HELP! IUD insert with sedation in Phoenix! [deleted]

i just got nexplanon! so i went to the gyno yesterday to get checked for yeast and came out with birth control. im 18 and it was my first time at this place. my only issue so far (its literally only been a day) is that people say u cant feel the procedure of it getting put in ur arm. and it makes sense right? they literally numb ur arm before. but the weird thing is when she went in with the second needle i felt everything and yeah it was short but i wish i couldve prepared for that but it was def 7/10 in pain. just glad its in now tho. ps. does anyone have any experience being on birth control while being underweight? my gyno was saying im malnourished and my bmi is a 17.51:(

How bad was the pain from Copper IUD insertion? [deleted] It will vary depending on your own pain tolerance and the experience of the doctor placing it. My personal experience, it was quite uncomfortable for most of it then there was about 3 seconds of 10/10 pain. Once that passed, I had cramps for the rest of the day. Not to scare you, but worst pain Ive ever felt for about 5-7 hours post insertion, I took 4 ibuprofen beforehand. Normal cramps and bleeding for a week or two afterwards. 1.5 years later I spot daily and my periods went from easy breezy 5 days with 1 day of cramps to a 14 day extravaganza of completely random bleeding and cramps. However, lots of people do just fine with some normal cramps after insertion and just a slightly longer period. I just wished I had been more prepared for the 14 day adventure my periods have become. The peace of mind that I know I wont be having kids until Im ready is priceless though, I feel like that makes it worth it. I have a fairly decent pain tolerance but it was still painful for me. It helps if you take ibuprofen or acetaminophen prior to your appointment. As far as side effects, my periods were much heavier than usual and my cramps were pretty bad. The only reason I chose it was because it was non hormonal and I was breastfeeding at the time. I ended up changing it because I was pretty close to being anemic. It was pretty uncomfortable and then for me it was intense pain for a few days that radiated down my thighs. After that I had bad cramps around my period that would also radiate. This lasted about a year or little more. My periods did eventually become minimal to about 3 or 4 days. I was willing to put up with the pain though, because it was really my only BC option since I cant have any hormones. However, recently I learned that it had expelled on its own somehow without me knowing. I feel like this is all really scary and I dont mean it that way so please weigh your options and know that this is only one not so great story of many successful ones. Good luck I just got my copper IUD inserted yesterday, I will let you know how it went; (again it defers for everyone) Personally I have very little to medium pain with my cramps in general each month. And sometimes it can be bad but for the most part I experience no cramps. I assumed then that the IUD insertion would hurt so much for me cause I thought I had a low pain tolerance. ( ❗️important information; I got my spiral on the last day of my period, which may have helped, cause my cervix was a bit more open, so easier for insertion❗️) But actually it went really well for me, it was more uncomfortable to be honest. I did also take some painkillers an hour before the appointment (ur doctor will let you know how much of which one u can take) and I also used a hot water bottle on my stomach 2 hours before my appointment which I think helped. I felt minor pain but it was more similar to just a kinda bad period cramp. And that was went the IUD itself was inserted and pushed to the back of my uterus. But before that with the measuring and clamping I felt honestly nothing really. The process took literally like 5 min,it was so fast. I left and got some bubble tea and went home, I will say I did feel a but nauseous but might be in my head. And later in the evening I was cramping a bit but today (the next day) I feel nothing and feel fine. Paragard insertion was just as painful as Mirena insertion. Both were brutal. For me it was a very short very intense pain that made me go WOAH and then I just felt pretty crampy for a few hours Its not fun, but the worst is over within very few seconds I got it inserted on my period and insertion wasnt comfortable but it wasnt that awful. I had bad cramps that night like period cramps x5 but it was ok with Advil and a heating pad. When I got it inserted I read on this sub that your cervix and stuff is more malleable and responsive to the tools they need to put the iud inside and its true! I have had two IUDs and got them both inserted towards the end of my period and it was relatively easy! :) good luck I also recommend taking a good about of ibuprofen before you go in. Id say I have pretty high pain tolerance, but it was the most painful thing Ive ever felt. I mask my pain pretty well in public, but it was one of those silent scream moments. I nearly passed out and felt very dizzy and woozy for a couple hours after the procedure. I had asked my mom to drive me to/from the hospital, which is only like a 10 minute drive from our house, and I cried and begged her the entire ride home to please just get me home quicker. I had a week of intense cramping afterwards. Ive had my IUD for a year and a half and my periods have not gotten better. Before the IUD I had pretty light periods, only 3-4 days of bleeding and mild cramps. Now I bleed for 8-9 days and it is INCREDIBLY heavy. I go through a Super Plus tampon in less than two hours, or my large Lena menstrual cup (30 ml) in 4 hours. I always leak every night, no matter what I do or what pads I wear. I have developed anemia from it and have been prescribed iron supplements by my OBGYN. My cramps are also debilitating. Lying on the floor in the fetal position debilitating. Every month brings me extreme anxiety. My first insertion was so bad I had to stop and come back a different day. I had to take cytotec to soften my cervix beforehand. Very painful. The second iud I had was the same-Mirena. Painful, couldnt get the sound or iud tube in so had to have other team members come try. Now, this copper iud insertion (Paragard) was not as bad because my dr gave me cytotec and inserted it under ultrasound. I think it has to do with my cervix and uterus position that made it so painful for me. I honestly just felt the quick cramping and just blew out a deep breath and wiggled my toes. It was quick and relatively easy. I was sooo happy and will always go back to that dr for insertion if I decide or need to have mine removed. The only negative was that she cut my strings a little too short (her words right after she did it) and I wish they were longer to go around my cervix more and be less noticeable during sex like previous iuds I had. I bought a cute rechargeable heating pad for menstrual cramps that also vibrates and popped that on immediately after. I had such bad cramping for a few days after my other insertions and not this time! I was so pleased. I have had this copper iud since September of 2021. I had daily twinges of cramps that lasted like a second each-mainly on my left side where I had a tube removed and I also had two csections-so I think it was the iud trying to find a place that my uterus wasnt unhappy with. Suddenly this last month, I had more cramping around ovulation and now I have not had any of those cramping pains again. I felt strings and theyre all good. I dont have cramping or heavier periods with it, but Ive recently begun experiencing yeast/BV when I never have before (Im 31 as of yesterday lol). So, Im using boric acid, more gentle cleansers, no more baths, and a probiotic meant for vaginal health to see if I can get rid of that issue. It is common for copper iud users and hormonal iud users unfortunately. I didnt get copper, I think I got Kylena so feel free to take it with a grain of salt. It was like ten seconds of like 7/10 extreme pain and then some light cramps after. I felt almost like stiff ? After. However the main reason I got one was the pain from my periods was so bad. So I had had cramps worse at that point. I think it really depends on your pain tolerance. Clenching your fists helps. Worst pain Ive ever felt personally Hey Ive had mine for 6 years. It was quite painful the first time I got it but I didnt take pain meds early enough for it to help. I can say it will make your period more painful and disruptive.. I had one for 5 years and had so much pain during my ovulation and period that I thought I was getting Pelvic Inflammatory Disease, PID, and they had me emergency remove the IUD bc they thought I got it from bacteria! Turns out after testing it I did not have PID or anything wrong but the IUD was giving me a lot of pain. I had it out for 6 months and it was awesome having so little pain but I had to get one again bc other than pain and slightly more bleeding I have zero worries of pregnancy, no extra hormones to mess me up and its there until I decide I want kids essentially so although its been tough at times I still find it to be the best form of birth control. Some ppl get worse the longer they have it so this time around since I gave my body a break it hasnt given me much pain. Do make sure to take a good amount of ibuprofen ( or whatever works for you) before getting it inserted. It was quite painful for me but it isnt for everyone. Go in with support and someone to drive you home and you will feel much better!

Nexplanon [deleted] From memory, I was told to keep my dressing on for as long as I could, which I kept on for two days - the pressure from the dressing was meant to reduce swelling and bruising. After that I kept the waterproof bandaid on for around 4-5 days and wrapped that section of my arm lightly with cling wrap when I showered for the first night. There will be a lot of bruising so dont panic, and as they had to put a little cut in your arm it will take a little while to heal. Maybe buy a few extra waterproof bandaids if you feel the need to do so (: Depending on the person, you might have a lot of pain in your arm - I could feel the pain radiating through my arm for about a week and could barely move my arm at all without being in so much pain. I later found out when I got it removed just over a year later that it was positioned right next to a nerve which made the pain much worse during the healing process (and sometimes my arm would go a little numb if I bumped it after it healed - just felt like pins and needles). Dont worry as this isnt the case for everyone, just remember that everyones body is different and the implant can be placed in different positions depending on your body and your doctor (: Just keep up with your fluids, take basic pain meds when required, and dont put too much weight on the arm for a few days just to be safe! ☺️ Also another point to make, try not to touch the actual rod in your arm until its healed, it wont screw anything up dramatically if you touch it lightly but just to be safe try not to poke at it until healed - then go for gold! Its pretty close to the surface of the skin, so chances are you will see the outline of it through your skin, you will also be able to feel it, and you can actually softly hold it between your fingers too - it was always a weird feeling when I would lightly push one side down aswell and see the other side poking up and saying hi through the skin haha The feeling of having it there takes awhile to get used to, but after a month or so from healing I would forget its there most of the time unless I accidentally bumped it and got a jolt of pain/pins and needles (again that was only because mine was placed right next to a nerve) Youre supposed to get a pressure bandage? I only got a simple bandage they told me I could remove in 24hrs and keep undressed. Eek, now Im worried its gonna fall out LOL Dont worry its not going to fall out ☺️ I think it just depends on your doctor and what they decide to give you. When I say pressure bandage, now that Im thinking about it I think it was also a normal bandage but he just wrapped it so tightly haha If you are still worried about it trying to come out you can leave the bandage on a little longer if you want, but it took a lot of pressure and a big device to put it in so its not going to be too easy to get it out or for it to fall out unless youre doing some crazy sports or something straight away (: I was told to just keep my bandage on until my next shower and the healing process was pretty easy in my experience. Had to sleep on the opposite arm for a few days but other than that it was just sore for a few days. Not much after care involved except keeping an eye on it and being careful not to bump it!

Paragaurd IUD insertion, worried? Dont be! Hi im a 20yo who attends university and decided to get the copper IUD even though i was so scared bc i kept reading everyones negative experiences with the insertion but i just decided to get it on a whim (bc i knew if i thought about it too much i would freak my self out even more). I got it yesterday morning and wanted to share my experience because i feel like a lot of women are deterred away from getting it due to fear of pain during insertion. MY PERIODS/CYLCE BEFORE PARAGAURD AND WHY I CHOSE PARAGAURD: I always have had HEAVY flows, like first 3 days of period i would go through super tampons in line an hour and a half. I would also have bad cramps, to the point id skip school the first day of my cycle once in a while. I was annoyed with this, so i went on the pill to see if that helped, but it made me an emotional reck and depression and anxiety. I then tried depo provera, the shot. I was on this for about 3 years, and it was awesome because i actually didnt get my period anymore. But, i realized i was gaining weight at an insane rate, like i weighed 180lbs when i started and ended at 235lbs when i got off, and im pretty active, i used to play varsity volleyball and played on a traveling team, and if i wasnt doing that i was in the gym. I also noticed that my emotions were dull, like i could be happy or mad or sad, but they would be so faint almost like i didnt feel them at all, also i had like NO sex drive at all. finally decided to get off bc i didnt like that i gained so much weight. Was off of it for 2 years and finally decided to get back on birth control because my weight went down and my periods were regular again, still heavy and crampy. I decided i wanted to go on non-hormonal birth control bc i didnt wanna risk having those symptoms again, and would rather just keep my period even though i hate it. So, i decided to try paragaurd. DAY OF IUD INSERTION/ GETTING IT: Yesterday morning started off my usual; wake up at 5, go to gym at 6, drink my protein shake, get ready for my 9-10:15 am class, then head to kaiser for insertion bc my appt was at 11. I made sure to drink TONS of water and took 3 ALEVE at 10 am, and hour before my appt. I also brought a snack to eat when taking the aleve and the same snack and water to the appt just in case (it was heavenly hunks, these really yummy oatmeal chocolate chip cookie things). I was nervous on my way to the appointment but tried to talk my self out of thinking about it bc i know me and i knew id back out. I drove myself, went in, they made me take a urine test to ensure i wasnt pregnant, then got into the room and undressed from waist below and waited for the doctor. He was super nice and talkative which helped, and has been doing this for 40 years. He was honest about the pain during the actual insertion, that it was going to hurt, but it wont last for long, which was correct. He inserted it and the pain felt like immense pressure for about 10 seconds and sharp pain for maybe 3 seconds during that 10 seconds. BUT, it was WAY EASIER AND LESS PAINFUL THAN I THOUGHT IT WOULD BE. It was a simple, quick thing. I felt a bit light headed afterwards due to the pain, but i layed down on my back and drank water for maybe a minute, then walked out not a problem. Cramps were in and out, one second i got an intermediate cramp, then it went away. I got home, took an MEDICINAL edible (which i read people did and it helped A lot) and planned to just lay around all day. The cramps got less and less and around 2 i made a pizza and was feeling fine, the cramps went away at around 5 or 6 and i was completely fine, of course still spotting a bit due to the insertion, but nothing like pools of blood at all. I went to bed easy because honestly i was kinda exhausted from the insertion, not sure why. DAY AFTER INSERTION: I woke up at 7:30 am with NO CRAMPS, still spotting a very light amount. Proceeded with my usual; make bed, make coffee, go to gym, and then i ran some errands. I had very light cramping when i worked out, probably bc i was flexing my body and what not, but nothing horrible. Now im fine, but i will update after my first period!!!! MY MAIN TIPS FOR INSERTION; -Dont freak yourself by reading all the horror stories and bad experiences online, mostly the people who have bad experiences lost while those who have good ones dont feel the need to. -HYDRATE, the day before and day off and day after, like loads of water, and bring water to the insertion. -Id eat before the appointment and bring a snack to the appointment just incase. -take advil or aleve an hour before, the max dose for the day, but double check with your doctor if you have previous medical complications or conditions. -book the appointment the day before the weekend, so you have nothing to do so your not stressed or worried. -be confident! Dont stress yourself out, it will all workout in the end, and you can ALWAYS change your mind, bc you can get it removed at any time!!! and its less painful to get it removed. Good luck! Youll be fine. :)

Awful Doctors Ill start this off by saying im from the UK, where we have the NHS so I didnt have to pay for my iud insertion. I know the nhs is underfunded but I never expected to be treated with such disregard. I went to get my iud 4 months ago, on the first attempt they couldnt get it in, they told me to get dressed and when i looked down my legs were DRENCHED with blood, they didnt give me a pad, not even a paper towel, and they didnt even tell me id started bleeding. (I werent on my period at the time it was caused by the insertion). I had to do the 10 minute walk home alone, in pain with blood running down both my legs, feeling absolutely humiliated and sobbing. When I went back a second time they were successful, but what they told me would be slight discomfort was actually the worst pain I ever experienced in my life, which lasted for around 3 days. Still I bled and they didnt help me, but I came prepared with a pad this time. Ever since the insertion I have cramps for 3 weeks out of the entire month, my periods last over a week and I bleed through pads and menstrual cups within 1-2 hours. The cramps get so severe that I cant walk, I went to a walk in when it was especially awful but other than ruling out ovarian cysts they did nothing to help my constant agony. I feel lied to, Im in debilitating pain and it seems like no one cares. I feel so mistreated. If its available to you, please get your IUD taken out. Im so sorry you had that horrible insertion experience! The insertion can be painful but it should never be that bad. You also shouldnt be in this much pain. Unfortunately you may have to raise hell in order to get a doctor to listen to you. I am so sorry. It sounds like your body is trying to reject it. I suggest getting it out

Mirena Insertion- Success! I was scheduled for today as we expected my menstrual cycle to start by now, but it hasnt (pregnancy would be impossible outside immaculate conception🙃). My doc said we should reschedule if it doesnt start today, as insertion is supposed to be less painful during your cycle as the cervix is softer. However, I already took the day off work, had a substitute in place (Im a teacher), and just kept getting more and more anxious about it. Also, I wanted to be able to have the weekend to rest and recover some if needed. I told my doctor to lets just go ahead with the procedure today, and rushed over on a motobike taxi. I took 400mg of ibuprofen and a panadol about two hours before I actually had the procedure. Once in the room and in my stirrups, my doc walked me through the whole process. She disinfected the area, injected a local anesthetic, and at some point put in the Mirena. I felt a bit of pinching and very light cramping for about 5-10 minutes, and then she was done🤷🏽‍♀️. She asked me- how do you feel? I was like- fine? She said, ok just sit up and move around a bit, see if you feel dizzy at all. I was already off the bed. Do you feel any pain- I said...? No? A little bit of cramping? She was like- well every body is different, clearly shocked, but I think my uterus is just used to pain😅. A few months ago I had most of my fibroids removed as they were giving me extremely heavy cycles and debilitating pain. She encouraged this next step to slow down/ prevent fibroid regrowth. Its only been about an hour since insertion, so hopefully cramps and pain dont surface or worsen. Idk each time I have done procedure for her she says no jumping around along with a few other instructions and things to look out for. These girls dont jump 😅. Anyway- I hope the next few months will be relatively smooth🙏🏽

Positive Copper IUD insertion experience Hi ❤ Ive noticed theres a lot of negative experiences circling around here related to the copper IUD and I thought it may be helpful to read about some positive experiences as well for anyone whos considering getting a copper IUD. So I got a copper IUD placed in about 15 hours ago (Nova T380 to be exact) and honestly the experience has been a breeze(so far at least). Im 22 years old and have not given birth and Ive only used condoms and a diaphragm as birth control before. My period just ended yesterday. So basically these were the simplified steps of the whole procedure: first they opened me up with a speculum and located my cervix, cleaned off the discharge around the cervix, grabbed a hold of the cervix, did an ultra sound, measured my uterus, placed the IUD and checked if it was in place with the ultra sound. The first painful moment was when they grabbed a hold of my cervix with some sort of clamps Im assuming(?) but that pain was literally over in a second and was about a 6 on a scale of 0-10. The procedure took quite some time, about 25 minutes, because they had trouble getting into my uterus and measuring it, which meant a fair amount of poking at my cervix with different kind of instruments, which wasnt painful but kinda uncomfortable. They had to invite another doctor in to give it a try. So overall I had 4 doctors staring at my cooch haha. She did an ultra sound and as it turns out, I have a tilted uterus(the more you know!) which is why they had some trouble navigating into the uterus initially. After the ultra sound, things started moving along pretty quickly. Measuring the uterus hurt quite a bit(about an 8) but the pain was over in a few seconds. The insertion of the IUD itself hurt about just as much as the measuring but the pain was also over in a few seconds. The measuring and the insertion lasted probably about 5 minutes all together or even less, so if you have a normally aligned uterus then the whole ordeal will probably be over much quicker than it was in my case. Overall, Id say the pain was kinda high at certain specific moments but the pain lasted for such a short time, honestly just a few seconds, that I really didnt think of it as a particularly painful experience. I was expecting much worse based on the horror stories I had read online. After the procedure I havent had any bleeding and Ive only had some very mild cramping. Its worth pointing out though that Ive been taking magnesium supplements, a multivitamin, drank a few cups of raspberry leaf tea and took 800mg ibuprofen 30 minutes before the insertion and another 400mg about 8 hours later and Ive been using a heatpad as well and in general taken it easy the rest of the day. These all may have contributed to how relatively painless the experience has been for me. These are all my go-to remedies for period cramps so I figured they might help with the IUD cramps as well. (Magnesium especially has basically made me period cramp-free yall!) Again, I had expected much worse, but so far Ive been pleasantly surprised by how not bad at all this experience has been. So honestly, its not that bad for everyone, give it a try! ❤ yo u dont even know the piece of mind that this has given me. i am getting mine fitted next week and ive only used external methods of bc in the past. im not really good with pain but i keep telling myself that giving birth would be much more painful. me and my bf arent always the most careful and i just got my period after thinking i was preggo and i never want to go through that again. thank you op ❤️ i had my kyleena iud inserted last week on my period and had a great experience too, 4/10 pain for me on the 6th day of my period. im 28

IUD experience day 1 I seen a lot of people complaint about their IUD I got the one that is non hormonal and last 12 years and it went pretty well... How was everyone IUD experience on the first day. Do you mean insertion or first day after insertion? Insertion hurt like a mother 🤬. Like I was in tears and tried my absolute best not to scream out in agony. Day after I was bloated. But after that its been great. Sex life is better than ever! Mood has improved. Even my sleep is better. Sorry it hurts so much everyone is different I guess and I just had a baby three months ago before having it so I guess thats why it didnt hurt me. Congrats btw. And thanks. I would honestly never do it again without being put under. But its great to have my life back 😊 So IUD gave you a horrible experience?? Insertion, yes. After? No. Its hard to explain. Having it put in was absolutely terrible. But completely worth it. But would never do it again without being knocked out lol I got the mirena, but I had a positive experience post-insertion. It didnt feel horrible when getting insertion, and about a half hour after I left the doctors office is when some bad cramps started. They were on and off for the rest of the day and the day after, they were manageable with over the counter pain meds and keeping active (walking, standing, not full on exercise).

Fuc\* you surprise IUD removal Getting the morena placed was extremely painful, and Im trans so the dysphoria was some of the fucking worst Ive ever experienced. I felt violated from the touch and pain. Used to have bad cramps, and generally fucking hate doctors mucking about in my cunt. The sensation plus dysphoria makes me feel like curling into a tight fetal ball for a long ass time. Have been actively working towards getting my tubes removed so it covers my need to feel safe that I wont get pregnant. Just got out of the consultation and with the doc I was considering options between ablation vs getting another IUD. Not sure Id IUD has had an impact on emotions so was open to possibly having it out for a few months before tubes out to come to a conclusion about if I wanted ablation or another IUD (Ive got 15ish years before menopause so theres greater chance of ablation fail and doc said if my goal is to treat cramps the Merina IUD tends to be much better). One aspect of the consideration was if we could find the strings and she wanted to do a quick ovary/vaginal look. We did not come to any conclusion that today was the day to remove it. Im not stupid but a little mad I didnt ask her to fucking tell me if she was going to try to remove it as I had a sneaking suspicion/distrust that doc might do that. After a couple minutes of increasingly painful and uncomfortable deeply inside a body part Im already uncomfortable with, like she was fucking jabbing around my cervical innards the pain became really fucking intense and I couldnt just bear it anymore. I yelled out please stop, stop, please stop, ow while I tried to not snap my knees shut on her face. Then she said, its out and a little later that wasnt as painful as going in right? (Me just nods, maybe mumbles yeah) See I told you it wasnt going to be as bad. Fucking hell, shes right. It wasnt as bad but am I sitting curled in on myself crying and writing this down to strangers on the internet because I feel upset and violated and it hurt? Obviously. Thanks, really needed to air that out. Wow, removal is painful and you should have been given the opportunity to take pain medication well before the appointment. That doctor was really unprofessional. Doctors are supposed to telegraph everything they do down there - tell you what theyre doing before they do it. Im cis and I would feel violated by a doc not walking me through what they were doing, or giving me adequate pain coverage. Your feelings are valid. Doc should have told you she was going to remove the IUD. I dont think docs are supposed to just do stuff without telling you first. Reminds me of the mechanic I stopped going to for my car; we found this too, and did this, so they could charge me more. Im so sorry. Id honestly report that. its really unprofessional for a doctor to perform any procedure on a patient without informed consent. Wow my doctor offered to prescribe me a sedative for a pap smear and reschedule to the next day, I cant believe the doctor did that to you. How horrible.

My IUD Insertion Experience I got my IUD (hormonal, Liletta) inserted yesterday at 9:30 am. I was extremely nervous but overall Id say it wasnt as bad as I was psyching myself to be, although it still hurt like hell. Details: - I have never given birth. Was currently on bc pills (Lo Loestrin) and do not experience a period with them, so the iud was inserted dry lol. - They did not give me any pain killers, cervix softeners, blocks/numbing, etc. - I took 3 ibuprofen, 2 Tylenol, and a 🌱 gummy edible beforehand. The person who did the insertion was my normal OBGYN who I really like, so she did her best to help me feel less nervous. I was basically on the brink of a panic attack the whole time although the edible helped a bit with that. First was the speculum: Normal, never bothers me during pap smears anyways. Then was the tenaculum which was a sharp pain but not as bad as the horror stories Id heard. Then was the measuring of the uterus: such a weird feeling and hurt like hell (fun fact, mine is 7cm which is apparently perfectly average). Then came the actual iud insertion. This part really hurt which I wasnt expecting as Id heard the tenaculum and measuring were the worst. The procedure itself was very quick. I did have to lay there for a loooong time after to not pass out and still almost did (Im prone to a vasovagal response tho so I expected this). I took a nap when I got home and spent the rest of the day with a heating pad, ibuprofen, the couch, and the tv. I experienced pretty bad cramps the first day although they had lessened by the time I went to bed. It is worth noting that its been probably 5+ years since Ive had a period so I havent experienced period cramps in quite some time. I do however have IBS and food sensitivities so I can correlate it to having intestinal cramping/bad gas pain. The lightheadedness also persisted although that might just be a me thing. I am now on day 2. I feel pretty much okay today. Still some light cramping but honestly not bad. I also havent had any bleeding yet although well see if that changes in the next few days. [deleted] Ugh speculum during Pap smears bothers me so bad. It just feels so uncomfortable for me. And then the swabbing of the cervix or whatever they do feels uncomfortable in a different way. I dont even know how to explain it but its a really weird sensory thing for me. Thanks for sharing. Im debating between skyla and liletta.

Any experiences of getting Mirena removed on the NHS? So im having my mirena removed next month after being on it for nearly two years; im unhappy with the fact that i still get pretty much all the symptoms of a period, minus the actual period (so cramps, mood swings, bloating etc) plus REALLY bad acne. im going back on Yasmin, for period control (im a lesbian so im not worried about pregnancy). my mirena insertion was really really horrible and traumatic and i almost fainted several times after and had to be prescribed extra strong codeine a few weeks later when i still had cramps. when i got it inserted they didnt give me any kind of anaesthetic/pain relief for the actual procedure. ive heard people mention that the removal is nowhere near as bad as the insertion, but im still really scared!!!! so british people- were you given anything for the pain, or sedated, for the removal procedure, or did they just go in raw? i dont think i can handle the pain/anxiety again, but i know the NHS can be really stingy with pain relief/sedation. so far they just told me to take painkillers before coming in. No, they wouldnt give me anything fir removal but it is much quicker than insertion. Im in Scotland so may be different elsewhere. Not British but removal was no painful whatsoever. [deleted] I had mine removed on Tuesday. I didnt use any pain relief of anything like that. The worst part for me is the stretching from the speculum. Honestly it was really easy. Im having a mild period now but its not especially heavy, nor am I really having any cramping

Getting my IUD replaced, is it painful? [deleted] Its really not that painful and goes that quickly. The more calm you are, the better the procedure. My obgyn told me to have big deep breaths as if I wanted to meditate. This really was amazing because it calmed me alot and I feel like it relaxed my pelvic muscles. I felt alot less pain than the first insertion. Hope this helps :) Thank you, that makes me feel a lot better :)

Which option is better for IUD insertion? Ativan or sedation? Im changing my IUD from copper to hormonal and I explained to my doctor that the last experience was awful and Im quite anxious about it. They have offered full sedation or Ativan before the procedure and Im not sure which one would be the best option. Im leaning towards full sedation but I do have work the next day. I just took diazepam and it wasnt fun but it was fine. I really only had maybe a few seconds of pain and some sharp cramps after and everything was okay. The copper iud in most countries is much larger than the hormonal IUDs. Depending on which hormonal iud you get it may be much smaller. Not sure what country youre in, but in the US full sedation would be fairly expensive. Im glad they offered you both options though.

Kyleena IUD after 10+ years on the pill Today I had my Kyleena IUD inserted after 10+ years on June Fe/LoEstrin FE. The process was super quick and not that painful like I read about. The pain was 4/10, felt like a bad stomach cramp for a few seconds. The pain came after insertion about 15 mins later. Ive been having cramps on and off since 2 pm, and its 10:30 pm now. The pain is like a pendulum. I messed up on a few things. I was supposed to take ibuprofen before the procedure. I cant, Im allergic. I went to get Tylenol and a heating pad after my appointment. It was 103 out and walking around in polyester pants was not it. My cramps are better now, and not as painful, but do yourself a favor and have everything on hand before. The pain did get pretty bad to a point where I considered getting delivery from a marijuana dispensary. Im 100% sober, but after 2 Tylenol and 2 midol I was still in pain. Would I do this again? Yes. I dont have to worry about a pill anymore. Update: I woke up this morning (the day after) and I feel great! No cramping at all. How are your side effects now?

Got an IUD this last December but this month has been the worst (By this month Im talking mid February to now in early March. ) The worst is at night. Almost every night Im having some really annoying cramps. I dont know if its positioning or what? I just lay there and toss and turn. I cant have sex as often as I used to because I am in pain which sucks. I dont know if its related at all because I have had IBS my whole life but Im also having way more bowel movements than usual? Maybe its just a flare up? I have occasional lesser cramps during the daytime but I feel like when I lay down it just comes on pretty fast. I have to take deep breaths so I dont hold my breath from the pain and get all tense. I just lay here and toss an turn until my body finally lets me fall asleep. Has anyone else had this??

I want to get my Nexplanon out, but Im having severe anxiety around the procedure. help Im suffering from severe anxiety. Doc wanted to prescribe valium but I dont want drugs, I just want to be put under. I dont want to be awake for it. Ive been hyperventilating, shaking, pacing, excessive crying. Anxiety meds certainly arent helping. Im terrified. I know its not really going to hurt but Im terrified of needles, I hate the stinging pain, and the entire thing Im just terrified. Please help I personally thought the insertion was worse than the removal. They numbed me up nicely and I didnt feel much at all. I have a teeny scar thats barely noticeable now, and thats after my Nexplanon was stuck in there pretty good. Some scar tissue had grown around it and wanted to keep it in there. I recommend you try the Valium and then see how you feel. You can always decline the procedure while youre there. I had IV Ativan (very similar) for a medical procedure and I couldnt be anxious if I tried. I second this. Removal is not so bad. I also hate needles. Its a quick pinch and then youre numb. Its out in less than 5 minutes. Dont psych yourself out. Insertion was scarier in my opinion. Removal was soooo quick and easy. Didnt even feel a thing. I had another one inserted in the same sitting too. The nurse even let me see what it looked like and let me touch my old one through the ziploc disposal bag. I thought it would be more exciting but it was just like a little rubber cord lol. Hi friend!! I had the EXACT same fear. I freaked out so bad the day of my removal that my blood pressure wouldnt even read. I promise you, not only is the pain mild and quick, but you are very capable of doing this!! Yes the Lidocaine stings, but its very temporary and youll live a much better life without the Nexplanon, at least I sure do. Its a very quick procedure, my removal took maybe 5-7 minutes. You CAN do this!!!

Traumatic IUD Insertions - trying for the third time tomorrow Im just looking to rant and for some reassurance. Two months ago I decided to try to get an IUD for the first time. I went to a great clinic through my university and felt good about it. I have a pretty high pain tolerance and I was a little nervous but not too bad. I got poked at for over 20 minutes before my nurse practioner gave up and said we should try something else. She had to change the speculum size THREE times and reclamp my cervix three times. It was pretty terrible. But I was more upset that the IUD insertion failed. She gave me a medication that is normally used for abortions... it opens up the cervix, and she told me to come back a few days later. I took the medication the night before the second attempt and it was one of the worst nights of my life. I have never felt any pain like that before. It was the same or comparable to pregnancy contractions, and I couldnt do anything about it. I was up for hours, I even vomited twice. I went to the appointment in the morning feeling absolutely horrible and defeated. When she started the insertion again, it seemed like she was almost about to get through but I had to stop her because the insertion cramps were too much like what I had been feeling all night and it was just too much. Finally, I just said put me on the pill, which I didnt want but had to settle for. I was on it for two months and became extremely emotional, often sad/depressed. Since I went off a few days ago I feel like myself again, and very happy. But I really need a contraceptive and I want to try IUD again because I really want it. I hope the localized hormones would be better for me. I made an appointment at Planned Parenthood for tomorrow morning. I hope the practioner will be better than the one I had at my universitys clinic. But Im still worried about the pain. I have some prescription opioids (Tramadol) that I plan to take 100mg of an hour before the insertion. Does anyone have experience with taking strong pain medication like that for an IUD? Did it help? What can I expect? Just looking for reassurance I guess Please dont believe anybody when they tell you the hormones are localized, thats not how hormones work! My IUD insertion was painful but not the stuff of nightmares (aside from my gyno being a dismissive and mean guy, but thats not really relevant), I took ibuprofen before mine and it didnt do a damn thing, the cramping was really painful but it was over relatively fast. I got my Mirena removed yesterday and its like the whole world is just a better place already, the hormones in it made my body hair grow stupid fast, gave me a beard, my hair fell out of my head by the handful, and I got cystic acne on my bikini line, it made my period come back (PMDD with it, i was uncontrollably scream crying on the couch for at least a week when i started bleeding) and it destroyed my sex drive. I hope it treats you better than it treated me, but please dont let anybody tell you the hormones are localized.

IUD insertion &amp; work the next day? Hi all ! I was planning on getting an iud in the next few weeks and the only appointment was for the middle of the week. I was hoping to get an appointment at the end of the week so I could take the weekend to recover. Would I be ok to go back to work the next day with pain and cramping? Thanks !! It varies from person to person. Some people are able to return to work the same day with minimal cramping, some people (like me) have to call out for many days afterwards due to the pain. If you usually have painful periods , the iud might take some time to adjust and it could hurt , stock up on some painkillers. It all depends on your body honestly . But its best to take it when you have the weekend to recover , Incase the pain gets extreme I went to work right after my second one and was crampy but fine. My third one I took the day off and went back the next day I was also crampy for a few days but fine, and ibuprofin helped a lot. But as everyone has said, it varies. My periods before the iud were mild (I got the copper and its made them a bit worse) so that may be a factor like u/Gonegirlofthesouth26 said. It depends on your pain tolerance, I guess. My pain tolerance is a little okay. The day I had my IUD, my bf and I even went to a night market and had a long walk 😅 and then I just made sure I had an advil with me just in case I needed it. There are also these period underwear that have a built in heating pad that could be helpful while you are at work (unless you have a job where you can sit with a heating pad). Thanks for the tip! Ill look into it! Oh the brand is Awesomeliyou.com btw! Thanks!! I was wondering whats up bc I have had 4 insertions in my life (2 marina, 1 copper misplaced, and most recent 1 copper correctly placed). The first 3 I was able to suck up the pain, even the insertion didnt hurt that badly. The last one I had done yesterday and it was excruciating, I had to grab the nurses hand and I am still in so much pain the next day. I think it has to do with the insertion in my case? She seemed to be poking my ovaries with metal rods.... Needless to say I had to call off work today

Removing IUD at home? Post removed - sorry, this crosses into medical advice, which we dont allow in this subreddit.

im 15 and my moms going to make an appointment to talk about me getting the implant placed. bad idea? can anyone share their experiences? ive been on the mini pill (Norethindrone) for nine months now, i havent had any side effects. however, i just starting looking into the implant. the idea of not having to worry about getting new a pack every month and that i cant fuck anything up to make it less effective seems really nice. has anyone had any negative experiences?? also, the insertion looks terrifying but i know they numb you, can someone tell me how much it hurts? Hey there, not an implant user, but just some general advice: dont ask for bad experiences. People LOVE sharing horror stories; they arent as eager to share neutral ones, and sometimes not even good ones. If you just ask folks what went wrong, youre gonna scare the crap out of yourself on a very, very skewed sampling of anecdotal data. If you want it get it I just got my implant in today and aside from the injection of lidocaine (numbing medicine) it was painless and took seconds. My doctor had me put my arm up (hand behind head and elbow out) and cleaned the area. Then she injected lidocaine slowly so that it covers more area. Then after waiting a minute she came and checked to see if I was numb she put the tool on my arm and asked if it felt sharp or dull and if it felt dull then she moved forward with the insertion. I didnt really feel it and it didnt hurt AT ALL. I heard a couple of sounds and then she was like ok and its done! She then wrapped my arm in a bandage and told me to change it the next day and not to shower for 24 hours. I even got my WAY overdue HPV vaccine that day in the same arm and thats the only thing making my arm sore. The insertion for me was nothing at all so dont be afraid 😊. I still have to see how it works for me over the coming months. I wish you the best of luck in your BC journey!

Got my IUD a little over a week ago Copper paragard. I was super nervous before the appointment because I was reading about all these bad experiences about insertions on this sub. I wanted to come leave a good review (so far). Havent had sex yet and have no one to do it w so idk when itll happen next lol but insertion was a breeze. I mean it was uncomfortable, I didnt go in there expecting a spa massage or anything. But I expected waaaaay worse. It felt like a lot of it pressure on my cervix and I did have some very mild cramps. Also bled a bit but I didnt take any pain meds before or after and I was totally fine. Deep breaths during the procedure helped and my doctor told me to distract myself w my phone lol. She did say I handled it well and shes had people who screamed bloody murder before, but just wanted to write about a good insertion experience on here for once lol. Thats great it went so well! Thanks for sharing! I also had a good experience! It was uncomfortable but mostly just felt like a Pap smear.

MY IUD REMOVAL WAS EXCRUCIATING... HELP Hello! Ive never made a reddit post before so if I dont have the right etiquette Im sorry. Im 20 and I had my hormonal IUD removed and replaced with a new one today and Im just feeling very low and could use a space to talk to others who have maybe experienced the same. A bit of background in case its relevant, Ive tried every kind of contraception (except copper IUD) and none have worked well with me. This is because my body, especially my period without it, is incredibly hard to manage. I got my period when I was 10. I am incredibly pro IUD, the one I had the past 5 years has been amazing, love it, and I will continue on this birth control. But today was very traumatic and I dont feel like I was told the full extent. My first IUD, at 15, I was under local anesthetic and didnt feel anything. I lied about not having sex yet and because of my age they thought itd be smart to pop me under. I went in today and signed all my paperwork, Im aware of all the risks and the pain afterwards that I felt last time too. I was told it would be a little uncomfortable but quick and simple. This might be upsetting for some so feel free to stop reading! -it was not just a little uncomfortable- It was the worst pain of my life, I was screaming in agony. Yes it was over relatively quickly, and afterwards I felt tender but fine, but I feel incredibly traumatized. Apparently theres options to ask to go under and I wish I did that. My doctor said I have a very sensitive and young uterus, and while it doesnt happen often it can be very painful for some women or trans people. My main concerns are this: - Im worried that being so upset about it, my body will reject it. Im horrified by the idea of having to get it removed if it dislodges. Or worse do it again - I cant help the feeling I did something wrong. The nurses were nice enough compared to other doctors Ive had, but I was made to feel a little dramatic. I have a pretty high pain tolerance and can breathe through most things but I wanted to run out of those stirrups. Most people Ive read about online or spoke to, said at most it hurts afterwards but it felt like she was ripping out an organ and bone. I dont know why mine hurt so much and I feel like Im the only person this has happened to and Im odd. I feel a little embarrassed because its entirely voluntary, I consented to this procedure and am aware of the risks, so I feel I dont have a right to complain. Being off birth control isnt an option in my case, and my recovery is relatively okay now, but I have a sense of regret about getting it changed. Im just hoping theres maybe others with similar experiences (as sad as that thought is) because Im currently very angry and my uterus for being so sensitive. Thanks for reading, and I hope whatever birth control youre either on or not on is working out well for you x Everyones experience is different. Some feel it immensely, others dont. My own insertion was harrowing, I was crying, yelling, and trying to close my legs constantly. The nurses assisting had to hold my legs open so the doctor could finish up. I was in so much pain afterwards my partner came to see me (we were dating and living separately at the time) after hed finished work and just held me as I cried. He did bring painkillers and chocolate with him which was lovely lol I dread to think what the removal will be like in a few years. Thank you so much for commenting. Im sorry to hear youve gone through something similar. Im in Queensland, and apparently here theres options to be put under in hospital, a simple day procedure, and the cost is covered by Medicare. I think without it, its $40-200. Im not sure of your circumstances or whats available but I think when its time to change or remove I might do that to avoid the pain. Sending lots of love from Australia x I completely believe that your iud removal was excruciating because getting my first iud put in a few months ago was excruciating and im dreading changing it out whenever I needed to in the future. I screamed so loud the whole office heard, my obgyn was very kind to me and understanding. Youre right it was quick but God it hurt so bad I wanted to puke after i screamed in pain getting it put in. I laid down for about 15 mins after insertion just nauseated and in pain. My obgyn has referred to my uterus as tiny and stuff. Im traumatized with and for you. Im pre traumatized for my removal years in the future Nooooo, Im getting mine replaced next Friday AAAaahHhHHHHH Youll be okay!! I had my Mirena put in this week and while it wasnt pleasant, it was tolerable for me (never had a baby or IUD before). Just trust your doctor and ask that they walk you through exactly what theyre doing! And breathe!!! Personal experience, getting it put in was much more painful than getting it taken out. If you decide to go for another IUD, Id definitely recommend the anesthetic again for the insertion if your removal was so traumatizing. Im sorry youre hurting! youre not alone, i had a similar experience! last week i had mine removed (i didnt get it replaced, i wanted it gone entirely) and it was really painful. i had a cervical smear test at the same appointment beforehand, which was REALLY painful (and hasnt been in the past when ive had it), so i was already really stressed and upset so i dont know if that made me tense up and contributed to the iud removal pain. but yeah it was awful, definitely traumatic and i was upset for days. the nurse was nice during the procedure but afterwards she didnt believe me that it actually hurt. you have every right to be upset- it can be a hugely violating procedure, and to me it frankly seems inhumane the way they expect us to undergo these procedures without offering sedation/pain meds as default. in my opinion, even if you consented to the procedure, if they downplayed the pain/discomfort then really i dont think thats informed consent. absolutely unfair Most people say that getting it removed doesnt hurt that bad. The last one I had removed, it was totally excruciating which I was totally not expecting because everyone led me to believe that the removal isnt a big deal! My first insertion wasnt bad at all, second one was awful. My body didnt reject either one luckily. I think its just variable from person to person and thats totally ok. Nothing to be embarrassed about. I wish they would really make it the standard to give women the option to be anaesthetized or at least given a sedative. I went into my insertion appointment completely blind to what it would be like. I heard the doctor say I think it was more of an anxiety thing than the pain to the nurse as she was walking down the hall to my room. She was 30 mins late for my appointment and said that her first appointment took longer than expected. That should have been a clue! I too was told it would be uncomfortable but that was an understatement. My first thought afterwards was... Omg I made a huge mistake. My second thought was... How the heck am I going to deal with getting this removed? That was 6 months ago and I am still unable to even think about getting this thing taken out. is it alright if i ask why are you getting it replaced? Ty! Yes, of course! The Skyla IUD lasts for 3 years before it needs to be replaced. My 3 years is up next month, and I think Im going to switch to Mirena which lasts longer. The insertion of my iud was extremely painful. I yelled and actually cursed as my dr placed it. I think that if you hadnt been under for the first placement you would have experienced the pain. It is normal. Its less painful if placed after giving birth. Pain is normal unfortunately Super late reply but I just had my Mirena removed yesterday... And it was the worst day of my life. The insertion itself haf been extremely painful and traumatic. I was not offered any sedative or painkiller, and since I was young I didnt know it was an option. The old doctor who did the insertion mustve positioned it wrong because 1hr after leaving the clinic I was white as snow, not moving much and I fealt nauseous because of the pain. My mom dragged me back there and he move it a lil bit which helped me feel normal again. After this, I was so traumatized that I never went to a gynecho again! I waited 10 years to get it removed, because of the insertion. So I finally decided to get over the fear, did my research to find a good dr. with good reviews, and went. The dr. was amazing and his nurse was a sweetgeart. They had to use an echography machine to help guide them because my previous dr. had cut the strings so short... They werent even visible! It took my dr. two attempts to get it out, and right after the first one I was ready to ask him to do it surgically!! I was in so much pain already (from the smesr test I just had before + the dilatation + the first attempt) I screamed so loud Im sure I scared some patients in the waiting room haha. After all that, I had mild cramping for about 45mins and heavy bleeding for maybe 1h max, than it started getting very light. Today Im 24h after the removal and no more bleeding or cramping. The only thing that hasnt healed yet is my mind. Im still in shock from it.

I had a Mirena insertion with conscious sedation today! 4 years ago, I got the Kyleena IUD inserted at my university health centre with no pain management, and it was, by far, the most painful experience Ive ever been through. It was almost a spiritual experience - I had no idea my body was capable of going through so much pain. I had debilitating cramps every day for about 90 days after, and proceeded to spot basically for the entire 4 years I had the Kyleena. Recently I decided enough was enough, and I got it removed at a local womens health clinic. The doctor removing it asked if I was interested in getting a new one (she said the Mirena can be a lot better for period control than the Kyleena), and I explained my previous experience and told her I couldnt go through that pain again. She said that the clinic offers IV conscious sedation, and that they were booking one week out. I fasted for 4 hours before my appointment. The insertion took place in a procedural room rather than a regular clinic room, and I was definitely feeling a lot of nerves because Ive never had an IV before and was generally weary about the whole thing. Anyways, got hooked up to the IV and oxygen, was asked if I wanted to pick the music, and had a lovely doctor who explained everything to me. Then the Ativan and Percocet kicked in and omg, what a cocktail. I swear I havent been that calm since before I went to law school, it was like a tiny vacation. I was so chilled out and relaxed, and felt maaaybe a 2/10 pain - basically nothing. The doctor explained everything as it was happening, was super thorough, showed me the placement with an ultrasound, and at the end there was a comfy chair and a heating pad waiting for me. I hung out with the IV drip for about an hour then took an Uber home. The doctor checked on me before I left and I mentioned the cramps were starting to kick in, so he gave me some T3s to bring home. All this to say, 4 years ago I felt a lot of anger that going through such bad pain was just expected of me if I wanted an IUD in college, and this experience was SO different. I was pretty shocked to see how few people have had the experience of conscious sedation with an IUD - I was trying to do some research beforehand and couldnt find much - but just wanted to share my experience and say that it was 10/10 for me. Also just for context I live in Canada and the entire procedure was free. Thats great! So happy to see more gynos offering sedation for IUDs! Omg thats great. The whole reason I havent gotten a IUD is the fear of pain but now I definitely want to get it once Im done having kids if its that relaxing and can get paid meds!! Wow thanks for sharing! So happy your second experience was better. This is how it should be- womens pain being taken seriously and MANAGED! I am so happy you received a proper experience. Its supposed to be like this, there is no damn reason to expect and induce so much suffering when we have medicines that work. I hope Mirena works out better for you.

My second copper IUD went fucking amazing!! So my first copper IUD expelled itself after 3 months. It was the liberte short TT380. Let me give you the break down of IUD1: - 600mg ibuprofen 1mg sl lorazepam prior - insertion: 7/10 of pain. Mega cramps. Cried. Bled off and on for the whole month. - I would get random cramps in between periods when I wasnt bleeding. They would sometimes make me need to stop what Im doing to breathe. - pain and bleeding after sex sometimes. It fell out after sex. I can easily say the first go was the worst, it must have been placed incorrectly because WOW this time went so so well. This time I got the Mona Lisa N (stcu300). I went on the tail end of my period. I took 800mg ibuprofen and 1mg sl lorazepam. Insertion was a 4/10 and I have NO cramps. I feel completely fine. Im bleeding the regular period amount but other than that I feel completely normal. After my first go where I was crying and in so much pain, I am SHOCKED with how easy this time is going for me. I talked to the gyno about this and she said its not supposed to hurt an exorbitant amount. You cramp for a few days as your body adjusts and you shouldnt feel ANY cramping while not bleeding. My IUD wasnt placed right. It probably fell out BECAUSE it was incorrectly placed and all the pain was definitely from it shifting out. Also, my gyno inserted it herself this time, not the trainee so NEVER getting an IUD from a trainee again. I can update again later, its been less than a day and I feel dandy so maybe next month ill post an edit. Praying this one stays inside. TDLR: if it hurts a ton, something is wrong. Also whoever is inserting it should have strong experience doing it. Amazing! So glad to hear it went better this time, and that the first experience didnt ruin IUDs for you. They really are the best form of BC IMO. How much time passed between the expulsion of IUD 1 and the insertion of IUD 2? Im about to replace mine after 10 years, and I hope my body will be more used to it. With my first, I was in horrible pain for about a month, but my body acclimated. Thank you!! I genuinely think its the best form of BC available too, hormones make me insane and Im at risk for breast and ovarian cancer so I try to avoid messing with hormones as much as possible. Hoping this one stays in🤞🏽 IUD1 fell out exactly a month ago (Oct 25), got it taken out on Oct 27th. Got the new one put in today Nov 25 :) Honestly I would say take the meds and go on your heaviest day of bleeding if you can. I went at the tail end but even that made everything so much smoother imo. I got it done earlier today 11AM and I have 0 pain rn (7PM). No meds. Happy for you! since you have a history of expulsion make sure you get your IUD checked via ultrasound at your 1 month follow up Got her booked and ready right after my next period! Bruh my copper iud fell out after 1 day :( i wasnt willing to go thru the pain again so I just went back on the implant :( Aw im sorry that happened :((( if youre willing to try again and you think its worth it, definitely consider it again with all the pain meds and on your period and w a gyno who has done it a lot! It might be okay then :) if this falls out, implant is my next option too :) So jealous of my friend who got it w me that still has hers 😭 maybe when my implant expires I can try again but w a different gyno who could put me under cause that pain from my first one was too much :( I asked about being put under and they wont do it :( but, lorazepam and cervical block and numbing gel and higher dose pain killers may be options! Talk to your new gyno :) female gynos make me way calmer w this stuff Im happy to hear you had such a good experience!! I have been taking my BC pills nonstop, not taking the sugar pills, for almost 6 years now and I am going to switch to the copper iud :) This pack of birth control Ive taken the sugar pills, to try and get used to periods again and the to set up an appointment for when I am bleeding. Im very excited! Im excited for you!! Definitely go in on your period, and since you can schedule the bleeding with your pills you can find a time that works for you!! Take the ibuprofen and if youre nervous definitely ask for ativan/lorazepam bc it calmed me down so much!! Take a support person if you can too I swear it helped calm me down🥺 Good luck! Dont let all the bad experiences deter you because its so so worth it :) Oh also: maybe see if they will measure your uterus and help choose one thats the proper size (LxW). The one I have now is the smallest available in Canada specifically for small uteruses. Originally I was prescribed one for women who had children, so much too big for me. The size of the IUD does matter so if its possible to get one appropriately sized for you, look into that! Ik America only has the Paraguard sadly tho. Oh Im in America :( that is good to know that there are different sizes! Ill still ask about it. Thank you very much 🥰 Take a quick trip to Canadas Planned Parenthood sometime if you need to ;) Glad I can help :) You can take the implant out before it expires, especially if you get side effects that you dont like This post gave me hope!! I have the liberte. Same experience as you... Except it didnt fall out! Im getting a Mona Lisa Short next Monday. Omg im so sorry but :))))) this one fell out too :((( it might have been placed too low to begin with but I am no longer on the IUD as my body doesnt seem to tolerate them. Hoping yours goes better! Oh actually? :( Crap.. Im so sorry. Do you think it could be the size of the IUDs youve tried? It took me maybe 9 months to recover from the first one. Happy for you thank you for writing this!

Scared of implant Everyone keeps saying to me that I should get the implant as I dont have to worry for 3 years but Im afraid of needles and the procedure online it looks horrible. Has anyone else had it. I dont really want to get any of this in my body I dont like it or trust it. But being in a relationship you have to :/ I got it Jan 2020 and I had an appointment at the free clinic for std testing etc. Asked about the implant and ended up getting it right then and there. I was really nervous because I didnt have it planned in my mind yet but it was honestly really easy. The numbing shot did sting but went away and then I didnt feel anything else. My nurse was also very talkative with me so that kept me distracted. It only took a couple minutes total. I had a bandage and wrap; took them off after like an hour. Ive seen ppl post on here that they kept it on for like hours and days and thats really not necessary. Just relax ur arm for a week. Ur arm may get sore and definitely bruise but it doesnt hurt. FYI I got it removed in May 2021 because I couldnt deal with the symptoms I got any more. I was scared of the removal but that was actually even easier. Pretty much same process. Btw Im a big baby when it comes to pain. I cry if someone steps on my feet. 😭 The bandage and wrap are supposed to stay on longer. The wrap is 24 hours so it keeps the bruising minimal, the bandage is supposed to stay on 3 days, and sterile wrap until it falls off. Im glad you were able to take it off that quickly, but that can lead the wound to reopening and certainly doesnt give it enough time to heal. I would not suggest for others to take it off in an hour either due to every body being different. My wound didnt close fully until the 4th day. Besides that since Im already writing Ill address the concerns with nexplanon in OPs post. It is a bit scary knowing something foreign is going into your body, but what helped me is being able to know and feel it is there. It calms the anxiety. Also, the only thing that hurt was the numbing shot. Id say 4/10 at most (my experience) and then I felt nothing but some pressure. The nurses will usually talk to you and tell you to look the other way and it is over in a couple of minutes. i had the implant for a few months. the insertion process made me lightheaded and the numbing shot was painful but i didnt feel anything after that. i had bruising pretty bad for about a week but otherwise i was okay. the worst part was the side effects for me like the depression and being able to feel a foreign object in my arm, that made me nauseous anytime i accidentally bumped it or touched it. i didnt have periods so that was a plus too. i got it removed because if latex touched that part of my arm the area would get red and itchy but idk what that was about… the doctor couldnt really tell me why that was happening either so i opted to just remove it. im on the patch now which i think i prefer to having something inside of me because i can control when i want it on or off. What kind of symptoms were you experiencing? Ive been thinking of switching from the pill to the implant. My mental health pretty much went to shit. I already had issues but it was way worse. Crying everyday. Fatigue. Weight. Constant bleeding. Vaginal dryness. Low libido. Yeast infections. Body acne. High anxiety. Etc.

IUD Insertion Tenaculum &amp; Medication To start off: yes I have read the experiences on IUDs tab and it wasnt very helpful in getting the smaller details I have tried the pill and depo shot and had really bad side effects from it such as 60 pound weight gain and major depression and sensitivity so I would really like to get a copper IUD, my doctor things it would be the best option for me From demonstration videos, they use a tenaculum to hold your cervix in place which Ive heard is extremely painful, that instrument in itself is what has held me back from getting an IUD, so Im wondering is that the standard everywhere? Also I know pain relief medicine is an option you can take at home before your appointment but do they offer something stronger or something to calm you down during your appointment or are these even offered? You can ask for better pain relief or twilight sedation. If you can get it though is another thing. Like get through the procedure? No. [Though](https://www.merriam-webster.com/dictionary/though). Not every clinic provides sedation or good pain management options Tell your doc your concerns!! I told mine i was scared of the tenaculum and she did it very slow and gently. I couldnt even feel it The tenaculum is not used every time. Its only used if your cervix isnt in a good place for insertion. Ive had one inserted with and one without. Because of how the tenaculum looks, I get why people think its painful. But its not the painful part! I felt the tenaculum but no pain. The pain is with the sound and actual IUD—which wasnt bad in my experiences. I had both with no medications. For my first 3 IUD insertions I had no idea they used a tenaculum. After working in womens health I realized it was pretty standard and when I went for my 4th IUD insertion I expressed my worries about the tenaculum and they used a topical numbing spray. And everything was fine. Everyones pain tolerance is different and the cervix supposedly does not have nerve endings. So you may not realize its happening. All of mine felt like big sharp cramps. Uncomfortable but clearly tolerable since Ive had 4 placed haha. Unfortunately you just dont know how youll respond until you have it done. The cervix actually has several pairs of nerves and multiple pain receptors, so its a myth that people shouldnt be able to feel it much. That said, you are correct in saying everyones pain tolerance is different. Im really glad your insertion was a good experience :) The tenaculum didnt hurt, the sounding (measuring of your uterus) did. Nothing unbearable Lucky you, it was painful for me.

Had my IUD inserted yesterday and I feel all over the place I had my IUD inserted in yesterday morning and I took 2 ibuprofen and I just got my period. Overall it wasnt a bad experience but when they placed the speculum on me I started to cry. It burned so bad and I couldnt even feel the other steps because it was hurting so bad. Now I just feel weird knowing theres a thing inside of me and I havent gotten cramps as they said. It feels more like a poke. Is that concerning? I also feel all over the place like Im going to cry or I feel overwhelmed. Idk if anyone else has experienced this. I tried to act like everything was normal after they put it in but theres literally something inside of me now omg. I got my Kyleena IUD inserted 2 years ago and had a similar experience. I felt really uncomfortable, lots of cramps, and the feeling of poking like you describe. I think the poking feeling was more of a mental thing, just odd that theres a plastic object in one of your organs. I took no Ibuprofen prior to my insertion, I just decided to get it on a whim during an OBGYN visit. I was in so much pain for the first 45 minutes after insertion. I just squatted on the floor and tried not to pass out before I felt like I could walk out and be driven home. 2 days later the pain was still unbearable, called the OBGYN 3+ times because I could not believe the amount of pain I was in. They assured me it was normal, and they ended up being right. After those initial 2 weeks of Ibuprofen, laying down, and using a heating pad, the pain faded and now I really never think about it. I literally forget I have an IUD inside my body for months at a time. I never feel poking, probably because Ive gotten over the fear of oh my god theres a random object inside my body. Heating pads work wonders. Worth the $40. Hope for a good recovery! I know what you mean by the poking feeling! I think that might just be some pain in your cervix from having something shoved into it. I think it will heal up soon! For me that feeling lasted through the first couple of days and soon gave way to cramps.

Sedation for IUD questions? Does anybody have experience with getting an IUD under sedation? I am scheduled to get a mirena under sedation in June and have a lot of anxiety specifically about my state of mind after the procedure. Ive only been under anesthesia once (they will not be putting me fully under this time tho), and felt like I couldnt control what I was saying when I woke up which triggered a ton of anxiety about saying the wrong things to my family and boyfriend after the procedure. basically, how strong is the sedation they use? Will I say super fucked up things on the drugs they give me? If so, can they keep me under observation until it wears off a little more? Just trying to calm my nerves. May be in the wrong sub! I had twilight sedation for my IUD. I dont remember saying anything or feeling unable to control myself…but I also felt like I was asleep the whole time and I dont remember a thing. I think this might be a handling your anxiety situation more than anything but you could probably speak to the doctors about not letting anyone to see you until youre fully awake. Once I woke up I was groggy but not totally out of it or anything.

DAE second IUD hurt more than the first? I just got my second copper iud yesterday after having been on the nexplanon for a year. My first insertion was a painless, smooth process. Yesterdays actually hurt and I can see why so many people have issues with theirs. Anyone else experience this? My only thought was the first insertion I was a virgin, and this time I wasnt but that doesnt really sound right to me either. Ive had four insertions, the most painful one for me was the fourth one. They didnt get more painful every time, but theyre all different. It depends on a lot of things and cant always be the same, virginity will have very little to do with it because its more about your cervix than anything. Yeah I didnt think it would have an effect but thats the only difference between then and now. Unless the nexplanon did some funky stuff which I also dont doubt lol. But thank you for sharing! I know that pain would be less severe depending on how long ago you delivered a baby. Some women get their IUDs placed in after their 6 week post partum visit and report little pain. Havent had a baby yet haha. My second one was much more painful than my first. But I wasnt a virgin either time so I dont think that has anything to do with how painful it is.