From heart disease to IUDs: How doctors dismiss womens pain Heres a link to a non-paywall copy: https://archive.vn/Rygxu From the article: Several studies support the claim that gender bias in medicine routinely leads to a denial of pain relief for female patients for a range of health conditions &gt;One woman was told she was being dramatic when she pleaded for a brain scan after suffering months of headaches and pounding in her ears. It turned out she had a brain tumor. &gt;Another was ignored as she cried out in pain during a 33-hour labor. She was supposed to be getting pain medication through her epidural, but it had fallen out. &gt;Dozens of women complained of torturous pain as their vaginal walls were punctured during an egg retrieval process. They were told their pain was normal, but, in actuality, they were getting saline instead of anesthesia. &gt;These are just some of the stories of women who say their pain and suffering has been dismissed or misdiagnosed by doctors. Although these are anecdotal reports, a number of studies support the claim that women in pain often are not taken as seriously as men. &gt;This year, the Journal of the American Heart Association reported that women who visited emergency departments with chest pain waited 29 percent longer than men to be evaluated for possible heart attacks. &gt;An analysis of 981 emergency room visits showed that women with acute abdominal pain were up to 25 percent less likely than their male counterparts to be treated with powerful opioid painkillers. &gt;Another study showed that middle-aged women with chest pain and other symptoms of heart disease were twice as likely to be diagnosed with a mental illness compared with men who had the same symptoms. This sounds like an accurate assessment of the field. More money needs to go into research on womens health and there needs to be inclusivity of women in clinical trials. Medical school curriculums around the world also need updating. Doing the egg retrieval procedure without anesthesia is fucking sadistic. My mom had it done and was put under light general anesthesia for it, that should be the standard. But it doesnt surprise me, patients discomfort is very normalised in gynecology: A friend of mine had an IUD put in and her doctor, an actual gynecologist, said it would be just discomfort. Then she passed out from pain - turns out her experience is not at all unusual for people who have never given birth. And I still have ptsd from gynecological treatment I had to undergo as a small child without any painkillers whatsoever. It looks like some doctors just dont care about their patients comfort or mental health. And some seem actually evil. I hate this so much [deleted] None of this surprises me. Disappoints me, but not surprises me. My mom had to take my dad with her to get her annual mammogram because no one believed her when she said how painful it was. My dad caught her when she fainted mid-procedure and then started raising holy hell - thats when they finally suggested she get an ultrasound instead. I bring someone with me to nearly every appointment. Exactly. I had mine last week and the tech asked me a lot of questions but essentially just watched my face for cues. Im sorry you have to go through this. Its infuriating. There was an amazing piece not too long ago about a disabled doctor who brought together a group of doctors (who didnt know she was disabled) to talk about disabled patients. What she heard shocked her. https://www.nytimes.com/2022/10/19/health/doctors-patients-disabilities.html &gt; When granted anonymity in focus groups, physicians let their guards down and shared opinions consistent with experiences of many people with disabilities. &gt; The result was a study that gathered doctors, a mix of primary care physicians and specialists recruited from across the United States, into three focus groups on video conferences. Protected by anonymity — only first names or nicknames were used — the groups of eight to 10 doctors began to talk. At first, they were guarded, but as the sessions that Dr. Iezzoni moderated wore on, they began to speak more frankly. In their Zoom meetings, they could not see that Dr. Iezzoni was seated in a wheelchair. In the egg retrieval case, the patients were supposed to get anaesthesia but a nurse was stealing it and replacing it with saline. But yeah, it should be criminal that the doctors didnt believe woman after woman screaming in pain and realize something was wrong. It goes the other way, too. After getting an IUD in the US in 2016 (hmmm what was going on then in the world??) I had it replaced after moving to Germany. Here they INSISTED on giving me local anesthetic and having someone come to collect me, which wasnt easy as I had basically no friends yet. I explained that the last insertion sucked, yes, but I have a high pain tolerance so I could bear it and was fine to get myself home afterward without anesthetic. But nope, that wasnt a decision they were going to allow me to make. Its infuriating that theres a scale of discomfort and pain thats deemed okay for women. And were pressured into believing its normal to just work ourselves through it. Then they use that as justification for telling another woman oh just deal with it. An ongoing cycle.... I hear you. I also have chronic pain. I am recently struggling with excessive fatigue and my Dr suggested I stop taking gabapentin in the morning. Umm, my chronic pain is making my fatigue worse a pill I have taken for years isnt contributing to a new issue. I understand the frustration, but Id much rather be in that situation than the one I find myself in constantly over here in the USA....screaming in pain? Stop screaming... Yes, I nearly fainted from the pain of having my IUD inserted (never had kids). It was unreal, like being struck by lightning or something. The gyno told me to take an ibuprofen 45 minutes prior, if Im sensitive to pain or discomfort. I didnt take anything because Ive been in situations twice where Ive had stitches without anesthetic….and neither of those situations were anywhere near as painful as the IUD placement. I thought I could tough it out. A freakin ibuprofen wouldve done jack to help…. My husband came with me for my last IUD insertion, because he knew I suffered terribly with all (4) of the previous ones. I asked him if he was sure, and he said yep, I will hold your hand and drive you home. (Aside: The prior insertion, the male doctor had three students come in and take a look because it was really weird and interesting, two nurses because they changed shift where it took so long, and one of the nurses commented that shed never seen so much blood. They could hear me screaming from the waiting room, apparently.) My poor, dear, sweet husband was so horrified by the pain that I went through, even after a cervical block, that he cried. He was pretty good to start with, but hes become a lot more respectful about womens healthcare in general, and much more concerned that when I tell him I have a bit of a headache Im not really misrepresenting major distress. I know that statistically it doesnt guarantee better treatment, but every time I see a specialist I lean towards women because theres a chance they will hear me out. I went out of my way to find the only female cardiologist in my area because I was having chest pains and elevated heart rate. I was dismissed several times years earlier with similar symptoms and told I had a panic attacks. Did a holter monitor test and it out that I have extra heartbeats (PVC), which is benign but can cause discomfort. I have a telephone appointment with my OBGN doc this week to find out if im eligible for the local anesthesia during my IUD removal/replacement procedure. Im terrified that theyre going to tell me no, and that I will have to go through the procedure without any pain management. Does anyone have any experience with this kind of pre-screening and insight into what I can do to advocate for myself during it? I dont but if you have access to a Vicodin or Percocet you can also take that an hour before procedure. Its validating but heartbreaking but hopeful but rage inducing but confusing? 🙃 Cant believe the years I battled chronic pain and not one doctor mentioned checking endo. Stay strong out there 🖤 Good to know there are good doctors in Germany. My friend in Germany had an IUD insertion without anesthesia and was told it wouldnt hurt, then she passed out from the pain Sometimes even women themselves contribute to this. They normalize the pain they have gone through to deal with the trauma and convince themselves its okay to suffer like that, and therefore its okay if other people to suffer like that too. I have noticed this phenomenon for example in the way older women talk about having given birth without anesthesia. Ive had two surgical abortions without painkillers. Im allergic to the OTC stuff they give you (ibuprofen etc), not that any of that has ever helped my pain anyway. And they wouldnt give me anything stronger. Because of my allergy Im just sort of used to being in pain during procedures; Ive had two IUDs the same way. Which…is really messed up. Even if they though they were getting anesthesia, they must have clearly seen that the patients were in a lot of pain and they didnt stop? Sometimes people react to anesthesia in unexpected ways. Especially mental health. Where I live doctors give men mental health leaves fairly easily, but refuse women with a lot more going on [deleted]

I just need to vent about my bad IUD appointment I dont know where else to post this, so Im sorry if it breaks the rules. I went in today to have my IUD swapped and since I was overdue for a pap smear we did that as well. It all went okay, albeit not great, through the removal of the old IUD and the pap swab. Then the panic attack began to kick in. I took Tylenol before my visit and they even prescribed me some misoprostol to hopefully make things a bit smoother, as someone who hasnt kids, but none of it helped at all as the Dr couldnt get the new IUD in. He says my cervix wasnt soft enough even though I had taken the medications 13 hrs prior as directed (12-24 hrs prior). He thinks I should have taken it sooner, which would have been nice to know when I was given directions. We had to stop the procedure and now Ill have to have my new IUD inserted during my surgery tomorrow. I was in so much pain and shock and so disappointed that I began to cry when the Dr left. The nurse tried her best to comfort me but by then I was just embarrassed to be crying. Each time I relive the visit I cry some more. It wasnt this difficult for me the first time I had one inserted so idk why this was so hard for me. I dont know what the purpose of this post is other than to whine. Thanks for reading my word vomit. The doc blamed you? When you followed directions? Also why did they not do it all during surgery anyway. And tylenol is not sufficient for that kind of pain. Shame on the doctor It wasnt necessarily blamey, it was more along the lines of next time this would probably help to take it sooner. He asked me questions afterwards about how they did it the first time and if I remembered them softening the cervix up with anything. He really was very nice but as far as the procedure happening during my surgery, Im getting a breast reduction and when I made this iud appointment at the time I didnt know they would do it during plastic surgery. :-( Thanks for your comment, thats good to know about the Tylenol. Apparently I was supposed to take Advil but I dont even think it would have helped in this case. Theres more honesty coming out about the pinch about IUDs and the tool they use to place the IUD in. If you have a good doctor theyll take your pain and panic attacks into consideration and take care of you. But Im definitely noticing a trend of posts/info about how it can be very painful to get an IUD placed and women starting to demand better treatment for this. (Ive only used the pill so I cant comment on IUDs) If your doctor shamed you at all or placed blame (even though you followed written instructions) thats a red flag, and you should try to check other options if its not a one off.

(advice) my mirena has just rejected after 3yrs?? Per the title, its 4:30am and I woke up a while ago in a lot of pain. Ive been in pain since Friday night (the same pain on the left side Ive had frequently since it was put in). Yesterday morning the pain was on both sides of my pelvis, I took codeine and it touched the sides but didnt help as much as it normally would. There was a lil blood so I felt for my strings before sleeping - didnt feel a thing and planned on asking my FWB to try next day. Have just woken up in excruciating pain, found the strings and pulled it straight out. Have small to mid size clots (for me) and the pain is lessening - but I was bedbound for months after getting this thing in so I dont know whats normal. Was told that being unable to walk was normal. Has anyone else rejected their mirena 3 years in? Should I be worried? How long will the birth control be effective for? Can I get it replaced immediately or do I have to detox? One of the arms is slightly bent, is that why I was in so much pain for years??? Thanks in advance. Kind of freaking out trying to read up off Google. I would see your gyno asap. I had skyla for a year, and it moved and had to be surgically removed years ago. I only had it in 1 year due to bleeding too much, so I decided it wasnt the best. See your doctor, and Im sure you could get an emergency appointment to make sure all is OK. I saw my gyno through private health insurance (Im in the UK) after getting nowhere with the NHS. Gyno said he was prelim trials for the medication they had me on. Was real understanding. When I told him I couldnt stay awake for more than a few hrs or walk more than 100m, and that I was constantly in pain over 2 months after insertion he said it was normal. I havent had a gyno since. Am still on private care but havent needed them for that. My mirena appears to be bent on one side (assuming thats where the pain came from). I bled for nearly a year but since then Ive had nothing (except occasional spotting when sick/stressed). Since I used to have massive clots and bleeding issues, did you have any when getting removal? I had fibroids and had to have two surgeries before getting my mirena put in. I used to have palm sized clots. I have passed three clots the size of the pad of my thumb. That normal? 😬 I had clots when it was in each month but not afterwards that I can remember. It was years ago, so I dont really remember. They had to ultrasound to find mine, and the string wasnt found manually. I am in the usa, so I see a gyno yearly for a pap. I have always heard you were supposed to get a PAP test yearly. That doesnt sound normal to me, though, but Im not a doctor. Maybe go for a PAP and tell the doctor about your issue. See Ive had essentially nothing except that pain since 8 months after insertion. I had my pap last year (25) and everything was normal then. Thank you for telling me your experience!! Im not sure if Im more anxious or reassured but am going to call my GP service in the morning. saying that pain for two months and not being able to walk is NOT fucking normal, and fuck him for telling you that bullshit. i hope you can get checked out tomorrow - none of this sounds normal. best wishes. Ty for reassuring me on that!! I was prescribed tranexamic acid and he was part of the trials for it, so I listened to him. Its been over an hour and I only have light bleeding now with way less pain, the anxiety is ramping up but I had a shocking transition at the start so I guess I expected this? Best wishes to you too, thanks again. Wish I had stood my ground before, might have got refitted and not had the pain for so long. I called our non emergency line and am in a cab to A&amp;E as they want to check for internal bleeding. Thank you again!! Have a great day x I called our non emergency line and am in a cab to A&amp;E as they want to check for internal bleeding. Thank you again!! Have a great day x As soon as its out of place you are unprotected if you feel like sharing, I would definitely appreciate an update and knowing youre okay. but mostly, I hope that this works out for you. 💙 please dont beat yourself up. seems to me that he abused his position of authority. Yeah, I dont know what it is with so many doctors here in the US wanting us to get a pap every year, but theyre really only necessary every 3 years. When I learned that, I stopped going every year. Even after a total hysterectomy, so no more cervix to swab, they still want me to have an annual exam. For what? My GP did a breast exam at my annual with her, and I have chronic pelvic pain issues due to endometriosis and PCOS, so I have pelvic exams all the time. Ill come in when I need one, having an extra one annually just because is honestly silly. I thought you didnt need a PAP once you had a hysterectomy. I get them every year still because I havent had a hysterectomy, and they are to check for cervical cancer. I only have the one a year. I do not see a general practitioner, usually though. I generally stick to my gyno and neurologist for care over seeing a primary care doctor because I figure thats better since most dont know too much about multiple sclerosis which I have that can effect basically anything your body does since it effects the brain. Sorry, guess I was unclear. A pelvic exam doesnt always include a pap smear. You dont need a pap after a hysterectomy if they take your cervix, but they still expect me to come in every year for a pelvic exam, minus the pap. Ive never had more than one pap smear a year, just numerous pelvic exams where they look and feel around. Medical authorities dont advise annual pap smears anymore, because youre likely to have more false positives doing it more often, and every 3 years is the standard recommendation. When I still had a cervix, gynecologists who followed the every-three-years recommendation would still want me to come in every year for a non-pap pelvic exam. It felt extremely silly, nobody has ever found anything doing a pelvic exam on me. You need an ultrasound to see ovarian cysts and laproscopic surgery to see endometriosis. Ah, okay, I didnt realize you had to have pelvic exams after a hysterectomy. I probably need pap smears yearly, though, because of my neurological condition/immune system lowering medication due to the condition. So, I still get them yearly, plus I get the pill to help regulate my periods. Once a year, thats all I really go for there and nothing in between unless there is an issue. As far as I know, you actually \*dont\* have to have pelvic exams post-hysterectomy, but for some reason a lot of American gynecologists expect to see you every year for an exam of some kind, regardless of if you need a pap smear or not. I dont know what they think theyre going to find. I think its entirely unnecessary and dont intend to go at all unless Im having an issue. Which, messed up as my pelvic organs are, is more than once a year. So I dont intend to go in for the extra annual exam when Ive already been seen 3-4 times that year, because at this rate, literally what is the point. Yeah, 3 to 4x a year is a lot! I go to my gyno once a year and usually neurologist 2 to 4 times a year. Other than that, I may go to urgent care if I get sick, which thankfully hasnt been often aka 1x this year so far! So I dont really like making appointments unless I have to. Youd probably be shocked at how often I see my pelvic floor physical therapist - every 3 weeks! Chronic pain is annoying! That is a lot. I have pain sometimes but more numbing and tingling in my legs and such, but it comes and goes relapsing, remitting multiple sclerosis so brain and spinal lesions can cause a lot of odd symptoms. I probably just say its just MS and dont seek treatments as often because of thinking its the MS all the time. Plus I hate waiting at doctors offices. thinking about you and hope youre doing well. obviously, you dont have to respond if you dont want to, just wanted to let you know.

Im so sick of pain management being glossed over in the gyno practice Been having some concerning health issues especially given Im still in my 20s and the next step my doctor brought up today was an ultrasound and endometrial biopsy. Didnt explain it, but offered to do the biopsy today if I wanted. So of course, I ask what it entails (thank you tiktok for showing me a cervical biopsy and realizing, hey, this could be painful). Which yeah. An EMB is painful. and I was offered it without any explanation or time for pain management. Like if I said yes, she would have started then and there. After I asked for more details (and realized that at the minimum it would be similar to an iud insertion) I basically said oh hell no, I had an iud put in without pain meds, and I wont do that again. What are my pain management options. My doctor then when through with offering to schedule for another date with pain meds. Im honestly a little pissed. Ive had to learn to advocate for myself in the past few years. And it just sucks so much we have to do this when procedural awareness and pain management should always be at the forefront. What if I didnt have an inkling of what a biopsy entails. What if I hadnt seen videos bringing awareness around pain management for women. What if I—heaven forbid—just trusted my doctor was choosing the best option for testing like I did in my early twenties. I see changes and awareness being brought to the field but honestly not fast enough. They need to teach us this in school as part of health/sexual health. And teach med students the cervix and uterus do indeed feel pain 🙄 I switched gynos because my old one didnt believe the cervix could feel pain and refused to offer local anesthetic when i got an iud. Apparently im at a marginal improvement with this new doctor Never. Trust. Doctors with pain management. Always question! Glad you were able to do this :) Just a pinch. Yeah right 😒 Oh geez, yeah, endometrial biopsy is NOT a comfortable experience. It should go quicker than an IUD insertion, though, as long as your doc gets what she needs the first try. Recently underwent a hysteroscopy and polypectomy. The first thing the Gyn said was that he needed to force water into the uterus to inflate and it will hurt so hes going to administer an injection to numb the cervix. He did this on top of knowing I had already taken paracetamol and ibuprofen. It wasnt even a question of, did I want pain relief. He just gave it anyway. The polypectomy still hurt like a MF but I know it could have been a lot worse. I agree with you. I meant they need to teach kids how to advocate for themselves/ask questions they have every right to know the answers to, to make an informed choice about their own body. Anything less than that undermines my body, my choice and Id like to see this thinking and approach get louder and more respected. People need accurate information to make informed decisions.

They tried to do a biopsy with no pain management, I said NO WAY Throwaway account and I just wanted to shout out everyone here who has discussed the various gyn procedures that were foisted upon you with no pain relief. Im 57 and I seem to be in menopause (since late 2020). A couple of weeks ago I had an episode of spotting. It can be a sign of something dangerous (internet says probably cancer and my primary doctor said well, maybe not cancer BUT...) so I scheduled with a gyn nurse practitioner Ive seen for years. My primary was supposed to order an ultrasound, but I guess she missed a step. So I get to the appointment today and because I havent had an ultrasound yet, the NP said, We usually do an endometrial biopsy, and if youd already had the ultrasound that would be informative, because maybe we could say the lining looks thin and there are no issues, but since you havent had it yet, well go ahead and I cut her off and said NO. No, you will not. I never have needed to argue with her previously, so she was a little surprised. I said, I nearly passed out from the pain just trying to get an IUD inserted some years ago and I absolutely will not consent to a biopsy without pain management. She said, Well, okay, well schedule it. Let me just talk to you about the procedure since youre here, and she got out the plastic doodad that shed be using to dig at my uterine wall. I said, Thats fine, Ill do it with pain relief. My cervix is pointed at my tailbone and it is horribly painful to have someone messing with it, and she said, It sounds like we would definitely have to manipulate, so lets plan on discussing pain management after you have the ultrasound. I said, I had an unmedicated labor and delivery and that did not hurt as bad as trying to get the IUD. (I was not kidding.) She also said, given PMS-like symptoms in the two weeks prior to the spotting, that it is probably just a hormonal hiccup, but that to be safe they will check everything out, and I agree with that. My life is so crazy right now with an imminent death in the family and other personal struggles, I wouldnt have even though to ask about pain relief if you all hadnt brought it to my attention. Thank you so much! how many gyns read this forum and then go back to doing things the old way? why arent there changes in this industry? how about just proactively offering pain management? Oh heck, I forgot to say that when she first mentioned biopsy she said since youve had a vaginal delivery, we can just... like having a vaginal delivery makes your cervix impervious to pain or something? What on earth. Maybe there are people who would rather grit their teeth and do it all in one visit? WHY THOUGH. Sorry this is happening! I just happened to read about how Covid can do wonky things to people with uteruses, including post-menopausal breakthrough bleeding. Any chance you had Covid? Maybe its that? Best of luck! No, havent had Covid yet! So frustrating that women still have to know more about medical procedures than NP/ doctors. Its like they are most shocked that women feel pain! Because they dont see us as people, thats why.

Whats more painful: colposcopy or IUD insertion? Just wondering. Ive had a colposcopy so Im wondering if I should just go for the IUD since the fear of pain has held me back. I have only had colposcopy. It was painful but I know people that had iud inserted and one of them stopped procedure due to extreme pain. Guess it depends on your level of pain tolerance. I thought the pain level was similar for both. The colposcopy took more time though, so the IUD insertion actually seemed easier to me. I dont remember the colposcopy being very painful mostly uncomfortable with a small quick pinch for the biopsy. I screamed when I had my IUD inserted. It was over in a split second but it was very intense. That being said, I LOVE my iud I dont regret it at all. Its been almost 3 years now and I 100% will get another one when I need to replace it. I have heard you can request local anesthetic for the pain. Though idky it isnt just offered up front to begin with. Ive done both and I think the IUD insertion was worse. The colposcopy was a pinch &amp; some bleeding but with the IUD I saw stars and had prolonged cramping Its completely dependent on the person. For some women an IUD is a breeze, some its a nightmare, but I have some tips for you. 1. Find an experienced IUD inserter. Doctor should have 1000s of insertions under the belt, especially if you have anxiety of fear, or are a sexual assault survivor. The experience of the IUD inserter is not just correlated with less pain, but better IUD insertion overall (less risk of perforation or migration). 2. Ask for a lidocaine injection. If they refuse, go to one who will. Lidocaine should be injected for the cervix. 3. This is rare but some very good providers will have a nurse next to you with a Green Whistle ready so if youre experiencing lots of pain or fear, theyll administer something through inhalation called penthrox its literally like a 50 second high, and used for small acute traumatic injuries, such as a shoulder dislocation. This is what I did and I had a wonderful IUD insertion experience. I had the same fears OP. Dont be afraid to ask for the very best. It depends on how tight your cervix opening is. Some womens are so small it may be very difficult to access the uterus and thus very painful. This is why a post birth IUD insertion is easier. Did anyone have cervical ripening meds prior to IUD? I havent scheduled yet, but my Dr already mentioned that shell have me place it the night before. Did they not put you under for the colonoscopy? Im referring to a colposcopy which is a biopsy of the cervix. Not a colonoscopy. 😅 I have had a colonoscopy and was most definitely under anesthesia. Whoops, Im an idiot. I got so confused reading the comments.

first colposcopy today. cried the entire time. im 24 years old and i just had my first ever colposcopy and i am absolutely traumatized. i got my pap smear done in december and my gyno had mailed me a letter saying that my results were abnormal and my hpv test was positive. he recommended a colposcopy, and admittedly, i put it off for a while. i finally had the procedure done today and i truly could not believe it. im usually fine during pap smears and even my IUD insertion was somewhat okay, but this was completely different. i told my doctor how nervous i was, and he told me that it would be comparable to my IUD insertion, so that made me feel a little better. i began crying uncontrollably as my doctor tried to get the biopsies. he said he needed 5 cuts, but i was crying and breathing so hard that he was only able to get 3. it was so embarrassing and felt so wrong, but i was too emotional to speak. i kept accidentally pushing the forceps out of me since i was breathing so hard trying to stop myself from sobbing. you know when youre trying to make yourself stop crying but it only makes you cry harder?? yea. at one point he goes try breathing in from your nose and out of your mouth because we dont need you hyperventilating and passing out but that just made me more scared and i couldnt control myself. after the cuts, he seemed to get frustrated that i wasnt relaxing my muscles and kept accidentally pushing the forceps out. he told me that he needed to stop the bleeding, but couldnt see with the forceps being moved. of course this made me more hysterical knowing that i was BLEEDING OUT!!! he asked me if i was okay but i couldnt stop crying to talk. after he was done, i was so lightheaded i was not able to walk. after i left, i sat and cried in my car for a good 10 minutes before driving home. im a little upset that i wasnt necessarily comforted while i was clearly freaking out and mostly, im just sad and emotional over the entire situation. it felt embarrassing and i felt violated in a way. ive talked to other women i know who had a VERY different experience from me, but i just wonder why this experience was so different for me. im usually okay with pain and things like this. 🤕 edit— wow!!!! first of all, i cannot believe how many women have gone through similar experiences. its very heartbreaking and just not okay at all. i truly appreciate every one of you sharing your own stories and making me feel less ashamed/embarrassed about my reaction. these procedures are BARBARIC to be done without any pain relief measures and i hope no one else has to put up with the same type of experience with their gyno that i did. I dont know that it really matters why it happened. You were clearly terrified. He should have had a nurse in there with you. :( You cant be held accountable for what your body does under stress. Just let it go. Girl I am so sorry this happened. I am surprised that you were awake for this. For my husbands colonoscopy they knocked him the fuck out and when he woke up he didnt remember a single thing and was high as a kite for a good minute and couldnt remember that I was even his wife. I wonder why they didnt put you under for that. It sounds pretty traumatizing. I hope you treat yourself to a nice relaxing something that is what you enjoy and is just for you. That shouldnt have happened. He should not have carried on in that state. I would suggest making a complaint. In future for things like this bring someone to support you (or ask for a nurse), you can also ask for medications to take beforehand that help calm nerves and relax you (will also help with the pain). well thats the worst part!!! the nurse was in there with me!! she helped to calm me down before the procedure and she was really nice and was joking around with me. the nurse didnt really talk to me much during though. she told me i could pull my mask down if i needed to when i was pretty much hyperventilating. and when my doctor asked me if i was okay, the nurse said yea…. shes crying so… and thats when he finally decided to just do the 3 cuts instead of 5. so honestly im glad she was there!!! but overall youre right - i felt like i had literally had 0 control over my body during that entire procedure. i couldnt even tell you how long it was but it felt like HOURSSSS omg no it was a colposcopy not a colonoscopy! my boyfriend did not know the difference until i explained to him that theyre cutting out cells in my cervix lol. i wouldve LOVED to be under for this, but my doctor told me administering anesthesia is actually worse. not sure how but i know i couldve used it. i dont even care if my insurance doesnt cover it. but my boyfriend was so supportive when i got home and hes been taking care of me all day so im glad i have a good support system! [deleted] Im absolutely appalled that they didnt do this under any kind of sedation. Is there any kind of board of ethics above that doctor? Because this sounds terribly unethical. im going to look into it. my doctor told me that administering anesthesia would actually make it worse (im assuming the process of having to get the needle up to my cervix would have something to do with it). but honestly, i probably wouldve been a little better even with some kind of numbing agent or SOMETHING. i dont think ive ever been so hysterical over something in my life Oh Im so sorry this happened to you 😢 Im 33 now and had the same procedure done in my early 20s. It was very traumatic and it took me a long time to recover emotionally. Its such a vulnerable area of your body, and to have a doctor not listen to you when you were clearly in pain, is not okay. I dont know what to offer you other than solidarity. I always remind myself that at least Im not dealing with cervical cancer at this point in time. Please take some time to be with your feelings and dont rush yourself to PIV sex until youre fully recovered. My wifes previous female gyno was super loud about calling that stuff out for being inhumane and based on ridiculous outdated ideas. We miss her 🥲 Ive had a colposcopy and cryosurgery, and neither were under sedation. Its not the norm. It SHOULD be though. Womens pain is severely ignored in western medicine. Hard agree. GOOD FOR HER!!!! i would miss her too &lt;/3 ive never really been biased about male/female gynos, but this is my first experience with a male and it definitely was not pleasant. i cant say that a woman wouldnt have reacted the same, but its just something about me being so hysterical and him continuing to seem frustrated just doesnt sit right w me. Have to say Ive seen this in the uk too during my time as a medical student. I was shocked at the procedures they would do without any anaesthesia. In any other speciality it wouldnt fly at all. Even IUD insertions where some women were passing out because of the pain they wouldnt keep rechecking consent. They wouldnt offer things to get them calm. Just take a paracetamol (Tylenol) before. Like wtf?! Hey. Im really really sorry this was your experience. Please know that pursuing counseling of some kind following a traumatic experience is normal and you are deserving of help to managing this awful experience &amp; the feelings it stirs up. I had a similar thing and please know that you can and should bring it up with your current or future gyn health providers. It shouldnt have been like that and it doesnt need to be in the future. It could be that youre more resistant to whatever numbing agent they used. It could be that they applied it incorrectly, it could be a number of things. If you can get to a point where you feel you can advocate for yourself going forward, youll be able to feel safer going into future procedures. Being able to talk to your doctor or other gynos to try to determine why you reacted that way (do you need them to mark in your file that you need more numbing than the average patient? Etc) will help you get treatment in the future You did a really huge scary thing even going for this procedure that is meant to protect and help you and Im so sorry that this part was so bad. Just adding a voice to the chorus: where I live, they dont offer more than a topical anesthetic for this procedure. ColPOSCOPY. Its a gyno procedure where they take a hole-puncher thing to the cervix to take samples in order to test for cervical cancer. The literature is generally very clear that women \\*should\\* not feel pain during things like IUD insertions. I am very clear that the methodology for these studies is flawed, and that pain experience is extremely varied. Research is just barely starting to improve. Here is one article that points to lidocaine as a useful intervention for IUD insertion, from 2017 (recent in the timeline of medical research). I am unaware of a similar study for colposcopies, but the underlying mechanisms should be similar. I would bring it to a doctor before an IUD or colposcopy procedure; doctors tend to be very trusting of published literature (because published literature is very often, but \\*not\\* always, informative and useful). &amp;#x200B; https://www.jwatch.org/na45025/2017/09/19/well-placed-lidocaine-can-reduce-discomfort-associated This is a useful article to bring to a doctor before a colposcopy or IUD insertion. https://www.jwatch.org/na45025/2017/09/19/well-placed-lidocaine-can-reduce-discomfort-associated This is a useful article to bring to a doctor before a colposcopy or IUD insertion. The older literature (largely performed by men) is quite firm that the cervix has minimal nerve endings. Newer literature is just starting to provide evidence that pain management can be very important. https://www.jwatch.org/na45025/2017/09/19/well-placed-lidocaine-can-reduce-discomfort-associated Omg Ive had that done. It hurts like a bitch. If you ever need anything like that done again request any anxiety medication and a pain killer to take before the appointment. And dont get me started on why

How to prepare for a hormonal iud? 24f, Im very scared but I know I need it. I had a Pap smear today for the first time ever and she used the smallest one on me but it was still painful. Any advice for the iud (besides dont get it) is welcomed! Ask for pain meds prior to the procedure and discuss it with them. Ask for pain meds and meds to keep you calm. If they say no, go to another provider.

Should I be afraid of a colposcopy? 25F, tested positive for HPV via Pap smear with no abnormal cells last year. I recently got a follow-up pap and it is still positive (just says HPV high risk probe, not the 16 or 18/45) My OB/GYN wants to do a colposcopy in two days and I asked the receptionist isnt that really painful? And she said its just where she looks at your cervix with a microscope and she might take a biopsy. Now Im reading about women taking hydrocodone and a sedative prior to the procedure. Ive never had an IUD and Pap smears never hurt to me, just tickle uncomfortably. Should I be scared? Luckily I work in internal medicine so I messaged my own boss asking if I need painkillers. Ive had two, maybe three, coloposcopies in my life. Ive also had a LEEP. I would say theyre uncomfortable but not painful. Obviously everyone has a different pain threshold but you can probably expect some light cramping when she takes the biopsy. If youre worried you could take a painkiller before and after but I didnt find it to be overly painful. Also, I went through this at your age too and had a couple years of abnormal paps but everything eventually returned to normal. Just want to say that in case youre worried about the diagnosis at all. [deleted] Dont be scared. If your anxious, talk to your Dr about maybe getting a prescription for Xanax, I took .5mg an hour before my procedure and I didnt care about anything. I wasnt messed up just super relaxed. The colposcopy itself isnt painful. Theyll insert the speculum, shine a bright light onto your cervix then wash it with a vinegar solution that turns any abnormal spots white, the examine your cervix with a colposcope and determine if they need to biopsy. Biopsies are just uncomfortable. My Dr had me cough when she did mine and I didnt really feel it. After that they do what Id described as a rougher pap to collect some more cells. Then its time for the clotting agent. It doesnt hurt but youll feel pressure on your cervix from the big q tip they use to apply the weird spicy mustard colored goo to any spots that are bleeding. And youre done. Youll have discharge and bleeding after so bring a pad or panty liner. No tampons! When the clotting agent starts to shed it looks like coffee grounds at first then youll have larger pieces that look like thin sheets of skin (its not skin I promise) theyll be discharged from your vagina over the next week. Overall the pain level is around a decent period cramp. Dont be scared. Its honestly not as bad as people make it out to be. Communicate with your Dr! I was on the phone with a nurse 3 times before I actually scheduled mine I was so nervous. Im currently 2 days post so if you have any questions message me ❤️

Why are many gynecological procedures done without pain medicine? I am so fucking tired of the discrimination that women face when it comes to medical treatment. From being gaslighted, denied therapy or misdiagnosed, this discrimination often costs women their lives. One particular horrible mistreatment of women is the performance of gynecological procedures without pain medication or anesthetic. If someone were to take a biopsy of the scrotum, you sure as hell know they would numb the area. Hell, often they put numbing medicine in the shaft of male penises for just inserting a foley! The cervix has sensation. Why are cervical biopsies taken without numbing? Why are endometrial biopsies taken without numbing medicine? Why are IUDs inserted without numbing? It is horrific. Ive had an IUD inserted and I went hypotensive and passed out from the pain. I had to be monitored for several hours afterward. Why is this permitted? How can we change it? I would love to start a letter writing campaign to ACOG and give them a piece of my mind. [https://www.acog.org/](https://www.acog.org/) Anyone else willing to join? Side note, they dont even teach doctors the nerve to the clitoris and often this nerve isnt spared during labiaplasty leading to permanent sexual dysfunction. What the literal fuck. Edit: please note that I am not referring to narcotics. I am referring to injections of lidocaine which the doctor is completely capable of doing but wont. Edit: My post has been shared on [boredpanda](https://www.boredpanda.com/people-disscuss-gynecological-procedures-without-pain-meds/), [Scary Mommy](https://www.scarymommy.com/viral-thread-gynecological-procedures-without-pain-meds/), [Yahoo News](https://news.yahoo.com/women-sharing-medical-procedures-ve-151602951.html) and [buzzfeed!](https://www.buzzfeed.com/victoriavouloumanos/gynecological-procedures-without-anesthetics-or-pain-meds) Edit: Below is a template for a letter draft for all those who want to participate. Send these letters to: American College of Obstetricians and GynecologistsPO Box 96920, Washington, DC 20024-9998 &amp;#x200B; Dear American College of Obstetricians and Gynecologists, I am writing you with the voices of the many women who receive care at your hands every year to deliver a critical message: Your procedures hurt. It is not just a pinch or a moment. It is horrifically painful and tortuous. It is not over in a short time, many women experience pain afterwards. No I am not overreacting. No I am not dramatic. The pain is real. Dont ask why I am crying. I am crying because it hurts. It hurts horrifically. The cervix has nerve endings. Please stop telling patients that it doesnt. Please stop telling us it doesnt hurt that bad. It hurts that bad. You might look back and think that what was done in the past in the world of gynecology and obstetrics was barbaric, but I am here to tell you, what you continue to do to women is barbaric. Reduction of cost for an individual doctor in a procedure is not a justification for torturing women. I dont care if it is an inconvenience to you. Provide me with the numbing injections or pain relief if you are going to inflict pain on MY body should be the bare minimum expectation for quality care for women. You would never do a scrotal biopsy without numbing medication. Even foley insertions in men often get lidocaine jelly. So, WHY do you take biopsies from my cervix and uterus without numbing it first? If you cant numb it, then why are those procedures done on awake women? Why do you use horrific hooks to grab my cervix and shove dilators in them to then put in an IUD. I am not the only one who screams out in pain or vomits or passes out. How long do you intend to gaslight us? Having gone through childbirth before is not a reason for you to tell me to toughen up or that I should be able to handle this pain. I shouldnt be required to handle anything. You would never expect a man to go through this, why are you making women? I dont want to hear your excuses anymore. I want to be treated with respect and dignity. Please change the way you practice medicine. Provide appropriate numbing and pain relief for your procedures. Frankly, it is medical malpractice if you dont. End the torture of women. Sincerely, Because healthcare for women is in dire need of innovation compared to other areas of medicine. It has been normalized for women to endure pain, trauma and discomfort during normal gynecological procedures for way too long. It isnt necessary and needs to change. I agree. I had a cervical biopsy and had to sit for an hour before I could leave the office. Ive never felt anything like that. Because American gyno research was originated by a sadist who owned his victims, and experimented on them regardless of discomfort. For real. The pain with IUD thing needs to be more acknowledged in the informed consent, optional anesthetic should be offered. I had a cervical biopsy as well and I passed out in the elevator afterwards from the pain. Its really insane and having theses procedures done without any kind of pain management as the norm should not be a thing. I would totally help with any campaign you might want to start! Not to mention risks. Im pretty sure I have permanent damage from a cervical biopsy when I was 24 because deep penetration has been painful ever since. Thats horrible. I am so sorry Yes yes yes! Willing to join! My first pap smear (I was 15-16) was incredibly painful and resulted in debilitating cramps once I got home. I had to crawl downstairs to ask my mom for help. She actually laughed at me. Years later, after coming out of knee surgery, I ended up getting horrendous period cramps that made me dry heave. They had me hooked up to morphine for my knee, but the doctor said my pelvic region was a different system and that they couldnt do anything about it. Had a cervical biopsy two different times. The first time I forgot to take an anti-inflammatory pill with enough time for it to be effective. I kicked my gyne in her face. I apologized profusely and she said it wasnt the worst reaction shed had. One woman actually jumped off they table speculum attached and ran to the door! The second time I remembered to take the pills early. The pills helped me. The biopsies werent pleasant ever but I did find it helped to demand my doc Stop telling me exactly when she was going to cut. I would tense up even worse if I knew. So I basically told her to just do it no warning. That also worked better for me. I am not writing all this to disagree with your idea. I am sure there are advances that could be made still. I just worry about all the people who may be needing a cervical biopsy right now, who will madly scour the internet to try to figure out what its like (I know I did!) and flip out thinking they are intolerable. I dont want those people to cancel their appointments out of fear when their experience may be awkward and uncomfortable but not torture level so. We women are tough. Our bodies can handle a lot more than our minds may think possible. I read about him a while ago. Im including a trigger warning. This is a piece of history but a terrible one. https://www.history.com/news/the-father-of-modern-gynecology-performed-shocking-experiments-on-slaves Youll feel a pinch. NO, JACKASS, I FEEL YOU RIPPING MY INSIDES APART AND MY VISION GOING RED. ...Sorry, I damn near passed out during IUD insertion. And then I drove myself home (NOT close) because they said that would be fine. Thought I was gonna fall over and crash. Are there any actual MDs here to give insight? Ill join you! Looking online most places say that they do cervical biopsy under local anesthesia ( granted Im in Europe so might be a different search bias due to my location). Anecdotally when my mom had to go through this I had to go with her because it was done under local anesthesia. I saw one US study that showed that pain relief doesnt work for cervical biopsy but it only tested off the shelf medicine rather than proper local anesthesia. My bet is that this is part shityness of the American health system part chauvinism. I dont want to be tough, I want my pain to be taken seriously and minimized. [deleted] They arent mutually exclusive. [deleted] I had the same experience. When it was time to replace it, I told my new gyno how awful the first insertion had been, and asked about pain medication. Like literally, just prescribe me \*one\* pain pill! He wouldnt do that, but he did offer to put me under full anesthesia. [deleted] On IUDs: Topical anesthetic (lidocaine cream or ointment) is likely not effective. A paracervical block (injecting lidocaine around some of the nerves of the area) only hits half of the nerves and is painful itself. Antiinflammatories are likely beneficial and I have patients take them prior to the procedure (ibuprofen or naproxen). Occasionally I see a more severe reaction and give hydrocodone or zofran for afterwards. Misoprostol may help open the cervix, but is associated with more cramping pains. I wish their was a better way, and Ive been contemplating a few options recently. IUDs are generally great and can be a good option for women with chronic pelvic pain, but those are often the women who can have the most pain and anxiety with the insertion. Edit: this is all about IUDs because I dont do many other GYN procedures. I argued with a doctor who told me that there would be no pain management for my colposcopy - after I showed up for it. His reasoning was that it was only a 5-10 minute procedure and I could have some ibuprofen(!) afterwards. When I told him that vasectomies were a 5-10 minute procedure too but that I bet if he were having one hed want some anesthetic for his balls he straight up walked out on me. When I got my most recent IUD inserted, my OB offered to numb me. It was amazing!!! The worst pain I ever experienced was an IUD insertion, Ill never forget it. It was

Denied diagnostic lap because of my age Hello all. I am at a loss for words right now and havent been able to even eat, just sleep all day because I cant feel anything emotionally. I am an 18 year old demiboy (AFAB) and for the past 4 years have been dealing with horrible menstrual issues. 6 month long periods, soaking through overnight pads in 30 minutes, golf ball sized clots, pain. I saw a gyno 4 years ago who didnt do any exams and just put me on birth control. The birth control was giving me high blood pressure so I started seeing my current nurse practitioner and she put me on nexplanon. She knows of my gender dysphoria, pain even when Im not on my periods, I have pain almost every day. She sent me to a doctor to talk about laproscopy. That appointment was today. The doctor came in and when I told her of all my issues she said she wouldnt be comfortable doing the lap because I could just get an IUD instead. I told her I want to have surgery because after being on BC for 4 years it makes me feel like shit, and even the nexplanon has made me feel like shit and made my migraines worse. I asked if she would be willing to do an ablation. She asked if I wanted kids. I replied with I never even want to be sexually active, I have so much pain down there and dysphoria. I never want kids she just said I know you think you dont want kids but Id only do this treatment if youre older Why even ask do you want kids if youre going to answer for me. She told that the IUD and painkillers everyday is the only treatment shes willing to give me and then ended our appointment. I want to disappear, this was my only hope to live normally for a chance and it was crushed. I dont want to be on hormones because it gives me horrible migraines and makes me moody. I just dont know what to do. Should I pursue surgery somewhere else? And if so, does anyone know LGBT friendly, AFAB, gynos in Vilnius Lithuania? Edit: these interactions current and past happened in Atlanta, USA. I am just moving to Lithuania in a few weeks This is where I would say go fuck yourself and walk out. Try looking for resources for docs who dont refuse gyno treatments. Or reviews for docs This happened in the US. I am just moving to Lithuania in a few weeks Few weeks makes a heck of a tight schedule. Eastern pa. I recommend dr haas. Shes been good to me. I just got booked for my second lapro with her ... Over a month away. Whatever youre moving for, youre leaving this currently oppressive environment. I am therefore jealous and hope for the best for you. Seriously. And if you choose instead to stay, pm me. I got you dude. Please use masculine terms only ;) Im leaving the US because my family is from Lithuania and my mom thinks Ill have a better life there. I agree with her. I think I will definitely visit the US sometimes in the future Yeah oh shit totally just realized i did the horrible thing. No prob bro. Honestly Im an elder gen and wish i had a more condusive environment for exploring and understanding my own more masculine id. If theres anything i can do to help with your process, you have an ally here. What i did when i was told no so young was i got the copper iud. Higher risk of complications. Complications occured and made for a valid excuse for hysterectomy. I hate that i had to go through such a long drawn out and extremely painful process. I hate that youre at the beginning of a similar journey in your own unique situation. I truely hope that journey ends up being smoother and better where you end up. Best of luck and sorry again for the weird moment. No worries, Im considering the IUD just to have it fail and give them more reason for surgery…I think Id die getting it put in. My first pelvic exam the nurse only used one finger and it was worse than any of the times Ive broken bones Anesthesia. But seriously, find a doc who is willing to do a tubal ligation. Its considered reversable. And once theyre in there they can see the fact that theres a real problem. Id say play along to be on the safe side and get something rather than nothing. Several years of safety is better than the scary alternatives imagineable. They expected 10 years of the copper w me and i got my next step 5 years in. They went in to do tubal then discovered there was a hell of a lot of endometrial mess and did a second surgery a few days later to remove almost everything.... which was what i wanted in the first damn place years and several doctors prior and before my bodys detected abnormal cell growth had time to get out of control. This culture of not trusting humans to know their own bodies if they are assigned f at birth here is a hellscape. It took years and years, an abusive relationship, rape, cervical cancer and debilitating pain before i finally got taken seriously about the decision i made concerning my own organs. I only wish that horrible fate on the people who stand in the way of freedom of choice, medical privacy, liberty, equality and the pursuit of happiness. I hope you can get what you need and again. You have an ally in me, so reach out if theres anything i can do. Edit: its the childfree sub i was thinking of: https://reddit.com/r/childfree/w/doctors?utm\_source=share&amp;utm\_medium=android\_app Long story short. Go to doc after doc after doc until you find one who gets it. Someone told me this sub has a list if good docs on it somewhere. Find that.

I just got my IUD replaced while under IV anesthesia . .. And it was amazing! The whole procedure took like 20 minutes, I woke up still kinda high and in super good mood. The nurse served me a delicious croissant, some fruits and a cup of cappuccino. I went for a lovely afternoon walk right after. No cramps, no pain, nothing. Such a stark contrast to my last IUD insertion that left me in excruciating pain and gave me anxiety attacks for years after the procedure. Just thought to post this here, because I want you all to know there are options. We live in 21st century and should not be subjected to pain for routine procedures. Thank you for this post. I have to get mine removed soon and it was no picnic getting inserted I was so afraid to go get mine removed too for the first time. But it was much much easier and faster than the insertion. Hope it will be a good experience for you too! A cappuccino!?! Im so jealous, lol Finally!!! Why has this not been an option all along? The pain is seriously downplayed and I only know how much it hurts because of posts here and on twoxsex (Ive never had one inserted and decided I never would after reading how much it can hurt). Good for you! This puts me in a good mood! Do you live in the US? I feel like I never hear about this being an option here 😅 I actually picked the clinic because they had the option of IUD insertion under short general anesthesia on their price list. But when I asked the doctor about it during the initial visit - she looked really surprised. And after the procedure the receptionist messed up my bill because they had never actually done IUD insertion with anesthesia and were not sure how to charge for it. So its definitely not common. Which once again emphasizes the need to do your own research and ask the doctor for options. Its a weird world we are living in.. I had that same anxiety and delayed removing a problematic IUD because I was scared of the pain. If I had known a removal consists of them painlessly yoinking it out by the tail string, I could have gotten it removed much sooner. Hell, I could have removed it (not recommended by my doc says that when there are emergencies and women cant get to a gyno because they are too remote, they give them intructions on how to yoink it out themselves). I live in SE Asia, but got the procedure done while on a trip in Eastern Europe. They have amazing private clinics there with fantastic service and the prices are very reasonable. I paid around $450 for the whole procedure including the cost of the IUD. It would have cost me around $300 to do it without IV anesthesia. The $150 difference seemed like a good deal to avoid any pain and stress. Im very jealous of European health care. Thanks for the info! :) Mine hurt so bad that i couldnt sit still and i think they placed it wrong because of that so it hurt every single day with no relief until i told them to take it out. I didnt care what pain awaited me i just wanted it to stop being constant. So sorry to hear that! Did they do the TVS ultrasound scan to make sure the IUD is in correct position after the insertion? They did have an ultrasound but instead of ANY pain medication they told me to take like 6 ibuprophen an hour before the procedure. I also remember the nurse not being sure if it was placed fine and the doctor said something along the lines of itll move to the right spot Oof none of that nice stuff here in the US unless youre wealthy. Very jealous! Dang, I am from Eastern Europe, and have never heard of this. Got mine inserted the old-fashioned way, and it hurt like a mf. In the US and my doctor does this. I was always scared to get an IUD because low pain tolerance. But she was like oh no honey I will knock you out and I was like great sign me up. I did spend the rest of the day napping because anything that is supposed to sedate you works very well on me. But no cramps and minimum bleeding afterwards. While gynecological pain is often downplayed, general anesthesia carries a non-zero risk of death or brain damage, and many doctors avoid it for that reason. Its also expensive and generally seen as unnecessary by insurance companies. Youre right, but I think your first point, that gynaecological pain (and womens pain in general) is downplayed, is more heavily weighted in these decisions. US doctor here. Im not sure what agent was used here, but even for conscious sedation, there needs to be a physician who is able to use the medication. For most procedures, the OBGYN or surgeon will be focused on the procedure and an anesthesiologist (or in my case Emergency physician) is present to do the sedation/monitor the airway. Sedation isnt without risks unfortunately. For my own IUD experience, I found an OB who was willing to give a pre procedure dose of norco + ambien in addition to the lidocaine spray and cervicales block. They used propofol for my sedation and an anesthesiologist was present during the procedure. It was also done in the surgery room. I understand its a bit excessive for a simple IUD insertion, but lidocaine and cervical block were simply not enough for me. I almost threw up from the pain and came pretty close to fainting - definitely wouldnt want to experience that again. I will keep on looking for different pain management options for my next IUD replacement - and will definitely check if theres any possibility to get something similar to the norco + ambien dose you mentioned. In my clinic, (in Denver, CO) we have the option of sending someone to minor procedures clinic where they can receive pain/anxiety medication through an IV. I also give people the option of doing oral medications for anxiety/pain and hour before the procedure as long as they have someone to come with them, as well as a paracervical block if needed. But many people do decline and opt to do it with just 600mg of ibuprofen, or nothing. It never ceases to amaze me the different levels of pain people feel from the procedure. Some people dont even feel it, and dont believe me when I say Im done. And some people need optimal pain management. I try to leave it up to my patients, and they can always change their minds if it gets to be too much. No cappuccino in my clinic, though. WOW just... Wow. Thanks you for illuminating an option I wouldnt have otherwise known about I understand not doing it as a matter of routine. I dont understand refusing to offer literally any options for someone with a known history of issues. My IUD insertion was excruciating and necessitated a transfer to the ER via ambulance to get the pain under control, even though Id already had a history of pelvic pain issues prior to that. So Ive asked what the hell my options are when I need a new one in a few years and Ive been told.... nothing! youll be fine with Tylenol \*this\* time! it wont happen again, swear! And I dont know what the fuck to do because Im not falling for that one again. Just keep OB/GYN shopping until I find a doctor who lives in reality? Yes. Absolutely yes. Damn, how much did this spa treatment cost? Hahahh.. I honestly felt like after a really good day at spa. It was about $450 total. Removal is cake. One big cough while the dr gives a tug and its over. Aint no thang Abso-fucking-lutely!!! Keep shopping and refuse to budge until you get some option that will be pretty much conscious sedation (mention Versed, (because its a sedative hypnotic. Its what they give you for colonoscopy procedures and does not interfere with breathing) and a pain reliever available via IV. If they balk at the idea of IV opiate pain relief, toradol is still pretty effective! My wife also had her IUD replaced while under general anesthesia. Amazingly, my employer provided insurance covered the procedure completely normally. I was quite concerned about getting a big bill, we tried to figure out what our cost would be but the medical billing is so opaque that we never could figure it out prior to the procedure. Even if we had gotten a large bill it would have been worth it. My wife had to specifically request this procedure be done with what she believes should be the standard of care. I recommend yall ask your healthcare providers to do it this way as well. I did pass out. Was living in NYC at the time, had the insertion done by Planned Parenthood because my doctor recommended I go to someone who did them every day. The doctor who did the procedure had me lay down for 45 minutes afterwards then wrote my an Rx for string ibuprofen; there was a Duane Reade pharmacy next door. I walked over and while waiting my it to be filled, was aimlessly wandering the aisles when I got very lightheaded. I reached out to put a hand on the shelf to steady myself and next thing I knew, I was looking up a into the face a police officer, bottles of shampoo all over the floor around me. I know what happened and immediately blurted out, Im so sorry! It was mortifying. I have an appointment Tuesday with my gyno and Im gonna ask to get another IUD, after two kids Im done (I think) - but both babies were delivered via C-section because my cervix wouldnt dilate (no wonder the insertion hurt so bad! My doctor literally said I had a steal trap cervix!) . I loved having my IUD but Im terrified to go through all that again, so Im going to ask my doctor for everything and anything I can get this time. I regret not getting my second IUD after my second C-section when I still had a spinal numbing me! I thought I might want to try for #3 in the next year or two, but now Im not sure well even have any more. Im asking for Norco + Clonazepam + lidocaine shot, if not something stronger! You have awesome insurance then!! Mine covers everything except any care related to contraceptives and optometrist. What? How? Mine was awful and Ive been putting off getting it replaced because of how much is SUCKED the first time I feel you. I put off replacing my IUD for almost 2 years because of that pain.. Why is laughing gas not use

Gynecologist Inserting IUD Promises Woman It Will Be Just A Quick Pinch And Then Shell Be On The Floor Unconscious This is from the onion. Satire should be labeled. Omg I got one once... The doctor skirted the question when I asked if it hurt. I asked if people scream and he replied, sometimes. That was all the info I needed. I was scared to drive home I was lightheaded from the pain, fucking bs I didnt know I could ask for them to numb my cervix. Is it, though? When I was taking a course in university in 2008 on human sexuality and psychology, there was a portion on the physiology. Our professor was, IIRC, a PhD in psychology regarding the study of sexuality. She informed us at the time that the cervix had no pain receptors. So yeah, not too long ago... My doctor had to shout over my screams that it was just a pinch. I had to be transferred to the hospital for pain management. After a two hour delay, because she was sure Id be fine in another twenty minutes. I dont even want to get into how the hospital handled it. I dont know what the fuck to do when I need this one replaced because I cannot stomach the idea of doing that again. The way we do this is genuinely barbaric, and its not how wed handle it if we saw women as humans who can feel pain. The really sad thing is, I think The Onion has a better grasp on this than any of the OB/GYNs Ive seen. If men had to do it, theyd get anesthesia. Its fucked up how were undervalued. Insurance companies dont want to pay for a woman. Its unnecessary apparantly. And yes, those hurt like a motherfucking bitch, Im sorry about your experience. Its not even my insurance. I have great insurance, itll do it, and if it wouldnt Id be willing and able to pay out of pocket. I cant find a \*doctor\* to do it. Apparently, the second time will be the charm and itll be fine. No skin off their nose if its not, clearly. Mine hurt so bad they stopped mid-insertion to do an ultrasound to make sure they werent perforating anything. There has to be a better way. Popping a couple ibuprofen before and after is NOT enough. I had my second placed last summer. My female doctor placed it and a male resident observed (I okayd this). Afterwards when he was writing notes he said I didnt realize it was so painful and I told him its literally the worst pain I, as a childfree female, has ever experienced, and to never forget it. Im hoping he does remember and takes this into account in the future. Ive had two, one the doc inserted the IUD with no numbing. Second time I took misoprostol beforehand to help and the doctor numbed my cervix. Hurt twice as badly the second time, but theoretically it should of gone smoother. Think its doc dependent I had a second. It. Was. Not. Fine. In fact it was so not fine that I moved and she couldnt be sure it was in correctly. So I got number 3 in the same go. Im in the same boat of not being sure what to do now. My IUD placement was more painful than three fucking biopsy samples taken from my cervix. Mother fuckers used a hole punch on a very sensitive part of my anatomy three times, and it hurt less than the lil plastic grappling hook. Its not just insurance companies. Its the same in the UK (apparently its fine to be anaesthetised for dental stuff but not, you know, having objects shoved inside your organs). I personally think that a lot of this attitude goes back centuries. Womens pain was seen for a LONG time as necessary attrition- original sin, were apple thieves, bla bla- and there were even thoughts that taking away that pain would be against gods will. This is the environment in which medicine has grown. Womens pain had been so thoroughly normalised for so long that its almost an expectation. I think some of this has stuck around. Not helped by the other throwback favourite, just call women hysterical if theyre complaining Says who? I have given birth twice. IUD insertion is incredibly painful! They are ripping open a cervix that doesnt want to be opened. It hurts. Yeah. The second one honestly gave me medical PTSD. Ok, so these comments have confirmed for me that I will NOT be getting an iud. 🤢 Jesus. Why is it like this for us?! Had an argument with a guy about this contraceptives on another sub. It was about a finding that most single parents ain Australia are women and that due to the cost of living increases and stagnant wage growth many children are in poverty and suffering poor outcomes because of it. Of course the man brigade was out and about, blaming women for having kids with shitty men, women being looked after by the courts and getting full custody so its their own fault etc. Of course some guy was crapping on about how men shouldnt he responsible for a kid they didnt want. Didnt like when I asked what was so hard about wearing condom or not ejaculating into a vagina. Well then he went on about how many more options women have. Yea except they all come with specific drawbacks and potentially harmful ones. His response to serious side effects to women have from contraceptives is some men might die from a reaction to latex. Of course he was like oh its hard to find non latex condoms... Yea much harder than a woman seeing a doc, getting a implant etc.. had no really response for the pain and suffering women experience constantly due to the responsibility of not getting pregnant. Either way he was like many men a loser who just didnt like being told that he simply and cost effectively reduce the risk of pregnancy by himself. Like take some responsibility for your sperm! Not after its already fertilised an egg and now you want to control the outcome. I tried to get one. I knew it would be bad when the nurse came to hold my hand. She was really sweet. She knew it sucked but she just kept saying if youre doing so good. But the IUD just literally wouldnt go in. So all that pain and blood was all so I could just go back on the pill. Despite my painful experience, Id do it again. The benefits have been worth it, but the disregard for our pain during insertion is truly fucked up. My husband just got a vasectomy recently… they gave him 10 of Valium to take in the office before the procedure. Why dont they do this? I have never had an iud bc Im terrified. I have the nexplanon currently and the insertion wasnt bad, the lidocaine burns but then you dont feel the bar go in at all! Hey, so, talk to a variety of people including your doctor before making that decision. For me, insertion really did feel like a pinch, though I was crampy for a couple of days. But I no longer get periods!! And I had debilitating pain several days out of each month, so for me , Id was totally worth it! Its different for everyone I think. There is, a nerve block or even anesthesia. So archaic to just jam it in there with Motrin. It really truly is fucked. Sorry for your experience! Thats fair. My sister also had horror stories and its really got me just petrified. Whats being satirized, though? Its making the point that doctors feel womens pain in placing an IUD is minimized. Oh my word. They really treat us like objects with inconvenient perceptions. The lack of pain management has to change. Wow. You know, \*WOMEN\* tend to be MORE susceptible to the latex in a condom than men, because the vaginal mucus membrane absorbs the latex protein. So are MORE likely to be affected by a latex condom than a man. What an absolute idiot he was. Misogyny in medicine. And everywhere else, for that matter. I went to a new gynecologist a month ago who really tried to sell me on this. Said her 14 year old was perfectly fine getting one in, I shouldnt have an issue. Fuck that. Shell be tying my tubes in March next year, which Im 100% convinced will be much less traumatic. I also had a majorly painful and traumatic experience that even included a vaginal ultrasound that was not explained to me (a rape survivor) until it happened. This is why my new AMAZING gyno got me the arm implant instead of another iud. Doctor tried to talk me into getting one for endometriosis I said no. Not dealing with that. I had one and it didnt hurt during implantation. What did hurt was during my first period. I had to call the doctor for same day yank it out. I have never felt anything so painful then as well as today. Im so confused as to why anesthetics arent a normal part of that Its a freaking invasive procedure but they continue to insist pop a couple of Tylenol and youll be fine. If they wouldnt pull a tooth without general/local anesthesia, they shouldnt be doing this without it. I actually could only found two cases where a man has died from a latex allergy. So yea its not like its a huge medical problem and men are dropping like flies due to a latex condom and also latex free condoms are readily available.. But he just kept saying no they arent! Even tho the 3 big chain supermarkets here all stock them and have over 3000 stores across Australia and readily available online... But somehow so much harder than accessing a doctor and getting one of 3 contraceptives that each have very significant drawbacks I dated a woman with a latex allergy, I mean we werent worried about pregnancy but had silicon toys and we used latex free condoms on them.. guess what? Not fucking hard at all! Honestly men having to do any leg work or take any responsibility seems so fucking hard for them. He even tried the but what if she squeezes my cum out of the condom or cuts holes in it? I was like seriously? Like wtf. In FAVOURABLY conditions sperm CAN live up to 15-30 mins outside the body ie most do not! A man cant wait around for 30mins? Also the likelyhood of anyone getting pregnant with old sperm is incredibly low And the obvious one, um make sure the seal isnt broken when you open the condom DUH! Like far out! These things are not hard. Again none of these involve doctor appoints, excessive money, invasive procedures, are excessively time consuming or have significant side effects

Could someone tell me what a leep procedure feels like? I have to have one done for a cervical polyp and I can either do it with lidocaine injection or sedation. I would prefer to not be sedated and I wonder what it feels like awake. Specifically what the lidocaine injection feels like. Mine wont have epinephrine in it to take away the heart racing aspect. Thank you! Ps how would you compare it to having an iud inserted? Ive had 2 and the last time it didnt go well, because my cervix wouldnt open and she tried to force it open to the point that I almost shot up off the table and she had to yell for a nurse to come hold me. Is the pain comparable to something like this? I can only say what mine felt like. There was the initial sharp pain of getting the local anesthetic shot. It wasnt too bad, but I cant quite recall that part bc the following procedure was so horrible, it blocks out all surrounding memories. They started the procedure, and it became very apparent that I wasnt properly numb. I felt my cervix get electrocuted and burned. It was the worst pain Ive ever felt in my life, with a close 2nd being the first time I got an IUD inserted. So please just make sure you ask them to check you for numbness before they start. If youre numbed up, it is probably not too different than what a PAP smear feels like. Id recommend taking pain killers before you go in. Hope this didnt freak you out too much. I just want to warn anyone I can that you need to make them be damn certain youre properly anesthetized.

Looking for some help navigating an IUD removal/insertion I also posted this on social skills. I have social anxiety and am worried about being too polite to properly advocate for myself here. I got some good advice in a comment section here a couple of months ago that gave me the will to make the appointment, now I could really use advice on asking for pain management, heres my post from r slash social skills: Can anyone help me breakdown what I need to do when I call my doctors office about pain management? Hi! I had heard of a subreddit where you could ask for help about a social interaction you were anxious about. I hope this is the right place. I am having an IUD removed and replaced (very very very painful). I just moved to a new city and Ive never met the doctor I scheduled the appointment with. Its next Monday. When I scheduled the appointment I forgot to ask the receptionist about two things because I was nervous. 1. I really need pain management prescribed to help because I did it without last time and blacked out. Gynos (and doctors in general) are notorious for not prescribing pain management for this procedure because its not that bad. 2. I forgot to confirm the doctor is a woman. I only want to see a woman for this procedure, I need them to be able to understand how painful it is and I would feel more comfortable expressing my needs with a woman. Heres what Im anxious about: -do I just call reception and ask them to pass along the message? Im worried if they seem too bothered to do it Ill give up and hate myself later -can I ask for the doctors email? Is that a thing? Or should I ask to speak with them directly? -is it weird to confirm the doctors sex after the fact? Should I ask for their full name so I can look them up? -how should I start the convo? I just want to confirm my appointment…can I get pain management? I mean, does a doctor just prescribe that kind of thing over the phone? Someone on that subreddit said not to ask about pain medication but to ask about anesthesia, is that good advice? And can anyone help with advice on my other concerns? You can totally call the office and speak to a receptionist about your concerns! Id open up with something along the lines of I have an appointment scheduled for (date/time) with (doctor name) for IUD removal and insertion. I have some questions about that appointment and then go into your questions. You may also be able to Google the doctor with just doctor (name) and the name of the practice to find out their gender online. As far as the pain meds, honestly I dont think theyll prescribe anything other than extra extra strength Tylenol over the phone. Theres just a lot of liability and risk involved there since youre a new patient. But you can definitely still ask, they may be willing and able to prescribe something anyway. I know personally when I got my first IUD placed, they had a nurse in there to assist and another nurse in there to talk with me to distract me. With the second placement, it was a different doctor and she had a nurse in there to talk with me to distract me and then also had music playing, plus I also took OTC pain killers ahead of time. They did prescribe me some medication that helped dilate the cervix as well which helped significantly so you could ask about that as well. Absolutely call reception and ask about pain management! I was wondering what options you provide for pain management with IUD removal? I had a bad experience last time that caused me to lose consciousness. They will put a note back to the provider, and they will let you know what they recommend. If you dont feel comfortable also asking whether the doctor is male or female, the clinic should have a web page with their providers listed. This is a very common question though, so they will not be surprised by it. First off, you got this! All your questions, concerns, and requests are reasonable and valid. Do call reception confirm your appointment and ask who you should talk to concerning the details of your procedure. You probably will not get to speak with a doctor directly, but they should be able to connect you with someone who can adequately pass on your information. I dont think its unreasonable to ask for an email address. If they do take a message be sure to give a good phone number to reach you, ask for the name of the person taking your message, and when you can expect a call back. Dont hesitate to call again if you dont get a response. I agree that it may be better to not directly ask for pain medication, give details about your previous experience and your concerns for this experience. There should not be any issue in you requesting a female doctor, although they may have to alter your scheduled appointment to accommodate so be prepared for that possibility. Thank you! I appreciate how thorough this was. I figured over the phone prescriptions werent really a thing in this case. Thanks! Do you think it would be too crazy to ask for anesthesia during the phone call? Honestly I would prefer that over anything else given what a bad experience it was last time. Good news is I found the doctor on the directory and it is a woman so I can scratch that item! Thank you for the encouragement, and its nice to here that I can and should be persistent if I dont hear back. Sometimes I need that reminder. The worst they can say is no! Tell them your experience with your previous insertion. Half the reason they dont take the pain seriously is because it is SO variable. If cannabis is legal where you are, everyone I know finds it the most effective.

Experiences with getting a local anesthetic for IUD insertion? Hi all, Im putting the question up-front in case you dont feel like reading the backstory that lead to the question. Ive seen a lot of lip service on this sub about how wrong it is that doctors dont use a local anesthetic for placing an IUD, and how its your right to request that. But, has anyone ever actually successfully gotten a local anesthetic injected into their cervix prior to getting an IUD placed? Because from what the doctor told me, its an issue of no one being trained to do so. She admits there is no medical justification for not using an anesthetic, but she says I will have a hard time finding someone who is trained to do that. I am curious if any of you have actually been able to find an OBGYN who was both trained in and willing to perform anesthetic injections into the uterus for IUD insertions. Backstory: Less than 4 years ago, I decided to switch from the implant to an IUD, because I didnt like the side effects of the implant. When I told them I wanted an IUD, they asked if I had ever given birth. I said no. They warned me it would be painful. I said I would still take it. It was so much more painful than I would have thought, and I was basically incapacitated for the rest of the day from the pain and cramping. Years later, a friend of mine opened my eyes to the fact that it is insane that these kinds of painful and invasive procedures are done without pain meds. My dentist gives me a strong local anesthetic for the tiniest filing. Prodding my cervix to jam something through it is more invasive and painful than getting a filling. But, because of deeply rooted sexism in gynecology and medicine in general, pain meds are not given for gynecological procedures, despite the fact that doctors are no longer taught that women dont feel pain. Its just that, since the founding of gynecology, that was the belief, so doctors werent trained in administering local anesthetic via injections into the uterus, and they continue not to be so trained, due to history, tradition, and custom. Literally the same week my friend opened my eyes to this, I saw the same sentiment on the subreddit. The consensus seemed to be that you could just ask for a local anesthetic for the procedure, and they would give it. Its not that they cant give it, its just not something they think to do, so you have to ask. Well, yesterday, I went to get my expired IUD removed. I was hesitant to get a new one put in, because I have always hated being on hormones and, since my IUD expired, my bf and I have been using condoms, and I much prefer that. There is so much less clean up for me, I dont have to deal with the side effects of hormones, and I dont have to deal with a pH imbalance in my vagina caused by his semen (which causes more and more problems in the vagina as women get older, and their vaginas pH becomes harder to regulate). So, I had basically decided not to get another IUD put in when I got this one taken out. I figured we could just continue to use condoms. Then, the SCOTUS opinion reversing Roe leaked. Although I live in a progressive state that has codified the right to abortion, things can always change, and I figured it would be wise to get a new birth control just in case I suddenly lose my right to abortion (or even birth control). So, I went in yesterday having decided I would try out the copper wire IUD, which has no hormones, but apparently gives you beastly periods (which had dissuaded me from it for years). I tell them I want a local anesthetic for the procedure, so proud of myself for knowing my rights and asserting them. Well, jokes on me. The doctor says she is not trained to inject local anesthetic into the cervix, because I booked the appointment with my PCP at my last visit upon his suggestion, because it seemed easier than calling an OBGYN to book an appointment, and they said they can handle replacing an IUD. The whole thing was very frustrating. The nurse curtly told me she doesnt think they do that when I brought it up. I calmly said, Im sure you dont usually do that- no one usually does. But thats due to systemic sexism rather than any medical reason, so Im asking for it, because I know its not standard. She gets instantly hostile when she hears the word sexism, like Im some violent MAGA conspirator accusing her of sexism, even though I did not raise my voice or rant or rave- I simply explained my understanding of why it isnt usually done and that it doesnt mean it cant be done. She cuts me off to say I dont know the answer to your question. You will have to talk about it with the doctor. Like, okay, thats fine. But you did just opine on the answer to my question and thus invited a response from me, so you dont need to act like I am a loon who just accosted you with conspiracies or something. The vibe was weird for the rest of our interactions, and she flew through the questioning to get out of there. It was so uncomfortable. Then, the doctor comes in. She explains that all she is trained to offer is a lidocaine ointment that does fuck all to help with the pain and isnt trained in injecting anesthetic into the cervix, because she is really just a PCP, not an OBGYN. But then she starts telling me how they use much gentler equipment than they did four years ago, so its not as painful or invasive. She also says it shouldnt be as bad, since its not my first time. She also goes on about how she does this procedure on teenaged girls all the time (so, I guess Im a pussy if i cant handle what teenagers can?). She basically talks me into doing it without any anesthetic. I agree and get undressed, feeling defeated. She goes in with the thing to open me up and warns me that she is about to remove the old one. She says, this isnt the bad part, okay? Im just removing the old one now, so it shouldnt hurt too bad. That was a fucking lie. I instantly flinched, cried out, and started tearing up. I said, you said thats not the bad part? That was pretty bad. I think I would rather reschedule with an OBGYN, so I can get the anesthetic. She says that they checked with their OBGYN on site, and they arent trained to do an anesthetic injection either, so it might be hard to find someone to do it- trying to coax me back into giving consent while Im crying from pain with her device still in me. I told her I would take my chance and do some research to find out if anyone in my area is trained in administering anesthetic before I agree to doing this procedure with no meds again. Technically I didnt cost them anything and shouldnt get a cancelation fee for backing out mid procedure, because when I initially made the appointment, I wasnt sure I even wanted to get new birth control and only agreed to make an appointment for the removal and said I would consider whether or not I wanted a replacement in the mean time. So, I still got done what I was scheduled to get done, and I will argue to the death if they try to charge me a cancelation fee or something for backing out mid procedure. But she really painted a picture like my ask was totally unrealistic, and I would be hard pressed to find someone to do it. Is that true? Or is this clinic just a shitty clinic with poorly trained doctors? Its one thing for her to say she is not trained to do that, because she is just a PCP, but then she said their OBGYNs dont do that either. It seems like an OBGYN should definitely be trained in injecting a local anesthetic into the cervix. Also, I mentioned that the last time I switched birth controls, they gave me a plan B pill, so I wouldnt get pregnant from three-day old sperm in me in the 24 hours it took the new IUD to kick in. She looked at me like I was crazy and just said, uhh yeah, we dont do that here. I said, well I just had sex two days ago, so I thought it might be worth mentioning. She said, well just do a pregnancy test first. Like, what pregnancy test would show up positive two days after sex? Literally none. That kind of gave me a further impression that they are poorly trained. Idk. Im just feeling very frustrated and powerless by the whole experience and would love to hear from someone who was successful in getting local anesthetic for an IUD placement. [deleted] What do you mean only used for D and Cs? And what would be uncomfortable about getting the anesthetic done? Did he say? Because I have never been uncomfortable getting anesthetic during dental work. I asked and was told that the risks of anesthetic outweighed any benefits. Let me tell you this: if you cant handle the pain of inserting an IUD, you wont be able to handle the pain of the copper IUD. Insertion was fine for me however, have NEVER experienced worse pain in my life than the week leading up to and when I was actually on my period. Ive heard from many people that the cramping was as bad as labor cramps. I can not confirm, but I wouldnt doubt it. They tell you theres a 4-6 month adjustment period but after the 7th month of debilitating pain I told them to rip that shit out of me on the 9th (yes \*9th\*) day of my period. As for odor, my vaginas pH was out of whack for the entire 7 months I had it. I hate the hormones but if youre worried about pain, the hormonal IUD actually helps with cramping as well. Insertion might suck, but try to see if you can get a painkiller beforehand. Planned Parenthood told me to take advil beforehand but I totally forgot. They gave me one and waited 15 minutes before starting. As for local anesthesia, I think a huge part of it might be liability. I could look into it more, but it seems like its a high risk for something thats minimally invasive. Maybe try to take a Vicodin or Percocet and ask your bf to drive. But even then, I think youre supposed to feel the pain incase something isnt right. Edit: I did some basic research and Lidocaine seems to be used for IUD insertion. Usually they reserve liquid anesthesia for biopsies. Not saying its not possible, just no

Is sex painful after a pap smear? I accidentally scheduled my Pap smear for the day before valentines day and Im hoping the pain wont last more than a day. Is sex painful after a pap smear? For reference, I have an IUD (traumatized) so cervical pain isnt uncommon while having sex and Im hoping this wont add to it. [deleted] I think you should be ok the next day. Maybe just go slow. If youre concerned, there might still be time to reschedule, but Id call them now if thats the case since today is Friday and the appointment is Monday. You should be fine! [deleted]

Wish me luck as I remove my Nexplanon arm implant! [deleted] Heh. Good luck. It was not as painful for me getting it removed than getting it inserted, if thats any comfort. Surgery? Its a tiny incision after lidocaine injections.... I would hardly call that a surgery lol. I had mine out 2 weeks ago. Was almost painless, especially compared to my traumatic IUD insertion. [deleted] I guess our scales are different. Im a nurse and work with trauma surgeons and used to foot-long incisions. To me a surgery is something in a specialized room requiring the patient to lose some level of consciousness. Youll be fine. Its an outpatient surgical procedure but still can be frightening to some people. Its an incision that requires stitches, its valid to have fears. I get where you are coming from though. Ive also worked in the OR. But the world of perioperative nursing is a rare one that few get to experience. Your scale is very different from the layperson. They dont get to see behind the curtain like we can. Wow, thats really unkind. Minor surgery is still surgery - my insertion was performed in a local hospital and everything. It had complications, and it took ages to recover from. Dont freaking gatekeep. [deleted]

IUD Placement Hell There is no reason for it not to be common place for women to get procedural sedation for an IUD placement. That was the worst pain of my life and I have heard similar stories from others. I think its absolutely disgusting that sedation is not common place or even offered at most intuitions. Meanwhile I have men coming to the operating room to give general anesthesia to get a fricken colonoscopy. This just further proves how little the world cares about womens health issues. Were just expected to deal with it for no reason other than thats how it is. Okay rant over. [deleted] Womens pain isnt taken seriously. Were probably just exaggerating because of our weak constitutions. I have to get mine replaced next year. I will be undergoing awake sedation as it was a complete nightmare for me last time. The first attempt I had to call it quits before the sterile portion was started. The second time I almost couldnt stand it but Im so glad I held on! THIS. I missed work the next day and really wasnt okay until a week after. My period cramps have gotten shorter but much much sharper as well. The only thing keeping me from trying to go get it taken out is fear of it hurting like a bitch again I am DREADING getting mine replaced this year. It was like getting shanked in the cervix the first time. I almost knee clapped the doctor in the face. not ideal 😅 My first placement was about a 5/10 on the pain scale, so not bad but not a total breeze. I had terrible cramps too afterwards which was unusual for me. Eventually I got my second one. I had a Skyla, and now have a Kyleena. The removal of the skyla didnt hurt one bit. I could feel the sensation of it moving and slight tugging but zero pain. Additionally when I had my Kyleena insertion I had zero pain. I dont know if it was just because of the change of iud, different doctor, or something else. Obviously you might not have the same experience but I want to give you some hope. One time it was easy (mild discomfort was actually accurate), but the next time HURT. A LOT. I had tears running down my face. So I support this, for sure. (I am also very annoyed that my work insurance covers the cost of birth control pills but not IUDs.) Try to find an outpatient surgical center near you and ask if they do exchanges there because it will be under some sort of anesthesia perhaps versed and a little propofol. Definitely call your insurance to make sure its covered though bc most probably wont bc its unnecessary. 🙄 I had/have mirena. The extraction hurt a lot less than insertion of new one. Then again I would put my pain as discomfort rather than pain. And the nurse said that I must have high pain tolerance. In general I think Im quite lucky with this compared to other womens stories Yep. Ive had a colonoscopy and was given awake sedation+pain control for the discomfort in my abdomen from the air post colonoscopy and… Both my IUD insertion were far past discomfort I asked my doctor for something, anything, when I went to get my replacement done. She said it wasnt necessary because Im young and it isnt that bad. So instead I just clenched my jaw and cried while the gyno took his sweet fucking time. Never again, now I actively tell people not to go to my doctor or that gyno. I got told that if I thought it hurt too much to take an advil. When I got my second one placed, I called and ask what could be done regarding pain relief, how I passed out the last time, etc etc. oh, take an advil AND a tylenol Its absolutely ridiculous. I have very high pain tolerance, still, when I got my first IUD I almost passed out. I had to have it removed because even a seat belt would make me have awful cramps. Later on I wanted to take a break from hormones, so I got one. I was terrified. And now I am terrified of getting it removed. 😥 I asked for pain killers three separate times before and was still completely blown off. They told me it was a smaller IUD than others so not nearly as painful. WRONG. It was some of the worst pain of my life and left me feeling very dehumanized for awhile after. Im supposed to give birth in a few weeks, and I have heard way too many personal stories from people telling me that they werent given any pain medication - not even a lidocaine shot! - when their doctor sewed up their episiotomy/perineal tears. Got that? Their vaginas and perineums were surgically repaired, with sutures, without any sort of pain relief. AFTER having pushed out a baby. Either because they didnt opt for an epidural, or because they had one but it had worn off. One person described her doctor telling her to just focus on the baby, it wont take too long. Right. Because its easy to just \*not focus\* on someone sewing up your damaged genitals. I would bet serious money that no doctor would ever tell any man having any sensitive procedure done on his penis or testicles that it was too late for anesthesia and he should just relax. Womens pain is CONSTANTLY disregarded and Im big mad about it. According to my gyno the sedation itself isnt as effective as youd like because they can only sedate the mouth(?) of the womb and not the womb itself. She said about half the pain comes from the womb. And the mouth requires about 4 injections to be sedated completely and those injections are already painful by themselves. So according to her for most people sedation is actually not better than doing it without. But i got and took the option to do it under anesthesia. That still sucks when you wake up, but it was much better than the alternative. My doctor I think was terrified I was going to kick her in the head. On a side note, my IUD was necessary due to a diagnosis of stage one uterine cancer and its the main treatment option for it. Apparently that type of cancer can be reverted back to normal with the progesterone in it. Fuck cancer but especially fuck IUDs. Mild discomfort my ass! Getting my IUD inserted was some of the worst pain in my life, and Im one of those unlucky people with period pain so bad it wakes me up in the middle of the night sobbing. Well, it did pre-IUD. This thing hurt like a mother going in, but my periods basically dont exist anymore. Occasional cramping, but nothing I even need a Tylenol for. I was lucky to have my first one placed while I was under for a D&amp;C. The replacement, I had a regular office visit. The removal of the old one hurt like a motherfucker, then the insertion was 10x as bad. Im due for another replacement in the next year or two, and Im going to tell my gyno to do a tubal instead. Just getting a doctor to give me an IUD with no children was hard enough I never pushed for the tubal before. But now that Im over 30, it should be easier. I doubt it will be covered. My daughter has TriCare and they dont pay for it. Eviscerate them in reviews. Ok, a) yes, definitely, although its not like colonoscopies are a gendered (sexed?) thing; women get anaesthesia for them too, but also b) the amount of pain is SUPER dependent on the skill of the person inserting it. I would plug for going to a planned parenthood or similar where youll know youll get someone whos done it a lot. The doctor said it was a pain that could be taken care of with an aspirin. As soon as she first tried to put it in I jumped back as if she stabbed my uterus with a hot poke iron. I continued with the procedure (like an idiot) and could barely walk to my car. I sat in my car and kept oscillating from the feeling of wanting to vomit to actually blacking out from the pain. It was horrid. Made my friend come and drag me home after getting myself to nap for an hour as a pain remedy. She made the doctor come out to my car and she had a smirk on her face when my friend told her Id been out there for 2 hours from the pain. Im sure she thought I was exaggerating. Sucks cause me and my friend never made it to our happy hour plans. Periods were painful for a few months aftetwards. Dreading having it removed. When I got mine replaced I didnt think to buy maxi pads or take any OTC painkillers beforehand. Waddling into cvs in pain to get pads (dr gave me one, but I needed more for at home) was a horrible experience. Im going to have mine removed in the next year or so in order to start trying to get pregnant and my husband already knows hes going to have to go with me because even if he cant come into the doctors office with me I want him to drive me home. I had to get mine replaced a few months ago and told my doctor how intense the pain had been when I first got it placed. I wanted some sort of pain medication/mild sedative, but he said my only options were full anesthesia or nothing at all. I ended up going with nothing since I was concerned about the risks of unnecessary anesthesia (my mother is completely deaf in one ear after anesthesia a few years ago) and really regretted it. When this IUD is done, I think Im just going to get sterilized. Last time I had one placed, (this was my 2nd time getting one, first one after my baby) I moved so she had to pull it out, have the aid get another and then do it again. It was painful and awful and youre right its straight bullshit that we are expected to just be chill with this. Oh sorry the pain meds for your vasectomy are wearing off, just sit still for a few more min, it will be fine. Just focus on the unprotected sex you get to have. I agree it should be offered but as someone who had a painless insertion and removal, and who is also uncomfortable with being sedated especially unnecessarily, I dont see why it should be routine to sedate. That said, it should definitely be an option! [deleted] I fainted during my insertion. Woke up covered in sweat, naked from the waist down in a puddle of blood which had soaked through the back of my dress, with several women I didnt recognize standing around me. I had nearly fallen off the table and they had to call in reinforcements to catch me. They were very nice afterward and Im happy to

Horrible experience with a female gyno today, cant stop crying and feel traumatized. I went in for an IUD insertion. The mirena is the only bc that doesnt make me sick, have blood clots, or cause me to lose hair. One setback is that it is excruciating to put in, and thats why Ive put it off for as long as I have. The doctor comes in and doesnt even introduce herself. I told her I was nervous and she said itll be just fine. I told her my last one is excruciating and she said Oh, stop. I said uhh, ok.. she has me lay down, scoot forward and the process begins. The clamp goes on which is bearable. Then dilation happens and Im very uncomfortable and sweating all over my body. She inserted the IUD and i screamed. It wasnt voluntary, it wasnt on purpose, but i felt so much pain in my entire abdomen that I felt like I was going to kick, like a horse being branded. I told her in my pain to let it go and she yelled back at me to Let go of what!?! I meant my cervix, but holy shit the pain was so bad that I couldnt articulate and I hit my pain threshold. As soon as she removed the stuff from my vagina, i rolled over sobbing. I was going to throw up from the pain. I requested water, she said they didnt have water. I told her i needed some water. Ten seconds later, i had water. She left the room without asking if i was ok. Her assistant told me to get dressed, go across the hall, and sit on the table for an ultrasound. I get into the next room, hardly able to move/walk. Shes telling me lay down. Legs out all the way. I apologized for screaming. She ignored my apology. She briefly showed me my ultrasound and said its in there perfect, see? And i said yeah.. She left. I was treated like i was faking my excruciating pain. I was also treated lime a nuisance. I hate that this is the only option i have. I feel traumatized and terribly sad with what I experienced today. At least Im covered for seven years. I wont be going to her for a followup. I would complain to some kind of higher up. That is terrible care and I am so sorry Im just shocked that it was a female doc. I thought she would understand This is why I always turn IUDs down, because so many people experience strong pain during insertion and removal. Of course, some dont. But Im just not comfortable having something done when the possibility of pain is just blatantly glossed over by insensitive providers. There are options they can offer you to reduce the pain of insertion, and yet they have never offered me any for any other gynecological procedure related to my cervix. I had a colposcopy once without pain relief and it was an absolutely, excruciatingly horrible experience, and the OB-GYN just brushed it off, like yeah, some women say its a little painful, but itll be fast. Then she stuck the little tiny probe thing ALL the way up inside my uterus, which I hadnt even been informed was part of the procedure. I thought they were just going to take another swab of my cervix and some high resolution pictures. I did NOT realized it was meant to swab and visualize the entirety of the cervical canal. And she just didnt care at all. It was so bad I started dry heaving. Its like it just doesnt matter to them. That GYN sounds like a total asshole. Im so sorry you went through that. Please know youre not alone in your experience. Thinking of you. 🥺 Please report her asap to the medical board or her supervisor. You should not have gone through that. That was very unnecessary. Im so sorry you went through that, it sounds hellacious. I asked for some sort of pain control, but the were pretty much like heh. No. You wont need it. It shouldnt be too bad Im like…. Ive done this before and i know that i was in so much pain i couldnt drive home for two hours. But Im lying right?? Ugh. Things have to change. Yeah I was treated like a nuisance for sobbing too loud during mine. Im so sorry :( Im going to write a letter to her superior with my concerns with her as a provider. I dont think itll go far because the procedure was done correctly. :( sadly i dont know that this hospital branch cares too much Ugh. Im so sorry you were treated that way. Its completely unacceptable! I would absolutely file a grievance. I have had a total of 3 Mirena insertions over the years. I had never had any issues aside from minor discomfort. This last time was horrific. They use a measuring device to see how far into your uterus to place the IUD and she kept shoving it in and scraping it because my uterus is apparently on the shorter side and she thought she wasnt going far enough so tried to force it. It was so much worse than usual for me. I hope that maybe someday you have a provider that is caring and understanding about how difficult it is. Pro tip: At times they will do these insertions under anesthesia. It cant hurt to request that for the next one down the line. Dont write a letter use your voice! Bit whatever you do switch to another provider. I requested it during my consultation and they told me no, they do not do that. Im sorry that the last one hurt!! I feel your pain. Thank you for your kind thoughts. That sounds frankly horrible. Ive had similar issues with insertion but had good experiences with people (UK, NHS). The last two times we didnt manage to get it placed, and I yelled a lot, but they were the nicest people I could have asked for who handed me tissues and let me crush their hand during. The first time I went we got it inserted, but I went into shock and again they were great, brought me biscuits and let me lie where I was comfortable until I could stand up again. It really sucks when healthcare professionals arent professional about it. Honestly, even if youre never going back to them again, complain. Because if enough people complain someone will eventually do something about it. I called an hour after and told them i dont want to see her for my follow up and i would like to go to a different branch for future care. The receptionist was super kind and comforting. Thats good Im sure she wasnt surprised. I feel like i wouldnt be so traumatized if they had just been kind!!! That sounds like a wonderfully painful experience you had haha. Thank you for your comment. Ive been to three different gynecologists. The nicest was an old man, the meanest was the only woman. Also, before having kids its horribly painful and Im sorry you had such a bad experience. I had one some years back, and remember laying in bed with cramps all the next day too. After giving birth, I felt almost nothing, so if you want kids in the future that might save you from the same pain later in life! Its part of why i dont want kids!! Lol terrifying pain. The last doc was a man and he was kind and comforting. Im aghast at how cold this woman was. Copy her on the letter. She should directly know that she was not providing acceptable care. You should definitely complain and write her a letter detailing why you are firing her as a provider. I had a gyno who laughed when I let out a shocked gasp once during a pap. After she got my letter she attempted to apologize via voicemail and the online medical messaging system. I never spoke to her again and have a much better provider now. Jeez. How cN you laugh at someone when theyre that vulnerable!? Its beyond me. Im glad you have a good provider now :) [deleted] Somehow birth pain is easier to forget, and though the sensation is kind of similar it helps to know that your body is supposed to withstand it naturally. I did it with only some laughing gas (not really pain relief) for 23 hrs but am still willing to do it again. It matters a lot what people around you do in those moments! Dont let the pain scare you away from having kids. There are plenty of other reasons not to have kids, though! Your body, your life, your choice. I would definitely find another provider then. It can be kind of hairy because insurance doesnt like to cover it unless something else is going on. If the provider cant find the strings, it is common to have it done with some anesthesia. That is horrible. I thought that they gave at least a Valium or something? But I thought it was required to have someone there to drive you home, due to this exact thing? I am so sorry you went through this. One of the reasons I went with nexplanon instead. Please let your voice be heard about this doctor. Countless other women have been treated the same way by her, and maybe your experience can be the nail in her coffin See i thought nexplanon was a different hormone or i wouldnt have gotten the iud. During my consultation, even though i told them the last one hurt but nothing else works for me, they didnt mention nexplanon. For some reason i thought it was the same hormone as depoprovera shots, which messed me up terribly. The hospital may not care too much but your insurance provider will. Call your insurance, ask to file a complaint against her office, and once you get someone on the line tell them in no uncertain terms what happened. Doctors make their money from insurance companies. If the doctors start getting bad reviews, insurance companies wont want to work with them and could pull coverage. Enough bad press and voila! Their actions start having monetary consequences. So incredibly sorry that you went thru that, btw. You deserve a provider who cares! That is wonderful advice!!! Thank you! Im so sorry, that sounds truly awful. It frustrates me me to no end how common these types of experiences are for women - whats with the lack of adequate pain control/ normalization of pain for gynaecological procedures? While hiking, I slid down a hill, breaking both bones and ankle in my left leg (5 places. Ugh). But my Mirena insertion remains the most painful experience of my life. I wish you a speedy recovery, no side effects, and the best doc to replace this gyno-bitch. Yeah this is not right at all, Im so sorry you went through this. My first IUD insertion my gyno numbed my cervix and it made SUCH a d

I got an new IUD inserted and it was actually one of the best experiences Ive had with a doctor in a long time I had a pretty poor experience the first time getting an IUD (3 attempts were required, plus other appointments to confirm that I was actually just anxious vs missing major anatomy). 6 years later I was DREADING getting a new one but elected to because Id had an overall good experience. The following made it actually good: 1) My doctor prescribed me a one time small dose of adivan after Id requested it. No questions were asked, beyond it taking an extra day since a dr vs np had to write the prescription. 2) The front desk matched me with a practitioner who preforms the procedure daily (receptionist said it would be her top recommendation) over my usual dr who puts them in less frequently. 3) When I requested a second nurse to attend to distract me, she immediately came. 4) When I did faint (expected for me), the practitioner followed through with my request to allow me to recover and complete the procedure vs forcing me to come back another day for the same thing. 5) After it was done the nurse called my boyfriend to hang out with me while I recovered (with my consent). She also grabbed my pants and underwear and placed them over my feet so I could stay laying down AND no longer need a paper sheet. Overall, it actually went as well as it could have because these two nurses listened to my needs and kept me informed. My comfort was a priority beyond anything else. Ive rarely felt like that in a drs office. This is awesome. Im glad you had such a good experience and such conscientious health care personnel.

Why must IUD insertion be modern day torture Cant sleep and really need to rant. So Thursday I got an IUD, and the only reason I considered getting it is because I have had my body freak out at multiple pills over the years and had a bad reaction to the patch most recently. If insurance wasnt so iffy about me just removing the uterus and ovaries, I would have done that. Needless to say, there are only two things more painful than this procedure that Ive experienced: a miscarriage and nerve surgery on my elbow. Doc told me I could go to work same day, that sure as hell didnt happen. Have been in pain and discomfort since. One thing I didnt anticipate is feeling most of the pain right where I had lesions from endometriosis removed a year and a half ago, this has made it where I can specifically feel that ovary (it was adhered to the posterior of my uterus) and it is pure torment. The passing out and lightheadedness is awful too, especially when I try to just use the bathroom. If my doctors werent closed today, I would have called them and asked if its normal to get lightheaded while taking a piss and passing out if its more. Honestly, what the fuck. 0/10 experience, it would be more productive to fist fight insurance companies. Because of: 1. Opioid backlash policy (even though most opioid overdose deaths are due to illegal fentanyl, probably being taken by people in severe pain who cant get legal meds). 2. Because womens pain isnt taken seriously. 3. Because I believe I read 75% of such procedures are fine, so, apparently, eff the remaining 25%. You couldnt pay me to get an IUD, or a cervical biopsy without a general after what I have read. Sorry this happened to you. That sounds terrible and hopefully you wont have to repeat the experience. Although some people get a lot of pain from the procedure surprisingly many dont require any analgesia or simply use NSAIDs and recover quickly afterwards. For your situation maybe consider conscious sedation or theoretically misoprotol cervical ripening although its not terribly evidence based from what I hear. There is no reason why it has to be that way we as women need to demand better. [deleted] I did do the misoprotol and it still felt awful. I may ask for sedation next time, especially for removal.

Fainted during IUD insertion According to the nurse…its not uncommon. Not uncommon? I screamed then fainted, broke out into a cold sweat, nearly vomited. She tried to soothe me by relaying the tale of another patient who fainted and fell off the table, hitting her head and requiring an ambulance to the hospital. I was told to prep for my appointment by talking 800mg of ibuprofen. I asked for a lidocaine injection to the cervix but was told they dont do that because it would cause unnecessary pain and not be effective. Imagine another type of medical procedure during which patients faint on the reg…wouldnt they suggest twilight sedation at LEAST? Would a man be put through such pain?!? Im so sorry you had to experience that. Its awful. Ugh no reason for this discomfort! This is as fucked up as the post about the doctors office not using lube! Whats the problem with letting you pop a couple vicoden or Xanax before that? So fucked up. I am so sorry this happened to you. I had a similar experience a few years ago and it was the worst pain I have ever experienced. It is traumatizing, and makes you lose trust in how women are treated by health professionals. I hope you feel better soon! My second IUD expelled twice, so I got to prolong my horror 🥲 thankfully I didnt pass out either time. It definitely seems like there should be a way to improve the whole experience. For a vasectomy, men get prescribed Valium AND opioids, for a week. Makes me so fucking mad. Wowwww how hypocritical!! Omg awful. Im so sorry. The pussy doctors dont want to risk potential complications that would trigger lawsuits so instead women are just made to suffer during painful procedures. Its maddening. I cant believe we are more than 20 yrs into the 21st century and this crap still continues. Grrr. Lidocaine injections numb themselves within a second anyway so thats ridiculous and its not like the thin needle is that painful. Mine always does a paracervical block. One time even gave me Dilaudid beforehand. I wish all obgyns were like her! [deleted] Its so fucked. When they told me how to prep I thought it wouldnt be too bad so I took my Advil and marched in there. If only. SAME. I drove myself bc they didnt warn me of the possibility of this!!! [deleted] They didnt warn me either. I got the injections and they didnt work. Luckily I brought my husband with me because I couldnt walk let alone drive. I spent the drive home crying in the fetal position and trying not to vomit from the pain. Where can I find one like this??? I had mine both inserted and removed under a general anaesthetic, but I have stage 4 endometriosis and they were doing other procedures at the same time. Still, the entire experience was so horrific I had to get it removed after 7 months of non stop uterine contractions. when I had one of my iuds removed it hurt so bad I instantly started crying. the doctor stood around awkwardly before asking me if im always this emotional. never went back to him, fucking asshole. Wtf. My doctor only told me to get a couple bags of frozen peas. My partner did not get offered Valium or opioids for his vasectomy, just saying. Just a local anesthetic shot to the balls. (Which is still a lot more than we get for sure) Women should definitely get local anesthetic for iud insertion, removal, and biopsies for the cervix.. I have had all that with no anesthetic, US is fuuuuuuuuuucked Youll be just as angry as I was to learn that in other countries they give folks real painkillers and will lightly sedate patients during IUD insertions. My first IUD went in just fine, it wasnt fun but it wasnt too bad. The second time I got one, my uterus was tilted and being uncooperative; I almost passed out and felt real bad for accidentally cursing at my wonderful PCP 😅 I did the same thing during mine, then regained consciousness for about 2 minutes and fainted again. They told me if I couldnt stay awake theyd have to remove it like I had some sort of control over that. It was absolutely miserable. I had to stay for another two hours to make sure I could stay awake. I dont understand how they think ibuprofen is going to do anything. Also, I DEFINITELY threw up during my insertion and I dont even feel bad about it. Maybe I wouldnt have barfed if I hadnt been in the WORST PAIN EVER. If it was so easy and painless to get a cervix open women could perform their own abortions in their bedrooms. But IUD insertion IS often very painful. It COULD be done painlessly using a technique called conscious sedation via an IV. But of course that costs a whole bunch more money for the drugs, for a nurse to monitor the woman for an hour afterwards, EKG and pulse oximetry monitoring and takes 4 times as long. Because IUD is a quick procedure the MD attitude is why bother?. They give you the you may feel some discomfort now before they rip your insides apart. Some women are lucky and have less sensitivity there but they are few and far between. Its like expecting you to cooperate with having your tooth pulled without novocain. Depends on the urologist. Its fairly uncommon and most doctors recommend over the counter pain meds, though lasting pain isnt super common (~15%) in the first place Im so sorry. I also involuntarily cried. Just tears running down. Im not a wimp either Im pretty stoic about medical stuff. This was just too much. SPOT ON!! Thats the thing, they wouldnt. If a man had to go through such an uncomfortable procedure theyd be given whatever they needed so it sucked less :/ Oh jeez. I feel bad your partner didnt get meds! All four of my guy friends who got snipped got the good stuff. All were horrified when I told them about my unmedicated biopsies (two) and IUD insertions (two) It feels so…I dont know…victimizing? Like youre already in a vulnerable situation, and an embarrassing physical position and then to top it off the pain is blinding. Im so sorry, sis. Id have smooched your forehead. I wonder, if men specifically ask for pain meds, if theyre more likely to be prescribed? I wonder how much of it is the doctor not wanting to wait for numbing to work and it taking up more exam time? Genuinely interested in how thisd impact that number. Id ASSUME that bc the number isnt too much higher for IUDs (~25% describe the procedure as excruciating) doctors make the same assumption to not apply serious anesthesia, but men are more likely to complain/ask, but I have no basis for this Northern California lol I fainted from the pain during a cervical biopsy. By the next time I needed one, I was a decade older and I told my gyno about that experience and said that I would not be having another day like that. Lucky for me, I needed a D&amp;C for fibroids too, so they ended up doing the cervical biopsy while I was under anesthesia. I am sorry to hear that you had to go through that. Hospitals and Doctors are very reluctant anymore to prescribe anything for pain. For example, I recently had major surgery removing a cancerous adrenal gland and after surgery during recovery all they offered me was 2 OTC Tylenol. I was screeching in pain and after, and I quote, telling them that for the second best rated hospital in the nation they where doing a shit job on controlling my pain. Reluctantly they finally started giving me 5 mg oxycodone every 6 hours and when I left only gave me a script for just 8 pills. What a joke. I am still hurting (only been a week since discharge). Medical rape like this is so barbaric. We live in horrible times. Systemic medical rape is so normalized and common that people who swear to do no harm rape people needlessly without even realizing what they are doing. Fuck the system. !remind me in 8 years to barf ON the doctor if they pull this bs on me when I have to get mine replaced. I got my second IUD last week. Got that wonderful shot and it made SUCH a difference. It takes effect instantly and Id compare the pain of the shot to getting dental numbing. Ive had 2 IUDs inserted. The first one my body rejected and I didnt want to try ever again because they pain was horrific I had to pay over a grand out of pocket and all for it to be removed. Then I gave birth… and recently I tried again. It was less painful this time around but still less horrible probably because a child ripped through my cervix a couple of years ago but 10/10 would not recommend. When I had mine put in over 10 years ago, the office told me it would be a quick and painless procedure. It was the complete opposite. I never had anything hurt as much in my life. The lidocaine did not take, or it wasnt injected correctly. I screamed at the top of my lungs during the insertion. When it was removed, well before it was ready to come out, I had a surgical procedure which I was under general anesthesia from my gyno and I told her to rip that IUD out. I couldnt go through the pain again. So many years ago this very thing happened to me. Then I started bleeding. Bled a week until I was pale and shakey and docs kept saying it was normal. Passed out, as far as I was told the IUD was removed in the ER and I dont remember anything. Same. Almost fainted while driving. I had an IUD perforate the wall in my uterus. They typically recommend inserting and removing IUDs during your period, because everything is more loose and relaxed. My IUD stopped mine, so there was no choice but to power through. I laid on the table and cried. The nurse held my hand, and then helplessly brought me an apple juice and some graham crackers. Im not sure I could pick her out of a line up, but she has my heart for that, for forever. My mom, the wealth of sympathy she is, ...made fun of me. Acting like I was dramatic. And I do have dramatic tendencies, but also? A foreign body \\*perforated\\* a part of my anatomy, and all I did was cry!? I deserve a friggin medal. (Im an anesthesia light weight, even twilight puts me right out.) bay area? I need details! I was able to kinda sit up and turn my head to the trash bin. T

Horrific IUD Remova l- vaginal needles and all. Is my experience...normal? Edit: This is normal when dealing with complications involving a difficult removal. Articles mention Localized anesthetic - that is doctor terms for a needle up your vagina and into your cervix. I didnt know this, and I also feel its incredibly misleading that they dont specify. Ironic that mild discomfort would need lidocaine needles in the hoohah...Whoever wrote these articles needs to be strangled, but I digress. I am so sorry I made anyone scared, and I am grateful my experience is a wild card. It seems this is pretty rare to happen with more digging. I hope none of you ever, ever deal with this- but I do want you all to really look into the terminology on articles your read on womens health. Ask your doc questions, and do what you can to feel in control as a patient. &amp;#x200B; Hello everyone. Ive been on birth control (IUD- Mirena) for 5 years. My wife is a trans woman who, because of HRT, is not infertile. So I wanted mine out, and no new one put in. Last week, I went in to get it removed. No dice . They rooted around, did multiple sweeps, just really did their best to try and get it taken care of. But it ended up being a difficult IUD removal. Great. I was sent to a new location that could be ultrasound-guided. The first experience f them trying to fish it out wasnt bad at all. Uncomfortable, but not painful. I read up online about IUD removal with an ultrasound to help guide. Seemed fairly uncomplicated. My strings couldnt be found, so they were going to have to go in with all this stuff and just....yikes. \*What I DID NOT find in any sources is with a difficult removal they give you needles in your cervix to numb it before taking it out.\* I read it was mild discomfort! Why do I need numbing agents for that?? I was not informed of this until I had my legs up in the stirrup, my doc pressed down on my belly (they didnt need a wand, just pressing on the belly to see it) and then said Ok, we will get the needles ready. I was terrified. I gave consent to move forward but...Oh my god. I cried. They were long and huge. Inserted right up in my vagina. There was no stinging. No sharp prick. It was white, hot, searing lighting. It was so acute I thought I was going to pass out on the table and I am not a bitch. I broke my pelvis and spine in a horseback riding accident when I was younger. This was on the same level of pain. I screamed. and it wasnt 1 needle, oh no, that would be too easy. There were 3. All to numb me. They waited less than 10 seconds and went hunting and let me tell you: I dont even think the numbing agent they put in was even CLOSE to being ready by the time they dove in. I screamed the whole 5 minutes she went rooting around. The staff was, oddly, very reassuring and very empathetic, which is what completely blows me away. How could I not have been told the scariest part of all this shit, and not been told how bad it would hurt, and they were so caring at the same time?? Like ????? They werent cruel uncaring people, so why was I left in the dark and terrified? They seemed to be really understanding, but when it came to the procedure I felt completely out of control and didnt have the words to say This fucking hurts and, well, they knew but what can one do? Maybe waited a bit longer? I dont know. The pain was nauseating. The words it is out were the most relieving words Ive ever heard. They let me get up and dress after resting for a moment and...the blood. So much blood. It painted my whole ass red as I sat. It dripped down the floor, and I was in a lot of pain. Why werent there ANY SOURCES that this happens with Difficult removal? Is this not normal? I am just...shell shocked. I am back home and completely lost. Why is there no mention of numbing agents in the form of needles when doing an ultrasound guided removal? Why dont they mention the blood? THe pain? This shit was not mild discomfort. Please tell me I am not alone. Oh good, now I am terrified. Mine expires next April. This is not the normal IUD experience. Everyone I know has said the removal was easier than insertion with some weird sensations. I hope you heal quickly. JFC Im so sorry, OP! I have no knowledge or experience with IUDs to share (they were just beginning to be popular when I was aging out) but you have my sympathy and I share your outrage. Ive never read anything bad about IUD usage. I certainly hope this was unusual. Are you ok now? Do you have someone with you to care for you until you recover? Sending you lots of strength and healing wishes.❤️ Mine was considered a really, really difficult removal. This is, from all I am learning, a VERY unusual thing to happen. Tell the doctors your fears and do NOT let them surprise you. Ask for a play by play walk through of every possible thing that might happen in there. They are obligated to tell you! I certainly will be piping up, though I am done with any type of birth control for the rest of my life. I took my own out at the end of a period, so the cervix would be open, and it came out pretty much like a tampon. My wife dropped all her work and ran home to care for me, thankfully. Lots of icecream, a good cry, and a therapist appointment booked now. I am better, I just really know this will go down as a traumatic experience for me. I am going to call the docs office tomorrow and ask WHY this went the way it did. I deserve answers, at the very least, to get why this was so different from what I read online. That is exactly what I read too. Bitterly dissapointed, but also releived for all my sisters (and ftm brothers!) that is is NOT something most have to put up with. Absolutely! Im glad you had/have support. I just went and looked up IUD removal complications, have read half a dozen articles and have yet to find a single one that mentions more than mild cramping even though they mentioned what seems to have happened to you (the IUD getting stuck in the uterus or cervix or breaking during removal). They mentioned local anesthetic to reduce any discomfort but scary needles and excruciating pain and significant bleeding arent listed anywhere Ive found so far. Its treated very cavalierly. Again Im so sorry. I hope you can get answers and I hope they can make some changes based on your feedback that result in better outcomes for future patients. I SO wish I coud have done this. I coudnt find my strings and the first office couldnt either. Hence the removal with ultrasound. Local anesthetic is EXACTLY what a needle filled with lidocaine is: Local anesthesia, also called local anesthetic, is usually injections of medicine that numbs a small area of the body. They just dont tell you thats what they use. Really, really shitty. Mild discomfort, if you have to use local anesthetic, isnt mild. Just boggles me how care-free the articles are on informing women of what is actually going on. Oh boy do I have a story for you! So around 7 years ago my cousin was ready to have her second kid. Shed had an IUD placed because its marketed as great birth control and its an easy input/output procedure. I was watching her baby the day she went in to get it removed. Procedure was supposed to be quick. But by 3pm she still wasnt home. I got a call from the doctor saying they needed to speak to her husband and she was going to have to stay over night for monitoring. What??? I later found out that the doctor couldnt find the string to the IUD and went in with a camera to locate it. In the process, they punched a hole into her uterus.... Yep, trying to get the camera in... They couldnt find her cervix and just punched their way in. Because they did this they kept her under anesthesia for longer. They were in it to win it after botching this easy procedure. But time was running out, they didnt find the string and i they couldnt keep her under anesthesia any longer. So when she woke up, her IUD was still in and she had a hole in her uterus. She was scheduled for another procedure at a later date. Thank God a uterus can literally take a pounding. She healed and was fine. But what a circus. I dont think its normal and fortunately for my cousin she was under anesthesia. I couldnt imagine being awake for what you experienced. Im really upset on your behalf that they did not explain the process to you. Womens healthcare can be so horrifying. I hope to god she sued for medical malpractice. \*There is only one hole to fucking go up. how hard can that be?!\* I am so sorry that happened to her... I understand how anaesthesia works but youd think theyd mention this. How many people, who have heard of rabies treatment, arent aware its multiple long-ass needles stuck into your stomach? They dont keep that secret. So why this? I know!!! I was like you better not have to pay for ANYTHING! She def didnt sue, not sure how she worked it out with the doctor or if she even did. There was a post previously about a woman that got hers removed first time around with a male OBGYN, and he got it out quickly first try! I think its partly the doctor to be honest Mine slipped out with me barely feeling it. It took 5 seconds. I was shocked how easily it came out... Like how did it not fall out before? Yeah Ive also heard insertion referred to as a pinch and uncomfortable but Ive have two and both insertions were incredibly painful. I did everything I could the second time to make it less painful. Not sure if its because my uterus is tilted backwards or what. My first removal was easy and much less painful. Heres hoping my second removal is too.

IUD replacement at the VA hospital Im a disabled vet and get care through the VA. Last year I spoke to my pcp to get a referral for the female health clinic at the va so that I could get my iud replaced. I asked him if it was possible to be put under general anesthesia because of past trauma. He said yes, it wouldnt be a problem. He puts the referral in and a few days later I schedule my consultation with the obgyn. I practice what Im going to say to my obgyn. I read about self advocacy. I have my appointment and the obgyn tells me that general anesthesia isnt possible. The procedure was too short &amp; surely I could handle a couple minutes of discomfort. I tell her that I was told I could be put under but she insists that it wasnt possible. She tells me to take a klonopin (that im already prescribed for anxiety) and an 800 mg ibuprofen an hour before the appointment. Neither helped. The procedure was terrible. It took way longer than a couple of minutes. I was screaming and crying. She had to insert 2 different iuds because the first one didnt go in. I just kept repeating Im sorry. My appointment was 3 days ago. I cant stop thinking about it. My obgyn was almost… condescending(??) to me while I cried. She kept saying oh you poor thing. I felt so embarrassed. My chest hurts thinking about. Im seriously so sorry you went through this. I also had a traumatic IUD replacement and it was infuriating to learn how often our concerns are dismissed. Im terrified to have my taken out or replaced because of how my last experience went (crying, hysterical). I also plan to insist on being out or heavily drugged for it because it was one of the worst experiences of my life. Im almost a year post replacement and Im still physically traumatized by the experience. Dont let anyone minimize this. If you can, try to speak to someone about your experience and see if its possible to work through the trauma. I know VA care can be awful at best sometimes, but if its possible, I hope you can heal through this horrible experience. Its just terrible how were expected to have something literally ripped out of us and then a replacement put in all while being told its not that bad. Get the records through myhealthyvet and talk to your patient advocate. Thank you I plan on talking to my therapist about it, I didnt think Id have to, but I will. Its traumatic having to go through something like this. Any other procedure a person could have would warrant at least local anesthesia, why not this one? Exactly. They will put you out and numb you for a filling if you request it, but not an IUD removal / replacement. It is entirely because women are just expected to deal with any cervical / uterine / vaginal pain without medication. Just know youre not alone and that this kind of thing isnt okay. You should not have been put into that kind of situation. I am so sorry this happened to you. Anaesthesia for an IUD replacement is absolutely possible, and the Obgyn should have listened to you. Wishing you all the best in your healing. I got my IUD done at Planned Parenthood. When it was determined that it would be needed to pain meds administered they had me go to the same person who does abortions - no one else was qualified to give the pain meds. Additionally, I believe the med they gave was Vicodin. I have many questions as to why this was necessary - and I suspect that anti choice legislation is part of the equation. Im so sorry you went through this. Ive gone through it as well. It was the first and only time, I ever tried an IUD. Never again. I only ever go to female obgyns because usually, theyre so much more understanding. But its also sometimes, a double-edged sword with female obgyns. Sometimes, they fall into the mindset that its no big deal, because other women have done it without any issues. They may have done it as well, without any issues. They put their experience and the experiences of others, as the default experience for all women. Which means EVERYONE is able to go through it, without much issue. Its a terrible mindset some of them fall into, and it is grossly unfair and utterly unprofessional, to ignore the needs of their patients. That, or she just didnt want to go through the extra steps and time, for you. You deserved better than that, and shouldnt have gone through that experience. Mine hurt so bad Im scared to get it out. I definitely wont get another at that time.

Heres a Quick Way to Solve the Lack of Pain Management Women Receive When Getting IUDs

Had my IUD inserted on Monday. Im fortunate enough that I was able to be sedated with a Midazolam /Fentanyl combo BUT I just seen a post that made me suddenly remember that I woke up during the procedure and I kind of want to talk about it [deleted] Thats what the Midazolam was for, so you wouldnt remember.

I had an IUD inserted under anesthesia and it was awesome About a month ago after bleeding 6 weeks straight on OCPs, I decided to take the plunge and get a Mirena IUD. But I passed out during a cervical biopsy a few months ago and was terrified about the insertion process. I asked if there was any way I could be medicated with something like Ativan. My OBGYN said, no problem! and offered me deep sedation instead. Said she does it all the time for nervous women and teenagers. So I agreed. I had it inserted a week later in office with an anesthesiologist present administering me propofol and monitoring me. I was dead to the world while it was inserted. I woke up 15 minutes later loopy and my fiance drove me home. Despite the brutal cramps later that day, I think it was an ideal experience. I just got the bill for the anesthesia—only $70, almost totally covered by insurance despite anesthesia not being indicated for IUD insertion. Insertion itself was free (thank you, ACA). Im a medical student and they teach us in school that IUD insertions are no big deal and women dont need any help getting through it. I strongly disagree. In Australia, IUD insertion is almost always under sedation. I want more women in America to have the ability to choose sedation. It made a world of difference for me. I had a bad one and sedation would have been better My partner has similar concerns. Already sent her this post, thanks for taking the time. So alarmed by the no big deal comment :( But I am so glad that you had a positive experience. After reading about so many negative experiences, this gives me hope. Ive had external cervical polyps removed in the office with NOTHING. I have had hysteroscopy, also in office - NO. NOTHING. It was horrible. Like she was lopping off cm of polyps from my cervix without pain meds. Then they just left me to get dressed and I almost vomited and fainted on the floor, by all rights I should have, but I have an iron will. I was pouring sweat by the time I hobbled out to the parking lot, not even sure how I drove home that day. I was a fucking disaster for a few days actually. Worst part, after the hysteroscopy, they found internal polyps, so I had to go in for a D&amp;C anyway. They could have removed ALL the polyps at once while I was under. Sometimes I think fucking dogs are treated better than women. Why is pain just this thing dished out with no remorse or empathy - but only if it has to do with womens reproductive organs? So sorry you had to go through this. Cant believe some find it acceptable to be performing procedures INSIDE AN ORGAN without anesthesia Omg, I wish I could have been sedated for my second IUD…. It was really rough. Had anesthesia for mine as well because of vaginismus. It was a game changer and made an otherwise impossible birth control be possible for me. A couple of people saying they had bad experiences, so here is mine in Australia. At 38 I just lost patience with having my period every damn month, so I asked my GP about an IUD. She basically said no probs, theyre amazing, heres a script for the IUD, Ill book you in. So I paid a total of about $40 for the IUD, and then took it to my appointment at a public hospital (about a month after I saw my GP) where they put me under general anaesthetic, inserted it, removed a small benign cyst while they were there (efficient!), and then when I woke up after a very short sleep they gave me a lovely warm blanket and some painkillers, treated my kindly, cracked some jokes and then called my sister to come pick me up. I had very mild cramps for about an hour afterwards, but that was it. No other pain. I had no complications. So for $40 I got to have a nap and get rid of my period for four years and counting. Where else these days do you get that kind of value for money? 10/10 would IUD again. Love to hear it!! Its so interesting to me that in the US anesthesia for IUDs is not evidence based but for Australia theres enough evidence for it to be routine for their healthcare system. The cynical side of me is surprised it isnt more prevalent in the US given its an avenue for more profit. My insurance was billed $1100 for the anesthesia, so I understand not everyone could pay for it if it was more widely available. Obviously another injustice but thats a different story lol Sedation is an option? I didnt even know they had a numbing spray until after mine was inserted and I was describing the horribleness of it all to my sister. I stupidly read very little before going into it because I was already scared and thought it would make me chicken out. My insertion was the most painful medical procedure Ive ever had. I involuntarily yelled through the whole thing and I would have been embarrassed walking through the lobby after if I wasnt desperate to get home. I spent the rest of the day trying not to throw up from the cramping. I will definitely research pain management options before getting it out. Unfortunately it can be difficult to find an OBGYN in the US willing to do it under sedation. Most are not trained in administering sedation so they will not do it, which means they have to have an established relationship with an anesthesia provider. They may not have this if they dont often perform in-office procedures that require anesthesia. About the most an OBGYN themself can offer is a paracervical block, which is like a numbing injection into the cervix. I have heard removal is much less horrible than insertion but I myself am uncertain whether Ill get it removed under sedation When I had it inserted, my doctor gave me nothing. No pain meds, no numbing spray. Nothing. He said I wouldnt need it and I wouldnt feel anything because I had just had a baby 6 weeks prior. Why is a man allowed to make that judgment call? I absolutely felt it and it hurt like hell. For comparison: my husbands vasectomy. He was given a numbing patch to place an hour before the procedure so he wouldnt feel the needle they use to numb it for real. They gave him a bottle of advil to help with the pain afterwards. They gave him an oxy to take on the car ride there to deal with the anxiety of it all. I have always felt this shows the glaring differences between men and womens healthcare. Im an RVT and the answer to your wonderment is yes, we treat dogs better than this. Its sad. Australian IUD inserter here. I do lots of insertions without sedation. Its definitely not the norm to sedate. However sedation is offered if people prefer it, and is almost always done if the patient has never been sexually active. Its just more of a hassle and more expensive or people have to wait longer (if being done publicly). Edit: a lot of women are happy to have it done without sedation, including IUD changes after 5 years. Im also in Aus and mine was done under anaesthesia at the Royal Womens. Unfortunately my Mirena gave me a super regular period! Now that Im in a different state, Im terrified of getting it replaced incase they dont want to put me under again. What are are you in? I would have loved this... When mine was inserted they had to do it three times because it messed up two times. It took so long... She said just a little pinch... I thought I was fucking dying. Ive never felt pain like that in my life and I never want to feel it again. It was such a terrifying painful experience. Just like they say that women over-report their pain or are just anxious instead of having a heart attack. Why would your doctor knowingly withhold sedation thats harmless for 98% of the population? She already knows that it makes the experience painless. She knows its painful otherwise. This pisses me off more than the men who just dont give a rats patootie. I am on my third Mirena IUD - 5 years between each. I have a vasovagal response to insertion. I get clammy, feel like my vision gets dark around the edges, sound is dimmed. And then I puke a little. (This also happens when I get fillers in my upper lip.) This third time around, the doc asked if I wanted a numbing shot at my cervix. Yes, that would pinch and burn for a second, but then I wouldnt feel anything. I said yes, and it was great!. No a shot in your hoo-haa is not super fun, but it was as advertised -- a pinch a burn and then nothing. IUD inserted and only felt dim pressure. So, there are options. Ask for them! My last one was under heavy drugs, not sedation, but I would still 10000% recommend people ask for and be given one of the two. Its way more pleasant than just being awake and getting to feel all of it. Insanely jealous! I just had one removed and replaced same day and had intense anxiety for like a month leading up to it and nearly hyperventilated on the table. I took a Norco before going in and still was down for like the entire day after wondering once again in my life why this is not something they dont offer sedation for!!! They sedate people for a colonoscopy for goodness sake!!! The worst part for me is Im having mine removed already and the damn strings have slipped inside my uterus. So I MAY be able to have it removed WITHOUT SEDATION soon and if that doesnt work, I then get to schedule an OR visit to be sedated and have it removed. Yay me..... This should be the standard of care for every woman. Man all of my iud insertions and replacements have hurt SO BAD. This would be really nice. Im due for another one soon and I was told that the clinic in being referred to has numbing options. I got an IUD for my endometriosis (fyi. Its helped WONDERS!). However, turns out I had a tilted uterus. I didnt know. Doc didnt know. It was a very painful process. Once she realized what was up, she got it in like it was nothing. But I cried. She felt horrible. She said I was the first person who has had an issue but now she knows. And so do I. I had a FUCK TON of testing done early that year because of the endometriosis and Im amazed not a single doctor noticed/said a word. The doc who did the insertion was new t

Medical trauma and anger Three years ago I went through an IUD replacement with complications that resulted in the worst pain of my life. I got the new IUD removed not long after because I could regularly feel its presence, which viscerally reminded me of the horrific removal procedure. I had flashbacks to the pain for months afterward. Today I had my first pap smear since that experience. I wasnt looking forward to it (who ever is?) but time has passed and Im trying to be responsible about my health. New office, new doctor. Both incredibly nice. She was gentle and understanding and the appointment went as quickly and smoothly as possible. And yet, the pap smear itself brought everything right back. I realized my fists were clenched, I was breathing like I was in labor; it was only mildly painful physically but the psychological discomfort was so intense. As soon as the doctor left the room I realized I was on the verge of tears. I managed to keep it together until I got home and now Ive been sobbing uncontrollably for the last hour. I cant stop. And Im so, so angry. Im angry they were allowed to do that procedure on me three years ago without sedation. Im angry that Im now unsure if Ill ever have children because Im terrified not just of labor but of months of exams, of people touching me in that way over and over. Im angry that I associate my own body with pain and fear. Jealous of people who associate their bodies with beauty and pleasure and life. Sometimes I wish I could have all of my reproductive organs removed because their association with pain makes me nauseous just thinking about them. And Im sad I feel that way. Sad and angry. r/WeDeserveBetter Im so sorry you experienced that. I had a similar experience and still have residual medical issues because of it. If it makes you feel any better, the pain from my botched IUD insertion was far worse than labor pains or any part of my childbirth experience. The only thing that came close was the removal of the catheter on day two. I had an epidural and spinal block when my contractions were about 45 seconds apart and then an emergency C-section, so I didnt feel the pain of actually pushing a child down my vaginal canal. You can always refuse internal exams. Im not a doctor, but I think it would be totally doable. They like to do transvaginal ultrasounds at the very beginning, but its not absolutely necessary. The only time I think it would be totally unavoidable is when theyre checking to see how dilated you are during labor. But even that could be averted if you just went with a scheduled C-section. IDK, I wouldnt give up hope just yet. Best of luck to you.

Short but strong - another IUD insertion failure story So this one is a bit of a doozy and I guess Im here mainly for some loving and kind words more than anything after the absolute nightmare day Ive had. As you can guess, my IUD insertion did not go well today. What my bf and I are now referring to as the Danny DeVito of vaginas, the words used to describe the problem is that she is both short and strong in stature. After barely putting the speculum in because the pot of gold was at the end of a very short rainbow not only did I have vaginal spasms strong enough to push everything out - speculum an all - multiple times, they were so strong that she couldnt continue without me passing out/vomiting. This was promptly followed by well thats never happened before, huh, didnt know they could be that short and we can try again but it will need to be in a couple of weeks because theres too much trauma there. Obviously Im disappointed, frustrated by the apparent vice like grip of my little lady bits, and still suffering from all the discomfort of IUD insertion + continued vaginal spasms even now over 12+ hrs later. Has anyone had this happen before or similar? Did your second insertion work or did you have to see a GYN? Im willing to give her one more try as the nurse is highly experienced and did a very very good job, plus she has indicated that she will refer me to a GYN if she cannot insert it next time. Also if you hadnt realised by now I cope with trauma through comedy. Im so sorry OP. This hasnt happened to me, but I understand how frustrating and painful this can be. Have you discussed numbing agents with your nurse? I have no idea if itll even do anything, but might be worth a try to discuss. Thank you so much for the suggestion! Unfortunately, this was with numbing agents on board plus painkillers. I think the plan would be to try sedation at the GYN if the next go sucks just as much. Oh OP, you are not alone. Humor is an excellent way to handle anything involving a speculum! Im just glad to be able to put gyno aside right now as Im experiencing a bad asthma/bronchial setback. I would not want the speculum to fly across the room if I coughed! :) Only advice I can think of involves a bottle of tequila right before the next appointment… And yeah, I didnt appreciate all the years of Well, I never! remarks. Well, Doc, if this is your first rodeo then I guess you havent lived! :) I was super lucky to have a large facility near me in the Midwest who does these under sedation. If youre in the Midwest, feel free to DM me and Ill share location. So sorry you had to go through this. Im in New Zealand otherwise I would! How did you find it under sedation? Was it easier for them to place? Im thinking this is probably where Ill end up because I have an insane pain tolerance and wasnt panicked/scared at all. I wanted to try again and they wouldnt let me so its definitely an anatomy thing at this point. I have a retroverted uterus and vaginismus, so Ive got some complicated factors. First IUD, I was mildly sedated but chatted with the nurse about her frog name tag the whole time (and only remembered this later). Im not sure what they gave me but it was a single doctor and not an operating room. Second two I had to have insertion with an ultrasound. I vaguely remember saying I was in pain and asking for more sedation, and they gave me more. It was a full operating room with probably four people total. They also gave me a lavender scented cotton ball and let me choose the music. 😅 I was spoiled. 10/10 would recommend.