for my strings after my period each month and found my IUD half way out. I just yanked and out it came. No pain, no bleeding, nothing. If they couldnt find the strings Im not sure why they didnt send you for an ultrasound to find the iud. You can certainly ask for a lidocaine injection to the cervix but those injections hurt on their own and take a couple minutes to work, so for a straightforward IUD removal thats why they dont. Yours doesnt seem to be straightforward so Id push for an ultrasound to locate it before letting them dig. I cant even imagine how painful it would be having someone digging around my cervix. Id bleed for days after. If you are at a hospital you can get anesthetic injected into the cervix (it didnt stop the pain for me but might help you). They absolutely should use an ultrasound to find it, its likely that you have a highly tilted uterus, which would explain the pain and being unable to find it, because its at a different angle. Demand a referral to a hospital with specialists who have more equipment and more experience. I find this concerning. When they couldnt find my strings after some hefty digging, I was sent immediately for an ultrasound. After they realized it had become embedded sideways in my uterus, I had surgery under general anesthesia within a few days. And my doctor sucked in just about every regard. But they didnt play with the ultrasound She said I could do an ultrasound or I could just wait a couple weeks and try again. Im considering just going to see someone else. Ive heard so many horror stories I wont get one. No fucking way. Ill take a pill every day instead. For me personally I didnt think it hurt at all to get inserted. Just felt like very mild period cramping for maybe 30 seconds. With that said I get horrible cramps when on my period so maybe Im just used to the pain. And what the fuck are you supposed to do if you dont have spotting or a period anymore? My ex cried after hers were taken out, and yes there was digging. And this is a woman with serious pain tolerance. They gave me the lidocaine injections and it still was the worst pain Ive ever been in in my life. Im sorry to hear that. Have you ever had lidocaine injections before, and did they work? Sexism. Just plain sexism. At the dentist, yes. Thats weird. Lidocaine usually works like a champ. Possibly used wrong or the pain was just too much maybe. Either way Im sorry it didnt work :/ I still dont understand why these procedures have to be this rough. Ive heard tons of horror stories about IUD, so Im not gonna get one ever. This is just wrong, and they still can do more damage than help. Also as many before me told ya already, there should have been an ultrasound, not peekaboo. I hope youre doing better. Because as a society, as a planet we dont see women as people. People (men) feel pain so they need pain relief. Women are a lot of things, property, objects, vessels, incubators, but none of those require pain relief. Until they view us as people this will continue. This is it. Good luck in getting this sorted. Im scheduled to have mine out next month. A few months ago, I couldnt find my strings, so I went to have it checked. Its where its supposed to be, but the strings got pushed up in there. Every time I think about it, I think about the lack of pain relief. Its awful and Im so sorry. Hopefully itll be an easy extraction when you go back and I hope youre feeling better. I would go for general anesthesia tbh. No way I would let anybody dig around in my uterus after only taking otc meds that do nothing for this kind of pain. Its totally a possibility and I dont get why its not standard considering that almost all women have excruciating pain otherwise.

What was your experience like using strong meds for IUD insertion? [deleted]

Does getting a Mirena hurt more than a Skyla? [deleted] I made the same change 4 years ago and it did hurt a little bit more, but honestly, anything being inserted through the cervix is a pain lol the ache subsided within 24 hours Ive only had Mirena but I felt nothing. My doctor was amazing, I have weird pain tolerance, or both.

Getting my IUD replaced this week and want to talk to the doc about my painful period cramps. [deleted]

Asked for anaesthesia for IUD and felt really dumb The doctor kept saying, Its not like we doctors just didnt decide to use it. The study showed no difference between local anesthesia and none. Yet I felt absolutely nothing with the anaesthesia. The first time I got it without it I was in so much pain. Am I crazy? Has anyone had this experience? Has anyone had it without anaesthesia and felt no pain? Am I crazy and the pain has just been in my head both times?? Well, that study must have been carried out ridiculously bad. Guess it was not a peer reviewed scientific study. It depends on the clinic and where you live if they give anaesthetics or not. Am I reading it wrong that the study you linked didnt have an participates? Also youre not dumb for asking for a local if youve had better experiences with it vs without. Just because someone else doesnt experience pain without a local doesnt mean your pain is made up. All of our bodies are different and cant be treated the exact same way. Lmao youre right. Gonna delete the link. Ok, thanks, thr doctor got very defensive and made me feel super dumb for asking. Unfortunately \*that\* is a common experience I think many of us can relate to. Doctors have been speaking down to woman for decades. They like to treat us like we cant possibly understand our bodies. A lot of it comes down to lack of research and understanding of anatomy involving uterus, vagina and hormones. The amount of times Ive had men tell me my period cant be causing [Thing I know its causing] is unreal. Stick to your guns. Unless theres a medical reason you shouldnt get a local its not unreasonable to ask for one. Otherwise ask what the alternative is. Theres lots of salves and sprays which can temporarily numb an area. I had my throat sprayed when I had to get an endoscope without anaesthesia. I didnt feel any pain in my throat for the entire 5-6 minutes procedure. I get its an entirely different area but my point is that there can be options for your needs. If a doctor isnt making you feel safe or listened to its reasonable to request someone who will talk to you about your options in full. When I got my 2nd IUD placed at Walter Reed Military medical center I braced myself for the extreme pain I felt when I had my first placed in San Diego. It didnt come. The (female) doctor had administered a numbing gel just as a matter of course after getting the speculum in place. I didnt even have to ask; admittedly it hadnt even occurred to me to ask because I was so conditioned by the military not to complain about the care we received. I walked out of that exam room completely boggled because she just did what needed to be done to make me comfortable. If the military can be better, civilian healthcare providers sure as hell can. Time to get a new doctor. Tell your doctor he has been misled. Misogyny and dismissal of womens pain runs deep in medicine. Even \*women doctors\* often think that other women are just being dramatic during labor (until the fools do it themselves) Gynecology as a discipline is literally built upon ignoring the pain of subjects. My first iud insertion I received no painkillers and it was the most horrifically painful experience of my life and I spent days afterwards curled up in pain. When I got it replaced I got a Percocet and an Ativan to take 30 minutes before the procedure (one to prevent pain, one to make me not worry about it), and I floated through the procedure and was right right as rain after a lovely nap. Whoever said/says medical intervention makes no difference in your experience of the procedure is a f#cking idiot. Ummm with no cited study and not defining difference i would argue that you have recourse to complain about quality of service. Did the IUD get placed in both cases? Okay no difference, except for the person in excruciating pain. Forgive my initial skepticism but I first read it as general anesthesia and I was like that feels like overkill but a local or even NOx would be perfectly acceptable low cost/risk solutions for the pain of the insertion/removal. I am sorry they treated you like that, just remember their priorities arent your priorities and in the US health system you have to be your own advocate because its a nightmare. It was a female doctor too who had an IUD. Thats why I kept thinking maybe I was uninformed. I just read so many people on here insisting though so I just went for it. I dont wanna be a patient that goes, But I read on google but the pain last time made me want to keep pushing anyways. did you get any cramping pain afterwards? it didnt feel that bad going in, i cant remember how bad it was, but i remember the intense cramping immediately after that lasted hours My gynaecologist told me it would be painful to change mine after 5 years and they didnt want to cause me any pain for a small procedure (I have endo). I was put under and the whole thing cost me $6 for the actual Mirena itself, thanks Australian healthcare! It did hurt afterwards though when I was woken up and about a day after. So in my opinion, they could do MANY things to make you more comfortable, they just dont want to. See someone who takes your concerns seriously. I did for sure - I alternated 800 mg of Motrin and 650 mg of Tylenol every 6 hours or so for a few days until it settled down. Time to get a new doctor. If your provider isnt listening to your concerns and diminishes you for asking questions then they arent providing the care you need. Also, a lot of women report pain during IUD insertions (not everyone will but its definitely a real thing) so Im tired of medical providers gaslighting patients. [deleted] You arent crazy. They should use anesthesia. I did have a female doctor. They did give me local anaesthesia and it didnt hurt? I dunno how they did it but they did. I dunno what you want me to say. I did get local anesthesia and it hurt way less than the first time I got it without it? I got lidocaine injections in the cervix prior to iud insertion - its a standard practice at the hospital I went to in Seattle - and it was a bit uncomfortable, but I felt nothing afterward. Just like pain with the tenaculum/overall insertion, it differs from person to person and even by location. The lidocaine injections before getting a cavity filled were far more painful for me but obviously necessary. Getting an iud is a gamble pain-wise, but based on the more extreme descriptions, it sounds like lidocaine shots would have been far less painful for some. Im not sure why this argument - that lidocaine shots are \*more\* painful - is still thrown around. And coming from a doctor, especially, goes to show why this issue has been such a struggle for women. Youve already decided for everyone that shots are somehow more painful than many of the worst descriptions of iud insertion pain, and that it just comes down to a doctors skill. Its incredibly tone-deaf and closed-minded. I had this thought today (got a new Mirena this morning). Been laying with a GD heating pad and took a 5mg oxy and it \*still\* sucks. I wish womens healthcare was taken more seriously. We can and should do better. Obviously Im in the US (🙄). You can get anaesthesia for an IUD? What! Is this like a joke where the patient is the one who is supposed to get the anesthesia and it feels different. But the doctor says it feels the same to the doctor? Buh duh ching Im sorry, one, \*single\* study? On whom? How many women were in this study? When was this study conducted? These are all rhetorical questions btw. I took two advil before my IUD insertion and it was totally fine, felt nothing. Youre not crazy. I got an IUD inserted without any type of numbing/pain relief meds and holy shit was I in pain. What sucked the most is that my body rejected it and rotated the IUD into my uterus. Luckily for me, it didnt puncture my uterus but the ER doctor told me that itll be best to remove it because if it did puncture it, I would have needed to get my uterus removed. I just remember time going by so slowly that day. Im now using ovulation tracking since Ive had really bad side effects with every birth control Ive tried. Patch, depo, pill, IUD…you name it, my body hated it. I got anesthesia. Its not like its difficult if you ask for it: as a business you are the customer. ( medicine is business) I would not get anything above a Pap smear without anesthesia personally. Thats just a lazy doctor it sounds like. I had severe pain afterwards a few weeks though. I was a little uncomfortable when I got my IUD, no anesthesia, or advil. My IUD insertion felt like a bad pinch, just a little worse than a pap smear. I had a few cramps over the course of 24 hours and that was it for me. My doctor even commented like Ive had patients pass out before, good job. Idk Im just lucky, I guess? How in the world do you expect patients to be able to judge if a medical professional knows what theyre doing? Shouldnt you all know what youre doing? No. I totally believe in the validity of the study in that no man involved felt any difference in pain. Why would they anyway? Happy to hear you felt nothing! The first two IUDs I had with local and the third I had inserted without local anesthetic. The insertion hurt so much without it. The same doctor put in my first two and she said it was inhumane to insert an IUD without local anesthetic. My third one was out in by a different doctor and he said they werent sure whether or not anesthetic helped with the pain. I am not sure why anyone would think anesthetic wouldnt help. I have had anesthetic injections into my cervix and they do no hurt at all compared to the pain of getting an IUD inserted without any anesthetic Doctors truly believed we couldnt feel anything on our cervix for like 200 years. Theyre fucking idiots who dont listen to women. I had an IUD put in with no pain management and it was top 3 most painful things Ive ever experienced. I cant even imagine trying to ge