I highly recommend getting an iud Ive been seeing a lot of period Related complaint posts Like Headache pain and cramping, and I dont experience any of this, or periods at all for that matter because I have a kyleena IUD. ( lower hormone amount than mirena) Therefore I feel obligated to share my experience to possibly help others. It was free through insurance and government insurance will cover it as well… It has changed my life drastically for the better and I no longer have to worry about a multitude of things. It lasts five years and I have never had any complications or side effects with it. I also have peace of mind about not getting pregnant, As I have put its effectiveness to the test many times, so to say. Some people prefer the copper kind instead of hormonal but the point is an IUD is definitely the way to go if your dr says you are a candidate. I will say that getting it inserted was hell. The nurse practitioner claimed I had a tight cervix and had trouble getting it in and it was extremely painful but the pain was worth it. I also had some spotting after but that went away. My five years is almost up and when they take out the one I have theyre going to put another one in at the same appointment. In general I also had a good experience with the IUD. I had the mirena (lasts around 5 years) inserted during my second year of college. Insertion was pretty painless for me, I only had light cramping afterwards. I had student insurance so it was all free. My period started to fade around 3 months after insertion and pretty soon I stopped getting periods altogether. Its coming up on 7 years since I got it inserted (I should have taken it out a year and a half ago, but I didnt) so I just got it taken out at an OBGYN clinic here in Japan. I have insurance and it cost about $120 for the appointment/ removal/ other. The doctor told me that since It technically should have been at the 5 years mark that there could be a possibility that it imbedded into my uterus (in which case the removal would have been a lot more complicated) BUT everything was fine and the doctor was able to remove it quite easily and painlessly. This was a week ago. I had a little blood when I wiped a few days ago and I expect my period will return soon. A few other words on my experience: My IUD worked against pregnancy even during the last year and a half of it being inside me, despite the fact that it was over 5 years old. I continued to have regular sex with my fiance occasionally with condoms (just in case). Dont be dumb like me though, remove the IUD when its supposed to be removed (dont leave it in like I did) Before I got the IUD i never once experienced a yeast infection. soon after It was inserted though I developed a yeast infection and in the 6.5 years of having the IUD in, I have developed around 5 or 6 yeast infections. Thats about once a year. I do believe my IUD somehow is involved. lastly, I occasionally was able to feel the IUD inside me. when I would masturbate I would sometimes get this weird feeling in my lower stomach area (its difficult to explain), and Im 97% sure it was the IUD because I have not felt it since the removal. It was creepy and I did not like it. I dont plan on getting a new IUD anytime soon, but from my experience I would still recommend it! I have the Nexplanon implant and I love it. I know it doesnt work for everyone but Im not willing to get an IUD and this was great alternative for me. Its literally set it and forget it, and my periods are much less problematic. I still have periods but they used to be like 10 days heavy bleeding, cramps and my iron was always low. Now like 3-4 days and pretty light, no cramps so its a major win for me.

Question for those of you with IUD that have had vaginal birth We are happily one and done. Our awful insurance will not pay for my husband to get a vasectomy but will 100% cover me getting a IUD. ( WTF right). I read some of the posts about how some women said it was an unbearable pain, but most of them have not given birth. For those that have, and then gotten the mirena IUD, how severe pain are we talking? I have a pretty high pain tolerance, didnt scream, or anything during labor. Made it to 9 cm before caving and asking for the epidural( ugh worst decision of my life.) My doctor did tell me she would prescribe pain meds and also a pill that would dilate me to make insertion easier. Pretty much, what should I expect? Thanks! Edit- I should add that I DO have PCOS Apparently its different for different people. My one data point is Im a pain averse wuss with almost no pain tolerance who got all the meds (stadol then CES Epidural with the patient control button) durring my vaginal birth so I still (blessedly) have no idea what it feels like to get dilated without them. And a few months after birth I had an IUD placed and didnt hurt me hardly at all no pain meds, no dilating pill either. If you lasted that long without an epidural I feel like youll be fine even if it DOES hurt. Edit: in case it makes a difference, I had Mirena. Having an IUD was, for me, the worst pain Ive ever experienced. I have had a baby, have extremely painful rheumatoid arthritis, food allergies that destroy my intestines, have interstitial cystitis and celiac disease. I am used to pain so bad that I faint and wake up on the floor. Late stage labor pains (contractions 45 seconds apart) doesnt even rate in my personal experience of pain. (At that point they did an emergency c-section.) With that IUD I was sobbing and vomiting from the pain, unable to eat, drink or sleep for four days, until I insisted that they remove it. Maybe planned parenthood offers affordable vasectomies? I had mine after 2 babies, I went with the copper one, and was in pain every minute that I had it. I didnt make it a month before I had it removed. Get pain meds. Its a painful process, for me at least, and at first my dr was like, take some Advil. I was like, yeah, thats not gonna work, but Percocet helped. I had the Mirena after having a baby and it wasnt a big deal for me at all. It was a bit of a pinch feel but nothing I needed pain medication for. It seems like I was lucky that it didnt bother me much. I also have an amazing NP I work with so maybe she was just really good. Thanks! I trust my gynecologist. She was actually my OB years ago when I was pregnant, and I followed her to her new practice. I had a weeklong, spinal headache from the epidural, so I truly believe nothing could be worse pAin then that for me. Dang!!! Did you ever find anything that worked? I hand had two IUDs placed eight weeks postpartum. The first one I didnt feel at all because that OB was an angel sent from heaven. The second one sucked because I stupidly agreed to let the fresh from med school resident do it. It wasnt horribly painful, but definitely not as smooth as the first one. The insertion for me didnt hurt, but the IUD itself caused unbearable pain during sex. Wait why was the epidural the worst decision of your life? I hope your sense of self worth isnt caught up in how much needless suffering you endure in the name of motherhood. Anyway, if your insurance will cover female sterilization, I highly recommend it. Because the anesthesiologist punctured my spine and I was leaking spinal fluid for one whole week. I couldnt move or walk up straight or hold my baby or breast-feed or any of that for the first week of her life. I thought I was only at 4 cm they did not check me if I wouldve known I was on a nine I would of powered through. Thats horrifying. Im so sorry. The thought of having more children was too much for me, and birth control pills have always made me sick, so I went for it and had my tubes clamped. It was a painful recovery, but I havent regretted it. Had mirena installed 10 weeks postpartum. They said I would feel a pinch and pressure. No. It was a sharp, twisting stabbing pain. My OB NP was a veteran too- it just hurts. I dissociated during it and was weeping. They only said take ibuprofen before hand. Not effective. They make you stay lying down a while after because they say you may get light headed. Yeah, I nearly passed out. Weeks go by and my ex husband kept telling me it was stabbing him in the dick when we had sex. I thought he was flattering himself. Every time we did it I had terrible cramps after. When I self examined I did feel something kind of hard but thought it was the strings. Go in for a follow up check up, lo and behold my uterus was rejecting the IUD and the tip of it was exiting my cervix and it was becoming lodged in my cervical canal. She immediately removed it, unceremoniously and without warning. I screamed. Then went on the ring, which made me suicidal, and killed my libido. Went off bc. I had a mirena put in about a year after having my only kid. I was given pain meds and something to soften the cervix. It was uncomfortable but bearable. My second one was not as easy, I had the old one yanked out and the new one put in with nothing to help. I nearly passed out with the pain. I had one put in 10 days ago. I have a high pain tolerance and have always had terrible cramps. Insertion felt like a slightly annoying period cramp. Was no big deal for me at all. I took Advil before and took in for a couple of days after.

IUD experiences Hello, Im heavily considering getting an IUD but Ive been put off by experiences of many women saying how painful it is. Any of you guys had an IUD insertion where it wasnt THAT painful? Does it matter if its hormonal or just copper? Pain-wise, I mean. Thank you💜💜 I have a copper one. It was fine. I didnt take anything before and just took an ibuprofen after. The insertion itself was like your basic exam and a quick punch to the cervix. Not lovely, but over in a moment. A little cramping that day and I had heavy periods for a couple of months after, but no worse than a lot of women have. Totally worth it, I havent had to fuss about birth control for 12 years and still doing fine I got mine in and honestly wasnt that bad at all. Insertion was uncomfortable, and I did have some cramping afterwards, but it was over with in an hour or so. Ibuprofen is your friend Feel free to search for IUD in the search bar for this sub. There are at least 3 posts asking this daily and every one gets good answers. Ive had 3 hormonal IUD insertions now and yes they are pretty uncomfortable to insert but my experiences have not been painful. The first one is the worst in terms of your body adjusting to it (took my body about a month) but the next ones are nothing considering youd already be accustomed to having one. There was a post earlier today where someone explained the things that a doctor can do to mitigate the pain. They listed 3 things. Im fuzzy on the details but it was something to soften them cervix, a numbing shot before insertion and maybe an anti anxiety medication. Look at posts within the last 24 hours and youll find it. Youve got this! Copper IUD here. Inserted 2.5 years ago. I didnt have any painkillers and drove myself to the hospital. The insertion was awful, I almost fainted and my pain tolerance is quite high. I then drove myself to work but had to leave after 3 hours because of the pain. It was very painful for a few days and since then its been bothering me. Didnt get pregnant though, so Id say it does the job. Im not looking forward to getting a new one. If you have a chance for pain management, ask for it. Also, I had my period twice per month for like 8 months at the beginning 🤷‍♀️ apparently its normal I got my 2nd one right after my covid vaccines, the cramping afterwards was bad and I do wish that I didnt drive back myself and had someone drive me but the insertion was a little uncomfortable but nothing extreme. The previous time I had an IUD, no pain or anything and I didnt take anything before. This is the one to find. IUD pain seems to correlate directly to what the doctor is willing to do for you. This one: https://www.reddit.com/r/TwoXChromosomes/comments/x2lyci/attention\_iud\_insertion\_shouldnt\_be\_painful\_and/?utm\_source=share&amp;utm\_medium=ios\_app&amp;utm\_name=iossmf This post goes into some detail about it: https://www.reddit.com/r/TwoXChromosomes/comments/x2lyci/attention\_iud\_insertion\_shouldnt\_be\_painful\_and/?utm\_source=share&amp;utm\_medium=ios\_app&amp;utm\_name=iossmf Seems like it should be in a FAQ or something here… Thank you, this is the one!

Can someone ease my mind about getting an IUD Getting an IUD tomorrow and am getting nervous, Ive heard so many horror stories about it, not just online, from a lot of people I know IRL. The dr said on the phone that I gave birth so the pain of insertion wont even compare, but still to take advil or whatever. I have to bring my infant with me too which is also making me nervous (I get anxious bringing her new places). Any good IUD stories to ease my mind? 😅 Can confirm that the insertion part is not that bad. Its an intense pinch for half a second and its done. That being said, I did have mine removed because of some weird side effects and a few of my friends did as well…so listen to your body if youre feeling off after about 6 months! I have plenty of friends that have it and love it, but doesnt agree with everyone! i had one done and while it wasnt enjoyable, it was definitely something i could live through and experience repeatedly. if possible, clear your day and see if someone can drive you there are back. when i got mine done, i got crippling cramping for the rest of the day (was hard to walk) and was grateful i didnt have to do anything after my appt. Unfortunately I dont have anyone to take me so itll just be me and baby haha, Im hoping it wont be too bad so I can drive home Ive never had kids or been pregnant and mine was relatively easy. Take Tylenol (bump the dose a little) or any pain pill the doctor prescribed about an hour before and just keep on that the next day or so. I also used a heating pad the whole afternoon and night after gettint it and it it really helped reduce the pain to medium period cramps. The first night was the most uncomfortable but then I felt relatively normal the next day. Either way. Best decision I made. I had Mirena inserted in June. I forgot to take any OTC pain meds before, so I had to wait until I got home, but I did ask my Dr. for .5mg of Ativan (my sometimes anti-anxiety med) to take before the procedure. Mine was a little complicated because my uterus is tilted to the right due to surgery I had at birth (gastroschisis) and I was almost too small for the IUD (never been pregnant \\*knock on wood\\*). Even with the complications, the pain only made me wiggle my toes a few times and take some deep breaths. After, I had moderate cramping for about 30 min. By lunch, I was out having pizza. You got this! Itll be ok. Good luck. Ive had mine done twice. No kids. Mine hurt a bit more than it averagely is supposed to and I went into a bit of shock both times, just needed an ice pack and a cold juice box. However it has been the best bc Ive ever spent my money on as now I dont have periods or intense mood swings. I have a merina Thank you! Im also getting mirena, thank you so much for sharing I just got a new IUD last week. My second one. I do think it was painful. I do think that the procedure should use local anastetic. But its pretty quick. I think its bullshit they dont use any anasthetic. I cried. But its only once every 5 years. Mine was fine, just some cramping, similar to a period cramp. I stayed laying down for a couple of minutes after the insertion, then I just jumped up and biked home. Easy peasy. Thats very reassuring thank you

Every Woman I know has an IUD horror story Basically just title. Every time I consider an IUD, bring it up to the women around me, whatever, they have all given me a fucked up story about the pain, the inconsiderate doctor, their basically horrible experience inserting the IUD. And they ALL conclude with, well, Im one in 10,000 (or random other number) to experience that I joke. Every time. That every single woman that I know must be part of some special club — youre all the magical 1%. Because you all tell me about how horrible it is. And you all say how rare your horrible experience is. Every time. Im just saying. Yeah thats why Im never getting one most likely. Heard wayyy too many horrific stories. Imma just stick to a pill and a condom. I know 3 women who have gotten pregnant on an IUD. My IUD has been great. Taking mine to the grave Uh I feel like the cons to IUDs are really downplayed, so random issues with IUDs are more common than just large statistics. The stats focus a lot on worst case scenarios. I was given information about how (un)likely it is to have perforation, unintended pregnancy, etc. but nobody ever went over basic possible side effects and complications. The first 9ish months I had mine in it caused me excruciating pain on and off, discomfort during sex, and horrible menstrual cramps. I had plans to get it removed around the time those (mostly) subsided. I think a very large number of people have some issue or another with their IUD, they just arent issues typically brought up in the discussion I have an IUD and insertion was quick and painless. I too heard the horror stories and was very ( pleasantly ) surprised. Now afterwards it took awhile for my period to adjust, happening at whacky times and I would get pretty sharp menstrual cramps off &amp; on. That was happening for the first 5 or so months. Now 2 years in my periods are stable and I only experience mild cramps or none at all. Ive had a mostly positive experience and it works for me because I cant be trusted to take a pill everyday 😅 Just keep in mind that people dont bother telling their experiences that werent memorable in one way or another. There are lots of people out there that have had just fine experiences and even great experiences so they dont feel the need to warn others, you know? That doesnt discount all the horrible stories people have and its up to any individual whether or not they take the risk. Personally, I loved my IUDs. Not my own story, a friend who goes in for her sex pretty rough found she was pregnant. The cause was the device being dislodged while having sex with her lover. Ive had my Mirena IUD for 11 years, three altogether. Not only has it prevented pregnancy, it completely stopped my period. No cramps, no mood swings, no pads. I think its amazing and Im staying on it until menopause. People who have problems with IUDs tend to be much louder than those who are good with theirs. I continue to recommend Mirena to everyone looking for long term birth control and a way to avoid having periods. I didnt have any problems getting mine inserted or removed (I have had 2), but with the 2nd one I had constant BV infections. It would clear up for a week or so every other month but sure enough it would always always always come back. I havent had a single issue since I had the iud removed. I dont remember having anything like that happen with the first one so I dont get it. Im sorry that is so true 😭 working at a reproductive health center weve gotten quite a lot of pregnancies on IUD/IUC but havent seen one with an implant yet so thats good news at least? 😅 It was a fucking nightmare for me. From insertion, where I puked and nearly passed out from the pain, to the constant stabbing pain to the horrendously worsening periods. Nope. Never again. My mirena was amazing until I started getting my period again in year 3. Id been eating ibuprofen for a couple days before insertion because of a sprained ankle, and was given misoprostol ahead of time to relax things. Was just a slight pinch and some very mild cramping later. Only reason I didnt get another was I got my tubes removed instead. Had it pulled while I was under for surgery, so I cant speak to how that feels. Could have written this post, but Im a few years ahead of you. Had a Mirena for 17 years now and most recent one will be the last. So nice to not have to deal with the awful periods that come with peri-menopause. Getting a Mirena IUD was one of the best choices Ive ever made. Right up there with choosing the right man to marry. I hated my IUD. Dr said after I just had a bad reaction but I was sobbing curled up on the floor in from pain after they put it in. Fucking excruciating. They sent me home with pain meds and it improved after like 2 days. Then I bled nonstop for the 7 months my Dr forced me to keep it in for. She kept saying just wait it will improve every. Single. Visit. FINALLY after 6 months she agreed to remove it. It was bullshit. I live in hope. I got a mirena a month ago to deal with debilitating periods. Its too early to tell but Im PRAYING it stops them altogether It totally will. It takes a few months of fucking constant bleeding though. Be patient!!! Also on my 3rd and its been amazing. My gyno actually recommends them during menopause too and does a lot of insertions on women in menopause because he finds it really helps with the symptoms. Thats DOPE. So good to know!!! Tbh I love my IUD. i had a little learning curve but after that, its been my longest commitment 🥰 ❤️ love this

Copper IUD broke - help? Hi, Id seen stories about the copper IUD breaking (after I got it inserted unfortunately) and was afraid it would happen to me. Last week it did. I only had the IUD for a little more than 5 years, barely half the supposed lifespan. The nurse tugged on the IUD a couple times and on the third try finally got it out. But it was missing an arm. Now I have to see another doctor about next steps. The problem is that doctor is only available after I go on vacation to a country with iffy healthcare and Im nervous about experiencing a medical emergency while there. Would anyone be able to share their experience getting the broken part removed? Did you also have to wait and was that okay? Should I consider cancelling my vacation to get this addressed? Im not currently in pain but I am expecting to be on my period while on vacation which I fear may move the broken piece. Thank you for any help (and any positive stories. Ive seen some research on the internet talk about hysterectomies for removing the broken part and its terrifying) &lt;3 I had some issues with a copper IUD, which slided down causing a lot of pain and bleeding. The doctor had to take it out and put a bigger one back in. Im not a doctor but I wouldnt be comfortable with missing medical pieces stuck inside my body. Im sure its not a case of histerectomy, that sounds like an extreme case where the arm would embed in the wall of the uterus but it will probably scratch your uterus and cause pain and bleeding so do get that checked out asap. Consider the risks, would you even have a good time in your vacation with this amount of stress? Thank you for commenting :)

If you get an IUD, keep the strings long and listen to your partner! Hi everyone, first post here, but I wanted to raise awareness for a little known issue with IUDs. I have searched this before, but I usually only get a handful of anecdotal accounts that are relevant. This is in no way medical advice! I just want to share my experience with my own IUD and the problems I have faced as a woman in a world where we lack information about womens health. I got my first IUD (Liletta) around 5 years ago, and my doctor left the strings about 1 inch long. I was told that the strings would eventually soften, and they would not be an issue. However, once the IUD settled into place, the strings all but disappeared into my cervix. I could no longer feel them if I tried. I had an ultrasound to make sure my IUD was in the correct place, and my doctor said everything was fine. Unfortunately, my partner could and said it was the most painful thing. I went back to my doctor and he told me that he could not see or feel the string at all. My partner must have been imagining things. From then on, my partner and I would just avoid positions where he would go too deep and hit my cervix. That seemed to fix the issue, at least temporarily. A couple years later, I got a new partner who is \\*cough\\* more well endowed than my previous partner, and the string issues resurfaced. There was no position that we tried that would allow him to avoid the string. This continued for a few weeks until I noticed that I was actually poking small holes into him and I felt SO BAD! I immediately booked an appointment with a different OBGYN to see what I could do about the problem. She said that she had never heard about the string poking during sex, and the only thing they could do was completely replace my IUD. Obviously that wasnt amazing news to me, but if it meant not stabbing my partner in the bedroom, it seemed like the only option. (I had tried other birth control before, but any amount of estrogen from pills makes me a moody, hormonal, depressed bitch.) Unfortunately, the removal process of the IUD was a complete nightmare. I went into the clinic on no fewer than 3 different occasions because the different nurses and doctors could not find the string to pull it out. We tried different times in my cycle, I tried bearing down to see if that would make the string visible... One woman finally got lucky and managed to get a hold of the things to pull it out of me. Thank GOD. One of the doctors quipped that if I was willing to go through this much trouble with the IUD, my partner must be really good. Thanks, lady. They gave me a new IUD a couple weeks later, and they made sure to keep the strings extra long for me. Again, they told me that the strings would soften and wrap around my cervix, keeping them out of the way. For the most part, the strings have not been an issue anymore, but my partner will still occasionally complain about rubbing against the strings. If hes really unlucky, the ends will point down and Ill notice that he has tiny pinpricks again. This has been going on for over 2 years now. From what I can gather, this is because hormonal IUD strings are made up of something similar to fishing wire. (The copper IUD ParaGard is actually string.) Obviously this plastic thread does not soften over time, it just gets covered in mucus, making it appear softer and less noticeable. This isnt to say I regret getting an IUD, it think its amazing, but I wish I knew about the potential problems I could face in the bedroom. TLDR; If you get an IUD, make sure to keep the strings long! They can always cut them shorter, but they cant cut them longer. And listen to your partner if they can feel the strings. They arent crazy! Second this whole post!!! This is interesting to be because I had an abnormal smear after getting an IUD and they lasered off the top of cervix to remove the precancerous cells (curing cancer before its cancer FTW! 🙌) The nurse told me that she pokes the strings back into the uterus to stop them getting lasered off with the cells. I wonder how theyll get mine out? Yikes! Glad to hear they caught the cells early! From my experience, they do have little tools that can hook the string and pull it back down if it gets tucked up too far. That obviously didnt work for me because the string was too short lol. They also have techniques that allow them to remove IUDs that dont have strings at all. Im sure you have nothing to worry about! Good to know. Thank you for sharing this. I had the same issue with the Mirena IUD. But I also had spotty periods, acne and other issues that made me look at other options. Since I liked the idea of the IUD, I tried the Paragard. There was absolutely no issues with the strings, no hormonal acne, so its been great. But I have heard horror stories about the strings from Mirena and cutting them shorter only seemed to make the problem worse and make them harder to remove. This is really good to know! My first IUD had really long strings (I could feel not just the tips of the strings, but the entire length of them) when inserting tampons for instance. Made me paranoid about accidentally ripping out the IUD, luckily that never happened. After 5 years I replaced it with a new one (both were mirena), and now I cant feel the strings at all. Neither have any of my (relatively few) sex partners. Im glad you found something that works for you! I started birth control not as birth control but to help with my painful, heavy periods. I heard ParaGard can actually make periods worse, which is why I went with the hormonal option. I honestly dont know why they cant use a softer material for hormonal IUD strings, like with ParaGard. Its not like Im the first one to complain about the strings being problematic I absolutely agree. Youd think they could fix the issue with Mirena strings since everyone I know who has had one has complained. But as for Paragard, my periods arent necessarily any worse, I think it was just getting used to having periods and cramping again since I had been on hormonal birth control for so long. Wow! Your first IUD strings must have been really long! But that fear is the same reason why youre not supposed to use menstrual cups in case the suction pulls out the IUD. Another thing to worry about right?? And hopefully your new strings continue to not cause you any issues :) Same except the doctor removed the string entirely and. It part of the bottom of the device off or something because it keeps being an issue. Not sure how else youd avoid that I think overall IUDs suck. It hurts using a tampon, taking it out tugs on it. My husband can feel it, I get it checked a lot because of these issues and everything is good. I only use it because it legit works and havent had a pregnancy in 7 years. Our plan is for him to get a vasectomy soon so I can just get off all birth control. Cant wait. Good luck! Overall, I love my IUD. I suffered from painful, heavy, irregular periods before. I tried a bunch of different birth control pills, but all of them made me crazy. The IUD seemed like the best option. Its done exactly what I wanted it to do, which is stop my periods all together. That part has been great. I dont have to worry about it at all. But the string issue has been bad. We cant even think about using condoms rn because Ill poke holes in them anyway. I just wish there were better ways to manage periods and PMS in general I have Liletta too and cannot find the strings. Actually went to the OBGYN two weeks ago to make sure it was there because partner occasionally feels them too, but I cannot reach them because they are short. Lol I have the opposite problem where they cut the strings too short and now its stuck and cant be retrieved until Im under gen anesthesia =\_= Even with my strings cut short my cervix is so low the ends are regularly poking me, when I have a period the ends will actually poke of out my vaginal opening which is uncomfortable From what I understand, its a hygiene issue. They cant use any type of material that bacteria could climb to get past the cervix and into the uterus. That was a huge problem with one of the original IUDs that was discontinued for causing life-threatening infections. ParaGard doesnt contain soft material either. Its strings are made with plastic thread as well. It felt pokier than the Mirena to me but it probably has more to do with how the strings are cut. To be fair, the Paragard strings are made of plastic thread (not what I would call string) and are quite pokey as well. I dont want people to get the impression that they will have fabric tampon-like strings if they get a Paragard. Oh nooo. Im sorry! I was afraid that was going to happen to me the first time because none of the doctors and nurses could feel the string. Hopefully they are able to get it out without putting you under! [deleted] Ah that makes sense. Its just strange because I almost always hear problems with Mirena and Liletta strings, not with the others, but I cant always find information about the string material, and a lot of it is conflicting. I wish theyd keep telling people that the strings soften because they dont. I dont think my partner should have to suffer because they cant find a better material. As a method of birth control, the IUD is keeping me from getting pregnant by not letting me have sex at all Oh interesting, the strings (for both Mirena and ParaGard) have always softened and curled up in my experience within a few weeks of placement. I guess YMMV. Every body is different. Im sorry its causing you problems! I hope you find something that works for you! And hopefully birth control options will expand in the future. thank you for your sympathy! ive been feeling really down about it lately :( unfortunately theyre going to have to put me under and fill me up like a balloon to retrieve it LOL

Need moral support before IUD appointment Im getting a copper IUD (Mona Lisa) in two weeks after almost 5 years on the pill. I decided to go for the copper IUD but now Im second guessing if that was the right choice. I went off the pill for a few months about a year ago and felt so much better, my brain fog went away, I felt stronger, I had a normal sex drive, it was great. I figured a hormonal IUD would give me the same issues I was having with the pill but Ive learned thats not the case for everyone. I have been on the waiting list for seven months to get this appointment so if I change my mind I will have to be on the pill for a lot longer that I want to. Ive heard tons of great experiences with the hormonal IUDs but not the copper IUDs, can anyone share their positive experiences with copper IUDs to help me feel confident in my decision? I just had mine inserted about two months ago. Uncomfortable but not painful really. I did bleed a bit more than they were expecting I guess but I was in and out in a half an hour and wasnt bleeding when I left. So far Im a fan! I hope it goes well for you! If it hurts you can always revoke your medical consent. Verbalize if you are in pain it hurts, STOP, lets talk about this. And communicate to find solutions for the pain like maybe local pain relief. If they cannot come up with a solution you are okay with then you can leave. They may bill you for the appointment but you can take it up with the insurance company about the pain and lack of pain management.

Ladies with IUDs. How is it working for you? Im planning on getting an IUD for safe sex. My Health Educator recommended it for me. Ive never had sex before, so she told me try to be as safe as possible. So Im trying to go the IUD route. She said it 99% works. Im not sure if thts true but Ima try it anyways. So ladies, how much did it cost for you (with/without insurance) and how is it working? How are your periods with the IUD in there?? Do you even have periods anymore?? Does it hurt? And has anyone ever had to get a replacement? Does sex feel..good with it or is it the same or different? How does your partner like it? Has the IUD ever failed and did you actually get pregnant? Thanks for answering if you do! Im just curious and planning on getting one myself. Great, thanks! Mirena coil. I havent had a period for almost four years, and while I have found insertion/replacement uncomfortable, its closely comparable to the milder end of my periods cramps - not hugely painful. Neither my partner nor I notice it at all, in either a good or bad way. Ill leave the questions about pregnancy and cost to others, as Im infertile anyway (the IUD was part of treatment for PCOS) so I dont have a useful viewpoint to share, and I live with the NHS, so no cost was involved at point of service. Its important to note that a coil will not protect you from STDs, only pregnancy, so you will need additional, reliable barrier methods unless and until you are certain, with proof, that your partner is clean. Ive had mine for about 8 months. I still get a very light period each month for a few days or no period at all. It doesnt hurt during sex or when OBGYN checks to see if tbe strings are in the right spot. It was uncomfortable process to go thru but not unbearable. I have a high tolerance for pain. My uterus is tipped and my cervix is high up so they had to use all of tbe instruments on me and an ultrasound machine. I didnt take any pain relief before or after i was slightly crampy I had a regular IUD for 3 months but my uterus just pushed it out. I had a lot of cramping during that time but obviously I cant give long term experiences with this, its supposed to stop after a while. I got the copper chain after that and since its tacked to the wall of the uterus, it cant move or be pushed out. Ive been really happy with the chain, my period hasnt changed, never had any cramps, nothing. All in all I think I paid around 300€ but since its probably gonna stay in for five years, itll be well worth the money. I had a paragard for 7 years before I got pregnant with it. Up until then I loved it Had mine for nine years. Insurance covered all but $500. Periods are pretty much the same as before. My partner likes it, we hardly ever notice it (sometimes he feels it but he is also pretty well endowed.) It has not failed me, yet. Having it placed felt like severe period cramps, it was uncomfortable but not unbearable. My only complaint is that after a few years I started to develop BV after every period, which is likely IUD related. Still plan to get it replaced, i have had more success with it than any other type of BC. Ive had the mirena coil for about 7/8 years now! Absolutely love it. Havent had a period in that time, no partner has ever mentioned it, I havent had any weight gain/loss or skin problems that can be associated with birth control. Insertion was mildly uncomfortable but I drove home about 10 minutes later, mostly just a bit of cramping. Having it removed was even easier. After 9 years of a copper iud, I also started getting recurring BV and yeast, and worse cramping, which all resolved after having it removed. I feel like I have my life back without recurring infections, and havent gotten a new one yet, but am considering for the peace of mind. But for the OP, I loved it and was so glad I had it for such a long stretch through my casual dating years. No pills to forget to take, and was willing to have a heavier period for peace of mind. i got a mirena inserted in 2013. got it removed last year i.e. 2020. insertion was unpleasant, to put it mildly. i had to reach deep for the Special Swearwords. possibly my bad for not taking the anti-inflammatories they recommended before i went in. i remember objectively that it hurt a lot and also made me shaky/shocky/fainty during the procedure and then for a couple of hours afterwards. i had someone with me who took me home and i hid in sleep until it died down. i dont know if this is a common experience. ive been told that women have varying degrees of cervical sensitivity and also that the cervix is wired up in some way to the nerve system that governs things like blood pressure and heart rate. i wasnt surprised once i learned that, since she had to dilate my cervix a little (and suddenly) to get it in. labour affected me the same way, ftr. having it in stopped my periods dead. for context though i was in my late 40s and there were some perimenopausal things going on already, so one of the nice things about it was no longer having that never know when im giong to discover i am/am not bleeding thing. removal was a complete breeze. i felt nothing at all. could have done it myself, i suspect. I hope everything works out for you, and dont feel discouraged if IUDs arent your thing, there are other reliable and safe methods of birth control. In my experience: My IUD was covered by my insurance which was Medicaid at the time. I believe IUDs are still covered for free by Medicaid. If not, you can go to Planned Parenthood and get your IUD there and they will have a sliding scale fee system for the cost. For the first three months I had daily spotting (light bleeding, enough need for a panty liner), and then for the next couple months after that it was just periodic spotting (this is normal btw). Ive had my IUD now for three years and I dont get a period. I still go through PMS sometimes but I dont bleed. It hurt to put in but the insertion pain only lasted 20 secs tops. I still think that pain was worth the coverage I get. After that, it took a while for my body to get used to the IUD. I would get sharp abdominal cramps every now and then but after a year my body finally got settled. At first sex was a little uncomfortable, but it was more so uncomfortable for my partner. If he came in at the wrong angle he would bump into the strings or bump into my cervix and that would hurt a bit. The uncomfortableness has never deterred me from having sex and that feeling went away after a month or two. For me, sex felt better psychologically. I would get so anxious the condom would break or Id have some miracle sperm that would impregnant me, but after getting the IUD I finally felt some peace. Physically, I guess it felt better because I stopped using condoms. My partner likes it because he also gets a sense of security but Im not gonna lie Im sure he likes it as well bc he can raw dog me lmao. I have not gotten pregnant but I do take a pregnancy test every now just to make sure. I also ask my partner to help me check my strings. I hope that helps! Feel free to pm questions :) So what Im hearing is that its mildly painful but its bearable. I have a high pain tolerance so Im not gonna worry about that. However does it continuously give you cramps? Or is it just around your period? Thanks for the answers! Just during insertion/removal. My period cramps are pretty much the same as theyve always been, I dont feel it has had any effect one way or the other on them. Had a Mirena inserted 2 years ago, a few months after I had a kid. It was mildly uncomfortable, but not terrible. I havent had a proper period since my pregnancy (I hadnt re-established my period before I got it inserted). I get a little spotting every 24-28 days or so? Sex feels the same. My partners said they could feel the strings at first but eventually the strings wound up inside the cervix so theyve disappeared. I did go for an ultrasound to make sure the IUD hadnt shifted, everything was fine. My family physician found the strings during a routine PAP and offered to pull them out but I declined. My partners dont care about the way it feels? - if anything theyre glad that I have it so nobody needs to worry about having more kids. Costs CAD$380 in Ontario, not covered by provincial insurance unfortunately. I got mirena 2 years ago for 300€. I dont get my period anymore, had heavy bleeding for the first 2-3 months though. My partner used to be able to feel it but not anymore. The insertion was uncomfortable but it was def worth it :) For a couple months after insertion I got heavy cramping and bleeding but it stopped eventually Ive had two Paragard copper IUDs. I dont do well with hormonal BC so didnt want the Mirena or another hormonal IUD. Insertion was a quick, sharp cramp and then some achiness and cramping for a short while after. Id already given birth vaginally so that may have affected the ease of insertion and pain level. I received no anesthetic, nor did I need any painkillers. As is common with the copper IUD, my periods were heavier/crampier for several months following insertion. I have relatively easy periods anyway so it wasnt that big of a deal. It eventually evened out. With the copper IUD, your actual cycle is unaffected. My husband could sometimes feel the strings during sex, but it wasnt bothersome to either of us. It just saved me from having to check for them myself. I never got pregnant, but conceived easily after removal. While youre protected from pregnancy by the IUD, I wouldnt necessarily call sex with one safe sex unless youre with a long term monogamous partner and youve both been tested for STDs. While its great that so many peeps in this thread have had good experiences with it - there can be downsides. Had a hormonal IUD for a coupla years, it wasnt great. Insertions were super painful, felt pain for more than a week after. The first year was extra terrible. I was spottin

Mirena IUD removal [deleted] [deleted] Ive had 2 Mirena IUDs. After 5 months you shouldnt be experiencing pain and that seems to indicate that there is some complication. I wouldnt go to just a regular GP for removal if possible. Last year I needed a new GP and I found one and in their list of specialties it listed gynecological. She could be my regular GP as well as my gyno! Id look at your clinic/hospital/insurances website for a list of doctors who can do both. Otherwise, I would stick with a gynecologist for removal. I had a slight complication with my first removal and I was really glad that my gyno was the one doing it because she had experience with IUDs and my body. Dont forget to take some ibuprofen before you go for the removal. I wish you the best of luck and I hope you find a good solution. Sorry youre experiencing this problem. Sorry, I deleted my first comment. I didnt like the way I wrote it and I had to switch from mobile to laptop. This is important stuff so I wanted to get it right. Hi thanks for replying. I thought that there must be a complication too, but both my ultrasounds have shown that its sitting perfectly, no issues there. Which is even more frustrating tbh! Im so jealous that youve had no real issues with yours - pain wise. Ah okay thanks for that tip! Ill have a look at my local clinics. A shame that I cant go to a regular GP, as I want this thing out asap :/. Thank you also! Did your removals hurt? If there is no complication then I guess its just your bodys way of saying that Mirena isnt for you. That stinks. I have had one mirena removed and it was a lot less painful than insertion. It still hurt and a had a bit of light bleeding but I still went to my girls happy hour that afternoon. [deleted]

Getting my IUD removed - how painful is it? Getting it inserted was 100% the most painful experience Ive had. They described the pain to me as a little pinch or a cramp but it felt like someone was ripping my guts out through my belly button the whole time. So my question is - honestly - how much does it hurt to get it removed? Its time to get my Mirena taken out and Im going to take a break from hormonal bc for a while but Im scared because my last experience was so gd painful. Edit: grammar Barley even felt it. And yea mind was absolutely terrible to have put in also Honestly I think it is very different for everyone. For me, it felt like he was yanking my intestines out. I almost blacked out the removal hurt so much. But I have a friend who said she barely felt it in comparison. I did find the insertion of the new one after the removal of the old one less painful. Take whatever pain killers you can handle (not blood thinning) and some very deep breaths. My doctor had me cough while she was taking mine out. Idk if it was a distaction method or it helps the cervix contract, or both, but it still hurt. Was more than a pinch but no where near as bad as having one put in. Cant wait lol. Can they give you a cervix softener for the removal? I didnt even know that option was available when it was inserted and I feel like I was subjected to some sort of unnecessary torture as a result. My OB/GYN told me its not supposed to hurt to put it in so if it hurt that much, they did it wrong. My doctor tried to insert mine first, but it was so painful and I bled so much she sent me to an OB/GYN instead. The OB/GYN found out that I have a uterus facing backwards and that normally it faces towards the front and that was why my doctor hadnt managed to insert it without causing lots of pain. My OB/GYN then inserted it easy peasy and all I felt was a tiny pinch. Ive had three removed (🙃🙃🙃) and none of them have been painful at all. Nothing at all like the insertions. My doctors all had me cough when they pulled and all I felt was a small pinch. There was one hell of a uterine cramp afterwards but nothing that I couldnt just breathe through. Mine was painful... Mine didnt hurt at all to remove, just felt a little weird on the way out. I took it out myself when on my period, just gently pulled my strings and it came out no problem. Im not advocating you do the same, just sharing my experience. Inserting was god awful, removal was a breeze in comparison. It was NBD for me with no meds, even ibuprofen (Im allergic), whereas my second insertion was probably the most painful 3 days of my life. My removals were painless; I hope yours is as well! I cant believe a health professional would describe the insertion as a pinch. They have to open your cervix to insert the IUD and its literally what your body does when you have a baby! Of course it will be painful! Albeit in my case for litteral seconds, so Im quite happy to get one replaced every 5 years. (Edit: just clarifying that I believe OP! Its the audacity of health professionals that I dont believe; not sure I was clear on that) My insertion was so painful that I almost blacked out. Hands down the worst pain Ive every experienced. I just went to have it removed after having it in for six years, and the strings were cut so short that they couldnt find them. After some pain on the table while they tried to open my cervix and dig around for the strings, they opted not to subject me to any more horror and instead go for a removal under anesthesia. I probably cant get an appointment for a few months, but Im thanking my lucky stars that I dont have to be awake for removal.

My IUD placement was more painful than dislocating my shoulder Last week I dislocated my shoulder on the mountain and had it out of socket for an hour before getting to the hospital and having it popped back in. Pain scale was high, about a 7/10. I was nauseous but not throwing up. It was horrible. I got an iud about a year ago due to some medical complications. The pain was extreme, about 8.5-9/10. My whole body went numb with pain, tingled, hot flashes. It lasted about 20 minutes. If it lasted an hour I probably would have thrown up and past out. I couldnt believe it. Then the doctor said this is a normal reaction. My flabbers were utterly ghasted. Personally never had an IUD, but from what others say on the internet, damn. They definitely dont warn you. I wouldnt have known it was so painful if it werent for others sharing their experiences recently. I got mine right before everyone started sharing. I was horrified and mad that I didnt know, and I felt like I did a decent amount of research on it. Now Im terrified to have it taken out. My experiences with IUD were really the same. I got a copper IUD when I was younger and the pain was so intense I almost jumped out of the chair and hit the gyn. I only had it for a couple of months and then it dislocated and had to be removed, so thank you for nothing. After I had the child I got a hormonal IUD under full anesthesia, so that was ok. But when it had to be removed the strings had slipped inside my uterus and it took my gyn 10 minutes of poking around unter intense pain to be able to get hold of a string and remove the damn thing. Im so glad Im post menopause and done with the whole birth control shit. But I am still outraged that women are expected to go through such an intense pain and its basically dismissed as if it were nothing. From my experience having it pulled doesnt hurt at all as long as the strings are still outside the uterus. And that comes from someone who was also in intense pain when it was inserted. [deleted] Thank you, this is comforting That really sucks, its crazy how different it can be for people. I didnt feel anything while mine was put in and had no pain afterwards, no meds or anything for pain, either. No issues with it afterwards and had it for years. Sorry you had to deal with that. Hopefully it doesnt cause any further pain. Stories like these make me thankful for my insertion experience. I remember during my consult my doctor asked how I felt about pain medication, like if Im comfortable taking a lot or if I prefer the least amount possible, and I said if he can make it so I cant feel anything at all thatd be amazing. He gave me a pretty hefty hydrocodone dose that made me laughing gas level loopy before falling asleep. I slept through the procedure, and then following day I actually had zero recollection of the whole event lol. My removal was done under general anesthesia (I had it removed at the same time I had my tubal ligation), so I dont remember that either, but Ive heard mixed reviews about how much the removal hurts. I still dont understand why some sort of topical anesthetic isnt standard as soon as someone feels discomfort for this procedure. Like really that seems like it should be the least that could be done. Same here - having it put in was hell, but having it taken out took half a second and I barely felt it. Yeah, I just got my tubes removed to avoid that whole business. I literally opted for them to put me under general anesthetic, fill my abdomen with gas, cut the tubes off at the uterus, and spend 6 weeks healing before being able to have intercourse to avoid having to have an IUD inserted at least 3 or 4 times before menopause. My surgery was 2 days ago and I couldnt be more pleased. Doctors continuously downplay any pain &amp; adverse effects. Interesting, I just got my IUD inserted today and was telling my friends that fortunately it wasnt as bad as dislocating my shoulder! That was a 9/10 for me, while the insertion was a 6.5/10. The cramping today is awful however :( I hear you on that. I would rather re-break my arm several times than have an IUD inserted without anaesthesia again. When I went in, I wasnt worried because I have a high pain tolerance and I was looking forward to solid birth control (I cant take the pill). When I got on the table, the nurse started to physically hold me down - I thought it was excessive but how bad could it be? HOLY. SHIT. The fact that zero pain relief was offered aside from ibuprofen is insane.

IUD Pain Management Question Getting a new IUD soon. Its been so long since I got my last one placed (thanks, Mirena, for your best-by date getting perpetually kicked down the road, I guess), that I mostly forgotten how painful it was. But thanks to you guys, I know to ask for pain management, so I messaged my (newish) OBgyns office to ask before making the appointment. Yall. RN tells me to just take 500mg of ibuprofen. My quick Google tells me that the CDC doesnt recommend NSAIDs for pain management bc theres limited evidence theyre effective. But they do say theres limited evidence that paracervical block with lidocaine helps. (Also, whyyy is there only limited evidence? If men got IUDs, thered be hundreds of studies!) What do I do?? Should I specifically ask for that? What if they say no? Bail and look for another doctor? My anxious, Millennial brain wants to just suck it up and take lots of Aleve (which another study I found says actually does help). Thanks all for listening and your thoughts! Is there a womens Facebook group for wherever you live? You could try asking on there if anyone knows a practice that offers pain management. I took Aleve after my Paragard was inserted and it really helped (thats what I take for menstrual cramps as well). I also took it easy for a few days and basically lived with a hot water bottle on my abdomen because I had bad cramps for a few days. Thanks - Im not sure if one exists, but so will look into this! Glad to hear Aleve worked! Will definitely plan to use that then!

Positive IUD stories please? I had an awful obgyn with a traumatic failed IUD insertion. He was a really bad OBGYN overall - I bled after all my Pap smears, the examinations were painful. The IUD insertion he attempted was traumatic and I get flashbacks. I am trying again this week with a new OBGYN. Im worried about complications and side effects. Any positive insertion stories or positive experiences afterwards (ie getting your sex life back, irregular bleeding that ended within a few months, etc)? Just need good vibes so I can get through this. I had my IUD put in by a female doctor who had been practicing over 30 years and had zero issues. She explained everything that was going to happen in detail and as she was about to do things, and continued to ask how I was feeling the entire time. I had no pain or discomfort and it was honestly a breeze. Everyone is different in terms of IUDs. But I feel like a female doctor gets it better than a man ever could. Yeah I really sensed that my old OBGYN didnt get it. He was giving me a painful Pap smear as usual about a year after the failed iud insertion, and I was struggling in the chair. I apologized saying sorry low pain tolerance and he said yeah I remember from last time. I assured me before the insertion that it would be nearly painless I have had a positive experience with my iud. Im actually on my second one. I dont need the birth control, I get the worst periods and the iud keeps me from getting mine so I dont suffer the pain and heavy bleeding. Make sure to take ibuprofen (I took 4) about an hour before. I keep taking it every 4-6 hrs as needed the next day. First of all, I would like to say that thats terrible and Im sorry you went through that. I hope you have a better experience! Before I had my IUD I would throw up on my periods, have diarrhea, and honestly I was in so much pain I couldnt use tampons. I used two pads! Now I dont have much of a period and dont even need a pad or tampon when I do have one. No more throwing up or missing out on life. Im on my second IUD and Im so grateful honestly! Both of my insertions were very painful but 100% worth it to me. Every month I think about the difference it has made in my life. Thats exactly what Im looking for! Yeah Ive heard it makes a huge difference Im on my 3rd IUD and its seriously the best thing I ever did for myself. I rarely have a full period and when I do bleed it so light I dont even need pads just liners. After years of the pill fucking around with my bipolar an IUD was amazing. Yes insertion isnt fun or pleasant but for me its 100% worth it On my second IUD now. Changing it was painful, but I did it at a womens health clinic where I felt comfortable. The pain didnt last very long, and I havent had any side effects. Was back to having sex in no time at all, and no irregular bleeding (I have Mirena). I love having an IUD, not getting my period, and the minimal upkeep of having to change it every 5 years. Im sorry your experience was so terrible. This gives me lots of hope. Im gonna get mirena I switched to an IUD after not wanting to take a pill every day. I had my male GP insert it (his special interest was womens health and Id been seeing him for over a year at that point and was quite satisfied with my care). I have a low pain tolerance and took ibuprofen beforehand, didnt help. I screamed in that office and was crying the whole time. My doctor constantly apologized for inflicting the pain and the nurses were so supportive. While it was incredibly painful, I will 100% do it again. My IUD has been a god send for my endo because I havent had a period since it was inserted over two years ago. Both of my insertions hurt, but no more than really bad cramps and I had forgotten the second time what that feels like because itd been 5 years without periods. If youre able to get it, a numbing cream can be applied to your cervix. Honestly, folks without uteruses should not be gynos. They have no idea what we go through and cave seem to empathize with it. I just got my IUD in and it wasnt as bad as I thought it was. I researched beforehand for a female gyno that had a lot of positive reviews. I was able to find one that was a bit booked out (probably because of all the positive reviews) but it was very worth it. She calmly explained everything that was going to happen and checked in on me throughout the insertion. She also did it during my period, which I thought was super unusual, but its easier to do insertion then when the cervix is softer/has a wider opening. So so worth it! But also understand the anxiety around getting it. Definitely take Motrin or Ibuprofen beforehand and see if the office does let you have your cervix numbed. I got a Kyleena IUD. Removed all pain. I barely bleed. Only side effects, My boobs went up half a cup. It was painful to get, but 1 day later it was all good. Kyleena is designed for women with no kids. So its very very small! No discomfort at all. Not even during period. Thats awesome! And interesting. I assumed that it wouldnt affect breast size because the hormones are localized to the uterus. Im naturally a B cup, but birth control kicked me up to a D cup, and Ive been very sad thinking Im gonna lose my squishy fellows completely. Maybe that wont be the case

IUD strings low? I feel really stupid asking this, but my IUD strings are much lower than normal. Im on my period (just spotting a tiny bit like usual) but today they feel so so low, I can also feel my cervix easily. Im in no pain at all. I tried googling but I cant figure out if this normally happens around my period time. Anyone else experience this or know? Thank you! Its because your cervix drops at different part of your cycle I bet in a few days it will go back up and you wont feel them. Unless youre in pain or just had it placed I wouldnt worry about it. Not stupid you are VERY smart for having courage to ask and brains to know you need to find out! Thank you 😊 Good to know, thank you! Get it checked by your doctor just in case. They can move too low to work properly, even if you havent had children. Its rare but it happens. Yes you can get them cut at doctor. Mine were outside my body actually after I had it put in until I went back to get them cut ...they shouldnt cut all the way, though. IUD cords are a very important way for the woman to see if her IUD is properly inserted

Did my IUD move? Today, during sex, my husband said he could feel something plastic with his fingers. I asked if it felt like the strings/wires/whatever and he said no. It felt like something else. Id check it out on my own, but my fingernails are really pointy and Im scared. Do I need to go make an appointment with my gyno and have them check placement? If it has moved, what does that mean? Im probably not protected, right? (Its paragard.) Can the gyno move it? Or does this mean I have to buy a while new IUD? These things are expensive and Id rather not, but... Ill do what I have to do. Just wondering if any of yall know more than I do, I guess. Yes you should make an appointment with your gynecologist . You most likely are not protected right now. https://www.medicalnewstoday.com/articles/322290#symptoms Definitely talk to GYN Does your husband know what the strings feel like? At least on my mirena IUD, they are plastic and not what one would normally think of as strings so is it possible thats what hes describing? Also the cervix sits a little lower around your period so maybe he could feel it more than normal if its around that time? Definitely call your doc to be sure. [deleted]

Uterus owners with IUDs, help!! I got my IUD inserted almost a week ago. Im not sure if my OB clipped the strings uneven, but one of my strings barely pokes out of my cervix and the other is probably 1-2 inches long. Im sure Im okay but Id really like some reassurance or someone whos been here before to help me. Ive posted in r/birthcontrol and nobody was able to help me. Thats about how mine feels, you should be fine. [deleted] It doesnt sound like a problem. If you feel like it could be, schedule a visit with your gyn or call your pcps office. A lot of times female nurses and pcps will have helpful answers and advice. Seriously, call up your docs and get some info. At worst, youll be where you are now.

If the trauma from getting the iud inserted 6 years ago wasnt enough, now it has broken apart inside of me. I went to get it removed today because something just didnt feel right and Ive been having abnormal bleeding. It came out like this. They tried fishing around for the missing piece and couldnt find it. Now I have to get an ultra sound to try to locate it. Has anyone else experienced this or something similar? Also, did it come out on its own? Im a little freaked out right now.

Ive made an appointment for an IUD and now Im terrified I am both confident in my decision and absolutely terrified of it. I am tired of being subjected to my insurance if they want to cover 3 months worth of pills or not, and that changing every so often. Im tired of being worried if I unexpectedly stay the night somewhere and therefore cant take my pill because I didnt bring it with me and I take it at night. Im excited for an option that will allow me to free up some space in my head and on my nightstand, one less thing to worry about when my anxiety has been through the roof since everything started in 2020. I am terrified because I tried a long term birth control option before and it was a horrendous experience. I got the nexplanon implant and bled constantly for the 11 months I had it. It was minimum 2 months on, 3 weeks off. When it got taken out, the doctor wouldnt put me on my original birth control pill that I had been on successfully for 8 years, and instead put me on a cyclical one that made me literally insane. Screaming and crying at things that would have just irritated me normally. Picking fights when Im not a confrontational person. I had to call and talk to my regular midwife and she put me back on my normal pill and everything settled down, but I didnt like not being myself and not knowing why. I am terrified because what if something goes wrong? My best friend had the mirena inserted when it was in its trial phase, and it had to be removed in an emergency situation because she was bleeding heavily for the 3 months she had it and there was something wrong. What if the insertion itself is unbelievably painful? What if I end up with the same effects as the nexplanon, only this one is more invasive to put in and to remove than the implant. A lot to think about, and being an anxious person anyway means that instead of causally going over everything in my head, my brain kicks into overdrive and gives me only worst case scenarios. I highly recommend an iud for anyone with a uterus who doesnt want to get pregnant. I have been so happy with not having to deal with the cramps, the mood swings, etc. for the past few years. That said, you should know what you are going into. I was not told until after I got mine that typically they are recommended mostly for mothers who have decided not to have more children as the insertion process can be quite painful if you have not given birth. I dont want to scare you off, you may have a different experience, but I really hate when doctors describe something as discomfort when they mean painful. I was surprised by the experience and I dont want you to be. Knowing what it was like, Id still get it done because it is so much more convenient than I expected but you should have all the facts. Ive never had a bad reaction to it or unexpected bleeding and after this one has to come out (the 5 years is almost up) I fully intend to get another one. I hope that helps! Best of luck with the procedure! &gt;I was not told until after I got mine that typically they are recommended mostly for mothers who have decided not to have more children as the insertion process can be quite painful if you have not given birth. This is simply untrue. Its a little harder to place an IUD in a woman who has never been pregnant, but theyre recommended for anyone who doesnt want to get pregnant. Finding a clinician who places them all the time is key. Planned Parenthood is great. My Dr described the pain as being punched in the cervix , and yeah it hurt, but it wasnt in my top 10 most painful things. Thanks for your insight and taking the time to respond! Ive been researching and meeting with doctors and talking to insurance since September, so I feel very informed but every woman is different so they can give me typical scenarios but I would be surprised to find them actually applying to my situation, so I like to ask. [deleted] &gt; ts a little harder to place an IUD in a woman who has never been pregnant, but theyre recommended for anyone who doesnt want to get pregnant. Finding a clinician who places them all the time is key. Yep. And theres also the option of getting an IUD like Skyla or Kyleena which are a bit smaller than the Mirena and a little easier to insert in women who have never given birth. [deleted] Ive had Mirena 3 different times over the past 10 years, only took them out to have kids and because it was time to replace it. Ive had a really great reaction to them. I dont have periods, but about once every 3-4 months Ill have a day of minor spotting. I felt like the insertions were similar to a pap smear, a small pinch for 15-30 seconds, same on removal, and then cramps the rest of the day. Then thats it. I love them, our family is complete and we wont be having any more kids, but as long as my doctor is ok with it, Ill keep with them because its gone so well. I know not every woman has had a positive experience with them, I have no idea why, but some women like me do. [deleted] Yeah, its over super quick. Ive had two placed and both times it triggered a vasovagal response. (Basically, all my blood pools in my extremities, blood pressure plummets, and I feel faint.) Knowing that could happen made the second time easier. The anticipation was worse than the process itself. Good luck! I had the skyla too and loved it! I wouldnt recommend the misoprostal though, it essentially triggered a miscarriage on my empty uterus and was horrifyingly painful. They also didnt tell me it would do that and so I was also terrified at the random excruciating pain and thought something had gone horribly wrong. Im sure thats not a universal experience but be aware that is a possibility. When I got my iud replaced my doctor prescribed a Percocet and a Zoloft to take thirty minutes before the procedure (one to prevent/takeaway the pain, one to make me not worry about it), and it was amazing! I floated through the procedure, took a glorious nap, and woke up right as rain after. Either way yes, definitely make sure you have a ride to and from your appointment. I love my copper IUD! Ive had it for about a year now and the peace pf mind is great. I was on the pill for 6 or 7 years prior and getting off the hprmones was the best thing that ever happened to me. I get pretty bad cramps now, but that was a great tradeoff for not having to take a pill everyday and the hormonal mood swings caused by the pill. The hormones made me insane too! Best of luck! More people tend to have worse side effects with nexplanon than with a hormonal iud. The doctors Ive been to always try to discourage nexplanon because so many people have serious side effects, but it does work for some people. Were all different. Iud insertion is painful, but I think its worth it to be period free for 6 years. My insertion was over in under a minute, it was a series of 3 very strong sharp cramps. I would rate it an 8 on the pain scale personally (its over very fast), but some women will rate it lower and others will rate it higher. Some people pass out, some people say it was just fine so its hard to say. Take it easy on insertion day, I took max dosage of ibuprofen and hung out with my heating pad all day. It feels like strong period cramps and I wouldnt go to school or work after. The day after was fine cramping wise, and it got better as the days went on but I did have light to normal bleeding for about 2 weeks after insertion. Ive had my iud for 10 months now and it has genuinely changed my life. I would go through the insertion process once a year if I had to tbh. I was suffering from very heavy, painful periods before and now I dont have a period at all. I feel like I can live my life normally. If youre really anxious you might be able to be prescribed a single dose of anxiety meds before your appointment, ask your doc. More people tend to have worse side effects with nexplanon than with a hormonal iud. The doctors Ive been to always try to discourage nexplanon because so many people have serious side effects, but it does work for some people. Were all different. Iud insertion is painful, but I think its worth it to be period free for 6 years. My insertion was over in under a minute, it was a series of 3 very strong sharp cramps. I would rate it an 8 on the pain scale personally (its over very fast), but some women will rate it lower and others will rate it higher. Some people pass out, some people say it was just fine so its hard to say. Take it easy on insertion day, I took max dosage of ibuprofen and hung out with my heating pad all day. It feels like strong period cramps and I wouldnt go to school or work after. The day after was fine cramping wise, and it got better as the days went on but I did have light to normal bleeding for about 2 weeks after insertion. Ive had my iud for 10 months now and it has genuinely changed my life. I would go through the insertion process once a year if I had to tbh. I was suffering from very heavy, painful periods before and now I dont have a period at all. I feel like I can live my life normally. If youre really anxious you might be able to be prescribed a single dose of anxiety meds before your appointment, ask your doc. There are a couple of things you can ask about ahead of time. 1. Tell them that youre concerned about pain management and ask how they deal with it. Giant red flag if theyre dismissive. If at all possible, go to another provider. 2. Ask if they will prescribe medication to dilate your cervix ahead of time. This is standard for most places. Frankly anywhere that thinks its appropriate to manually dilate your cervix shouldnt be practicing. 3. They should prescribe pain medication before and after (usually a large dose ibuprofen, depending on the country its occasionally metformin). 4. Ask them if they provide a numbing shot for the cervix if theyre having difficulty installing (typically this is done on a second attempt). Helpful tips- For the

Why does getting an IUD feel a lot jankier than getting a vasectomy? [deleted] [deleted] I dont know where youre located, but in Canada IUD insertion is done by medical professionals, in a medical clinic, and Ive never thought of it as a sketchy procedure or heard anyone describe it as such. Medical paternalism mostly. IUD insertion and vasectomy are both painful procedures -- its really unfair vasectomies have pain relief options, while with IUD insertion youre told to just take tylenol beforehand. Based on my experience in the US I wouldnt describe this a sketchy and janky. The first time my wife had an IUD put in I was there and it was a simple procedure. The doctor gave her a shot of lidocaine and she didnt have much or any pain during the procedure. After childbirth she had a second IUD put in and I was not there but she said it was fine. I know that women experience varying levels of pain during the insertion of an IUD but for her its not so bad. One thing we did notice is that with her second IUD she wasnt offered lidocaine and had to ask for it. This was in a new city with a younger doctor that had been practicing for 1 to 2 years. She had never had a patient ask for it before so I think that its a systematic issue that doctors arent taught to give anesthetic for IUDs.

I get my copper IUD in an hour, super nervous Sorry if this is the wrong sub for this, but wasnt sure where else it should go. Exactly the title, though. I have been so nervous about this but I know that its the best option for me since I am not down for anything hormonal b/c of a history with depression and I need something low maintenance. But I swear all I hear about them is horror stories about the pain and its stressing me out! Ive gotten tattoos and Brazilian waxes no problem, but the mental image of the insertion process makes me so uneasy. I mentioned my concerns to my dr and she was great—prescribed me a Valium since we both think its really just in my head. But still, if anyone wants to share their positive experiences to help me feel more at ease, this nervous wreck would appreciate it! :) TIA! Hey there, its going to be ok! The whole process was really quick for me, it only lasted a few seconds and felt like intense period cramps, nothing more. After you will be good to go for years! Well the good news is, removing it is a breeze. I didnt know just how much it would hurt putting it in and honestly, my doctor downplaying it made it worse since I wasnt expecting it. But its all a quick process, familiar but strong cramping and a sharp pain at the end. Valium will definitely help! Thank you! Sorry you had a rough experience! Lol unfortunately the Valium didnt have much effect but we went for it anyway and while it was not fun, I made it out alive :) thanks for mentioning the removal, though! I know its years out, but I was also quite nervous about that part as well Glad it went well! I delayed removing a problematic IUD (nothing serious) because I was worried it would be just as bad as taking it out. Turns out nope! they just pull it out, no muss no fuss and almost no pain. Thank you! This helped—was exactly what it felt like. Wasnt fun, but definitely didnt kill me. Was just nervous after seeing that quite a few women compared the pain to giving birth (??!). Just glad I wont have to think about it for years now :) Im glad it helped and that you are alright now :) Just curious did you find it more painful than a brazilian? They really just arent apples-to-apples at all. For me, I think the Brazilian hurts worse, but the pain is only when they pull off the strips. It doesnt hurt at any other time during the appointment, and you feel totally fine when you leave. Everyones iud insertion/recovery pain seems to be very different, but this was my experience: Just a note: my doc gave me a Valium beforehand because we both agreed I was way too nervous about it. I also took 600 mg of ibuprofen at the same time, so this may have affected the outcome a bit. I personally always feel discomfort when anything is being done to my cervix (like a Pap smear). Its not unbearable, but its really not fun. For the insertion, they used something to hold it in place so it would be steady—so basically that really uncomfortable Pap smear type feeling lasted the entire time (maybe 5-10 minutes?). As others have said, the insertion was basically a really bad period cramp (but seems to vary widely). It is super quick, and I think I just felt kinda sore in that area for a few hours, but then the cramping for the next few days was like one of the worst periods Ive ever had. I felt lucky that I was able to work from home so I could just sit on the couch with a heating pad, taking painkillers for a few days. All in all, Id much rather get waxed than go through an iud insertion again, but really I think the benefits are worth it (I have the copper so Im good for 10 years).

Copper IUD experiences for someone that didnt carry a child yet Hello everyone! Due to other medication I cannot take hormonal birth control in any form. After changing my gyno again I finally found one that would implant me an IUD. Itll be done with anaesthesia but every doctor so far keeps telling me about how horrible its going to hurt afterwards. Ill do it regardless but Im curious about your experiences? Is it really that bad? I had quite severe cramps the week afterwards and a bit of tenderness, but it all passed and Im so much better off for it. My periods are a little heavier and a bit more crampy but I dont have all the other hormonal issues I had on the pill. While youll definitely find many stories of how much insertion and possibly the time afterwards hurts, I cant personally confirm that it does. I dont have children and am on my fourth, I think, copper IUD (mine get switched out every four years) without a problem. I dont dread having them pulled or placed. It stings for a moment during the insertion itself – nothing intolerable. To me, average period cramps hurt worse and last longer. Ive never noticed a thing afterwards. No local or general anaesthesia, no painkillers. Not because Im so tough – its not the done thing where I am, though I wouldnt have hesitated to take an ibuprofen or paracetamol if I had needed it. But I didnt. Copper IUDs certainly arent the same for everyone, just like any other method of birth control – many people love hormonal birth control, but it was a complete horror show with lasting side effects for me, hence the copper IUD. Neither is the insertion terribly painful for everyone nor is the time afterwards guaranteed to be. It could hurt just a little, a lot or somewhere in-between. Unfortunately we all have to be our own guinea pigs to some extent. But no, copper IUDs dont always come with great pain. Online, I also read a lot of negative stories about them. Offline, when I talk to other women about their experience, its a lot more varied. I suppose that is because most people dont post at length about non-issues like uncomplicated, painless IUD insertions. It may hurt, but theres no telling ahead of time. I hope it goes well for you. Thank you so much for your reply! Im from a very conservative family who doesnt talk a lot about subjects like this and most of my friends are on hormonal BC so I didnt have anyone irl I couldve asked to share their experiences. Therefore Im very happy to hear that it isnt pre-destined Ill have inflammations, will get pregnant and eventually become infertile (/s oc but you know what I mean) Im getting anaesthesia because Im just 19, havent had kids and have a very narrow cervix as far as I was told. Wouldve done it without it too though, I really dont wanna have kids rn and just using condoms is not only risky but also expensive and frustrating as we have to keep on buying new ones. Have a great day! Not at all bad for me! I wasnt put under anesthesia, the experience wasnt all that bad, it felt like a pinch as if I was getting a Pap smear by someone who wasnt very good at it. lol. The post installation discomfort was no different than period cramps. It lasted a short bit and then years of child free bliss. Hormonal birth control is not good for you at all. Increases your risk of blood clots exponentially. IUD is a good choice I know! I went off of bc even before I was put on the medication. Now I couldnt even take it if I wanted to, which I dont. My only other alternative to the copper IUD would be the shot but thats absolutely not happening for me Mine partially expelled and I had to have it removed. Ouch! Are you okay now? I hope your insurance covered the costs With use of a heating pad I was fine within the next day or two and back to work. The insertion was by far the worst part, and since youll be under anesthesia you dont have anything to worry about. Maybe a little crampy, but honestly thats nothing compared to the insertion. I had some cramps and more painful periods for about 3-6 months after having it put in. Now Ive had it for 10 years. Love it and totally would recommend. I wish it were a more available option to women everywhere. Pain, pain and more pain. I almost passed out after the insertion, spent the whole afternoon in bed. After that my periods got heavier and every month I felt like I was being stabbed in my stomach. I had it taken out after three years, because I couldnt stand the pain anymore. It hurt going in (I wasnt allowed to have anything stronger than a couple of Tylenol to help with the pain for other medical reasons) and it hurt the rest of the day. It was manageable but I will warn you that my gynecologist was stunned by how well I took it. Definitely plan to take a few days off after and do not try to drive yourself home. I think that I was in shock after the insertion- I tried to walk out of the doctors office still covered in blood. I got a hormonal IUD, but Im assuming the insertion is about the same. I took some advil about an hour beforehand and only felt about 15sec of intense cramping during the insertion. Im also not sure if this is something every doctor does, but mine measured my uterus before doing the insertion which I believed helped. I felt basically no pain afterwards, although I did have more cramps during periods than I used to. If you have decided to get it, dont work yourself up by reading others experiences too much. I made that mistake and the anxiety/anticipation for insertion was way worse than my actual experience- which was pretty uneventful. Its different for everyone. No one can really tell you what your experience will be. Be mindful that it could be on a wide spectrum and try not to think about it too much leading up to your appt. If you have someone to go with you to the appointment, ask them to make conversation (about an unrelated topic) with you the entire time. Decide on some topics beforehand and make sure they dont stop asking you questions until the insertion is all over. It helps so much to have someone to distract you! If you dont have anyone to go with, ask the doctor to keep conversation with you/distract you during the process. I had copper iud for 11 months. I was 19 ish when I had it put in. They put it in. The first couple of periods I had absolutely horrendous cramps. Cramps that came in waves, like labor pains, and shot down my legs. It was absolutely awful. I even went to the ER because the pain was so bad, i was concerned there was something like seriously wrong. It did ease up slightly, but I still had awful cramps, and I popped Advil like crazy. I took so much Advil, and took it a few days before my period too. Also, my period could last up to two weeks with it. Much longer periods, much heavier. I took prenatal vitamins as they helped with iron.

Kyleena IUD Placement // gp or gyno? Hi, Im 22 and planned to have the kyleena placed in a few days, but Im a heart patient with an ICD implant as well and was wondering whether it matters if the GP does it or if would be better for a gynecologist to place it? A general physician who is a friend of mine recommended I place it at a private clinic so that the person who inserts it is experienced enough but i was wondering whether it really matters? Or if the GP is perfectly capable of doing it as long as they have done it before.. Are there any risks to having a less experienced doctor place it or it would just be that the insertion would be more uncomfortable than it should be Dont get your GP to place it, go to a gyno where possible. I say this from experience, I am now 27 but I have had multiple IUDs now and my GP despite making appointments twice now has failed both times to insert my IUD and in short, its just a half hour of discomfort I didnt need just for someone to refer me to a specialist. Go to someone who does them everyday, because you are young they will need to be experienced. Its not that it might be uncomfortable, its that they might not be able to do it at all and youll have wasted your time and gotten yourself all mentally prepared just for disappointment. The discomfort is only worth it if you leave with your birth control in your body. To reiterate, my GP has experience inserting them, but mainly with middle aged women. When it comes to me, she has always told me my cervix is closed and she cant do it. Yet suspiciously the second Im in the hands of someone who knows what they are doing I am in and out in less than 5 minutes. Second what someone else said, do not go to a gp! A gynaecologist should do the placement as they are specialists in it. It could be more painful, can cause damage, and can be misplaced if done by a non-specialist. This is delicate work and it shouldnt be done by a gp, and chances are they wont be able to place it so youll be in pain for absolutely nothing.

Renewed my IUD today I pregamed with 4 ibuprofen, read some web comics while I waited, and did my best to stay relaxed while the doc switched out my IUD. She even showed me my old friend at my request. So now Im curled around a heating pad and a canned cocktail lamenting my uterus complaints (Ive named her Gertrude now), and yet I wouldnt change a single thing about this decision. Im squared away for the next 5 years. No periods, extreme minimal cramping, and it all feels like a very fair trade all things considered. Now if we could just invent an IUD for the government…. How bad was the pain? I want one but am afraid of the horror stories of passing out/puking Ive heard 😅 During the swap it was very uncomfortable. Around a 4 on the pain scale. Its important to stay relaxed otherwise your muscles will cause things to clench and be more painful. Slow, deep deliberate breaths. The cramping after was maybe a 5 at the worst of it. The heating pad helped a lot. And a nap even more so.

Experiences with IUD removal where strings arent visible/accessible? Im going to make an appointment to get my Mirena removed next week. I went in for a check-up about six months ago and my gyno couldnt see/feel my strings, so she did an ultrasound to check on its position. She told me it was still in perfect position and the strings must have just gone up inside. I do think my strings were cut a bit short from the beginning because I was never able to feel them myself, they were originally just wrapped around my cervix but I guess theyve gone up inside since then. Gyno told me removal would be a little bit trickier because of this... Now that its almost time for removal, Im terrified. Ive seen some horror stories about it being 20 minutes of excruciating pain, or even requiring surgery. Has anyone had experiences with this? Also, what should I ask them to prescribe me (Xanax, Misoprostol, etc)? I think they put you out its surgery. They need to do X-rays amd dialate you and go in manually. Thats what they did with me it was done in a hospital.

Mirena IUD placement [deleted]

Itchy down there after copper IUD insertion Hi! I got the copper IUD inserted 8 days ago. Around 2 days ago I started getting really itchy down there (at the vaginal opening and lips). Im still spotting since I just had the IUD inserted so I dont have any weird discharge or smell. Has anyone else experienced this?

Has anyone had a successful deep implant removal? Nervous about my upcoming appointment. [deleted] Ive had two removed and it isnt too bad. They make a small incision and pop it out. My second one wandered and was a bit off from where it was implanted but not too big of a difference. The only issue I had with the second removal is that I had a small infection develop at the site. Had to go to urgent care for them to drain and remove it but now I just have a little scar. Didnt hurt too bad as long as you relax. Ooh, ouch! Somewhat reassuring about the process though. Ive had a non-issue removal too, which is perhaps making me more worried that this one couldnt happen that way. Did they have to scan for your wandered one or were they able to get it without? They didnt need a scan but it did take them awhile to locate it and find a safe place to remove it from. Not sure exactly what your doctor said but I went to my Gyno to do it who was more experienced with removal. I have never had this done, but it sounds like they just want to make sure they know where it is and then take the easiest/best/less invasive route to get it out. Logically, it makes total sense when you really step out of the situation and think about it. Youre definitely right. I can usually think logically, whys it so difficult when its me involved I think part of my fear is the poor overwhelmed NHS. If for whatever reason it doesnt get removed, god knows how long it will take for a follow up. Thanks for the dose of rationalism!

UK friends - have you managed to get general (or local) anaesthetic for IUD insertion? Im looking for a reputable doctor who will knock me out for the removal and replacement of my IUD. Im terrified but I need to get it swapped, I still remember in vivid detail what the first one felt like. And its only worse since that very informative TikTok that showed how dental pincers are used to hold the cervix in place. Like many people with periods, Ive suffered a lot over the years. Ive had the copper coil for several years now because a) Ive never gotten along with hormones via the pill or other means due to preexisting anxiety/depression, b) getting pregnant is my number one fear, c) its a great solution for someone lazy and forgetful like me. My pain has ALWAYS been awful so I really havent felt it get worse during having the copper coil, however as Ive only just learned the hormonal coil is topical and therefore shouldnt make me insane, its time to stop suffering from period pains. But I am deeeeeply not looking forward to the removal and reinsertion. So if any UK (more specifically London) ladies know of anywhere that puts you under, or even just good ones who use adequate local, please let me know!! The risk of going under general anesthetic is too great for what the doctors consider a regular procedure. You may have luck with local anesthetic but Id probably call your local sexual health clinics they may be able to help..

A different take: my IUD insertion went super well Not to discredit other women who have had painful experiences getting an IUD, but I wanted to share my experience because reading a lot of the IUD-related posts in this community made me hesitate to even considering getting one. I wanted to encourage others to get informed, speak to your doctors, and try it if you like. First, I consulted my doctor (a woman) about my concerns regarding the IUD despite my interest. I was worried about the pain, possible perforation of the uterus, and having it come out randomly in the future. She reassured me on all those points and spelled out all the pros and possible side effects. One thing I wanted to highlight here was that she said there are ways they could manage any discomfort should I feel any. My options were taking ibuprofen, topical lidocaine, or a lidocaine injection. I decided, all things considered, that Id go ahead with the procedure a few weeks later. On the day of the insertion, my doctor reminded me that all bodies are different. Yes, some women have fainted getting their IUDs inserted, but some women dont really feel much. Maybe a pinch. She made it a point to me that we can go at my pace and that we can stop whenever if thats what I wanted. She reminded me that I was in control. Considering my body and how I experience pain, I opted for ibuprofen only. I was a little nervous still, but my doctor was extremely friendly and she explained each step she was taking as I had requested. The doctor did have to try twice to insert the Paragard. Its insertion is slightly different than the hormonal IUDs (she does more of those and they come with their own applicators), but it wasnt a big deal. I was feeling okay at this point. Did it hurt overall? Barely. I felt a little pressure/slight discomfort more than anything, but the procedure was quick and I felt good overall. I had some light cramping after, but I drove home by myself like normal. I even went grocery shopping before arriving home. A bled a little, but they offered me pad just in case. I already had a pantyliner with me. I bled a little and had some slight cramps after. So thats it! No issues since then. I hope this reassures some of you. My top advice is find a doctor that you feel safe and comfortable with. I had an amazing one - so Im super satisfied with how everything went. They really make a difference. Again, not to discredit anyones painful IUD experiences, but give it a chance! My first insertion was horrible. I was told it would not hurt at all- that was false. I nearly passed out. However the removal wasnt a big deal. My second and third IUDs were placed after pregnancies. Those were fine. On my 4th now and it was nothing. Im sorry about that. Yeah, for me it wasnt pleasant, but not bad at all. Glad it was better for you the later times! This was my first time getting it. I find I only faint if I dont focus on my breathing, because otherwise Ill hold my breath, same as when Im getting a tattoo or piercing. Once I started focusing on my breathing instead of what was happening it made the whole thing easier for me. Im on my 3rd Mirena. Yeah! Focusing on my breath helped a lot. Its a good technique!