IUD Intense cramping I got my first IUD (skyla) inserted on July 7 and I have a really bad reaction after the painful insertion. I had terrible cramps afterwards that felt like my cervix was melting then I almost fainted and threw up everywhere. After two hours of that my pain almost went away completely. I did get an uterine ultra sound and it all looked normal. 3 days after I went to urgent care because i was having bad right lower abdomen and thigh pain. I got my IUD checked out and it was in place and I also got a CT scan in case it was appendicitis but it all looked good. Now its July 13 and Im having intense pain again. My back, lower abdomen and thighs hurt specially right abd and thigh. I couldnt even work right now because of the pain and Im thinking of going to urgent care to get it out. Has anyone taken the IUD after a few days? Thank you! I also want to add that it feels like the pain is worse when I sit down so Ive been standing up a lot. After my initial insertion of copper IUD, I was in so much pain that people said I looked pale. I got through by forcing myself to walk, religiously ingesting ibuprofen, heat pad and chamomile tea. But your pain sounds like you should check with your gyno or GP again….even if they did an US, you shouldnt be in that much pain 🥺 [deleted] Thanks for the response! If I dont feel better after a few hours today I might got to urgent care to take it out. I made an appt in two weeks to remove it either way. I dont think I can handle this pain if it happens during work. The advice nurse also told me to take ibuprofen but I dont want to take ibuprofen every other day to be able to live pain free. I understand not wanting to take ibuprofen so frequently but When I got my IUD, I took it for like 2 weeks until my body adjusted. One of the top reasons girls dont like iud is due to the insertion and adjustment process/time period 🥺 I hope its just the adjustment and not anything serious. Ill be rooting for you! 💕 Thank you so much for your advice! It just sucks to have a painful adjustment since I will have an interview tomorrow for another job since this one is so stressful and I want to leave. I just hope I dont feel bad during it. Advil and chamomile tea. Avoid caffeine and drink plenty of water! I hope youre able to leave the crappy job and all goes well in your interview!!! Thank you!!!

Mirena IUD - 4 Weeks After Insertion Im 150 lbs, 55, 18, and have never given birth. Ive had chronic kidney stones, so I consider myself to have a slightly above-average pain tolerance. About four weeks ago, I had the Mirena IUD put in to prevent pregnancies. I felt a whole body cramp when the doctor measured me. That lasted for a few minutes. Then she inserted the IUD. It was extremely painful; I even cried. The intense pain lasted about 5 minutes or so. After that, the pain was more adjacent to that of a period cramp. I continued cramping for about a week. All the pain after that initial horrible pain was manageable with ibuprofen. I spotted for about 3 weeks after, but it was never enough that I wore a panty liner. Other than the bleeding, I had no other symptoms! All in all, it was pretty easy and manageable! I will update yall when I get my period with it!

Copper IUD Removal I have an appointment to get this god awful copper IUD removed today ( we are trying for a baby soon). Ive heard horror stories of IUD removal and I just need some people to reassure me that this isnt that bad. Im terrified of how much its going to hurt or what if they cant find it or something. Can someone just ease my mind, please? Nobody that I know irl has had an IUD before All my mom had to do was cough and then they pulled it out. She said it was painless Removal has always been wayyyy less painful than insertion for me (Ive had three IUDs). If they have you cough thatll distract you, or ask that they let you know its coming and take a deep breath - itll be done quick :) The most discomfort for me with that removal process is always the speculum and such. The removal was no more uncomfortable than a smear test. It was worlds away from the insertion. I just had mine removed last week! It was a breeze. A breath in, 2 second cramp as you exhale and then done! I had the copper IUD removed recently and it went wayyyyy better than the insertion. They had me cough a few times, there was a minor pinch, and then it was out. Same tbh…I had one iud removed and it hurt I felt it scrape inside me and then I had to wait to walk…so Im scared to get this one removed. But for me when they removed the first one they found one of the arms of the iud bent. It was so weird. I didnt even feel mine coming out. Super easy! Update: I went in and they couldnt find the strings. I get an ultrasound next week and if they still cant find them I will have it surgically removed. She looked with like 6 different instruments and it was hell. Thank you everyone though for reassuring my mind. It helped me go in with less anxiety. However now Im nervous about the possibility of getting it surgically removed. Its so weird because I check for strings monthly and just 2 weeks ago they were there. No its fine. I went in for a smear and I requested mine to be removed at the same time. The smear was worse! How the procedure went: The nurse had me place my feet as close to my bum as I could (knees bent) and she would pull on the strings and asked me to cough at the same time. The pain is nothing compared to insertion. Good luck! Youll be fine. I have a removal for my Kyleena IUD later this month. Im also terrified. I made a post and it was flooded with comments about how painless and not that bad it is. I feel a lot of relief. Good luck to you! I got mine out and didnt feel a thing. Spotting afterwards tho Did anyone experience bloating after the copper iud removal? I had it removed Friday, its now Wednesday I look 5 months pregnant. I removed my Paraguard IUD myself today. I felt some cramping afterwards, lots of bloating still. I am also on my period, so im not sure if its because of the IUD or my period. The removal was quick and took less than a minute. Waiting the next few days to see how it goes, but im already feeling much better than when I had it in. how long did the bloating take to go away post iud removal? me too. its been 2 weeks and still experiencing bloating. how long did it take for your bloating to go away? I think about 4 weeks or so ok glad to know its normal and it eventually goes away was it on and off? some days better than others? and did you experience swollen breasts? I was feeling back to normal within 2 days of removing it.

Iud nerve pain Hi everyone. I got my skyla iud put in a little over two months ago and the second I got my iud put in I felt a nerve pain on my left leg all the way down to my toes and I mentioned it to my dr during my first month check up and she said it takes time for the body to get used to it now two months in the pain is still there. Doesnt hurt really bad but I can feel the sensation going down my leg. Should I take it out or let it be? Is this normal? That is not normal. Find a doctor that takes your pain seriously. Wishing you the best! Ahhh!!! Ok I will thank you! Take it out, this happened to me and I eventually needed assistance walking. What happened?!?! It caused nerve pain up my legs and hands. It was so extreme and started to cause weakness and numbness in my hands as well and also caused POTS! I had the skyla thats when the pain started but wasnt severe and the 3 years passed and I was told the mirena was the same as skyla just 5 years longer. Not that it was 4 times the amount of hormones. I was in agony all night suffering from the pain and eventually needed a walker and Im sure a wheelchair had I not removed it. I removed mirena and symptoms got less and eventually resolved. And for a while I was pain free as I healed from hip surgery since the birth control also contributed to looseness in joints and I tore my hip as a result. I recently tried again with the pill and within 2 months Im starting to feel the nerve pain come back. Apparently birth control is not for me. Theres a lot more to this story and other forms of BC I havent mentioned and their horror stories but be careful what you put in your body and do your research. TLDR: Birth Control poisoned me

IUD removal question!! Im getting my kyleena IUD removed this week. Ive only had it for a few weeks and Im giving up because Ive had debilitating pain every single day 24/7 since insertion. I know it could go away but Im just nauseous and uncomfortable and have decided its not worth it for me rn. Aaaannyways. Im wondering if the cramps and pain will continue or worsen after getting it removed? Does the removal cause cramping in the following weeks, or could I expect relief soon after? Considering its not been in my body for too long Im hopeful that it wont take too long to adjust out from under the hormones. I had Liletta for about a year &amp; a half. I also had painful &amp; debilitating cramps every single day post insertion. Decided to get it removed in February. The insertion was very traumatic &amp; painful, so I put off getting it removed, but the removal was literally nothing. The worst part was the uncomfortable speculum. My gyno went alright, its out &amp; I literally said no fucking way because it felt like nothing. I had preemptively taken off 3 days post removal just in case I needed to, &amp; I absolutely didnt. I ended up going on a mini hike 2 hours later. I felt like myself again after getting my IUD removed. Trust me, the removal process was such a breeze. Take some ibuprofen beforehand just in case, but youll be fine &amp; be happy its finally out :). Omg thank you so much Im getting it removed today and this totally eased all my nerves lol !!(: hey! how did your removal go? Im getting mine removed tomorrow and Im super anxious :/ The removal itself really wasnt bad!! There was a second of cramping when she took it out, but seriously in comparison to the insertion it was NOTHINGG I swear. Ive been kinda crampy today but youll be all good!! Good luck!(: Good to know. Mine comes out next Tuesday!

getting a Mirena iud next month - is there anything I should know before I get it So the day Roe V Wade was overturned, I made an appointment with my OBGYN immediately to get an IUD. I have pcos and Im already on the pill but I wanted something that I could set and forget so my doctor suggested using Mirena combined with other meds to combat my PCOS symptoms. Ive now read a ton of horror stories about this one (weight gain being the main one - Im already over 200 after losing 40 pounds so I really dont want to gain it all back again) and now Im worried Are there any tips I should be aware of? First off, good choice! Still use condoms as a back up! Ive had my first one in 2016 and I never got pregnant. I just got mine replacement and looking forward to no babies for another 7 years! I have never gained weight from mine. I also never got my period, and I never even had mood swings! I highly recommend every female to get it. But with that said- its painful. Im not going to sugar coat it. What I suggest you do is make sure you drinks lots of water and take extra strength pain reliever. Wear loose clothing because you will feel crappy after wards and I hate tight clothes when Im not feeling too hot!! Good luck! I love mine and I hope you love yours! I havent gained that much weight after getting mine. Well, it wasnt the cause of my current weight gain, that would be the quarantine baking. You know your pain tolerance. Some doctors suggest taking 2 ibuprofen before the appointment and 2 after the appointment. Some are barbaric and dont tell you to take anything: those doctors are monsters. but if you \*know\* you cant handle pain that much or already have pretty bad cramps ask your doctor to prescribe you something stronger. not the prescribed 800 mg dose of ibuprofen, \*real\* drugs. also talk to them about whether or not they use a topical anesthesia for insertion. push for them to use it if they say no. this was probably the reason why my insertion was not a bad experience. and make sure you take at least the rest of the day off to lay in bed with a heating pad. the insertion \*will\* cause cramps. and if your period cramps are usually pretty painful i suggest taking at least the next day off too. your brain is going to mess with you. you will \*swear\* you can feel the iud in you and then think its moving around. unless it falls out or you are in sudden, horrible pain it is fine. you will have a follow up visit scheduled for them to check the iud to make sure it is still in place. if they dont schedule one for you before you leave make sure to stop at the desk and make them schedule one before you leave the building. &amp;#x200B; good luck, hopefully it is a good fit (ba dum tss) Is using condoms a necessity? Ive heard the 99.8% effectiveness is without condoms and without pulling out. So would pulling out decrease the likelihood of any mishaps enough to not use condoms? personally one of the reasons Im getting one is because I dont like always using condoms (I have in my current relationship because I am worried more about the pill failing as I sometimes take it late ) but in a monogamous relationship and both of us are std free so I think Ill be alright! Planning on wearing a tshirt and sweats to the appointment because of your suggestion (: Im just that scared of getting pregnant oof I just had the appointment earlier and I wish I would have asked about a topical anesthetic because Im a baby with pain !! She gave me a cervix softener and some Ativan but now Im really worried that its gonna hurt terribly I just got the IUS put in yesterday and I was fine having it put in, other than a sharp almost cramp like pain. But then I was the lucky 1 in 40 that got cervical shock.. basically I wasnt very well. Im not trying to scare monger but it was just an unlikely effect that had a low chance of happening. Im completely fine now, a tad bit of cramping, so it feels like a tad of a fever dream. I do recommend allowing yourself time to rest in case you dont react too well but so far it hasnt been to bad now. Before your appointment: -eat something!! (I didnt so I couldnt take ibuprofen which was stupid) -make sure youre hydrated -take ibuprofen before hand Youll do amazingly ♥️ You can always call and ask. I got terrible acne and yeast infections Take some good pain killers before hand, like long enough before to have them kicked in. I very much screamed a very loud FUCK in the office, then spent about 10 minutes laying there with a cool wash cloth while I calmed down. They thought I was going to pass out. I have a pretty legit pain tolerance, so it sucked. I had some crampy days afterwards. I got mine back in April, and dont regret it for sure though! With America being how it is, and my family being complete, I want to be sure were good. Definitely seconding the recommendation to eat/drink something. Dont be like me and use the bathroom right before heading to the clinic, then when they ask for a urine sample ask for some water because you dont need to go yet, and then when they give you water, spill it on yourself. -\_- bring a support person who can handle seeing u in pain and to drive u there and back ask for a lidocaine shot I just got it last month and took 1000mg Tylenol and it was absolutely excruciating.. it felt like someone grabbed my intestines and twisted it inside out. 🥲 I cramped and bled for around a week and I havent noticed any mood or weight changes yet! [deleted] If you have a low pain tolerance ask them to numb your cervix! Helps a ton! Make sure to breath during the insertion. I almost passed out because my blood pressure dropped and had to stay laying down for about 15mins. Apparently its a common thing they can happen so dont freak out. The nurse gave me some juice and I was able to sit up but it still took me sometime to get back to normal for me to walk. The pain was not great but it was very quick and I assure you its worth it. Take ibuprofen and, if you can, demand some sort of pain management from them. They definitely have something but unfortunately so many hospitals/doctors minimize womens pain tolerance. Check your strings maybe once a week. If your strings move too much or if you feel the end of your IUD, get with your doctor to check the placement. The changes of it moving are high early on but after having for for a year or so, the chances decrease. The strings also shouldnt bother you or poke your partner. If so, you can definitely get them trimmed. I had too because mine were way to long and were uncomfortable. Enjoy (hopefully) no more periods!! I didnt have them for 6 years and it was probably the biggest pro for me. I also didnt experience weight gain. I didnt use condoms during that whole time but definitely no finishing inside me, ever lol. Never had a problem. I would maaaaybe still use them for a week or two after insertion? Id ask your doctor. I did get yeast infections on occasion though :/ Good luck!!! Some people experience a lot of pain during the insertion - I was cautioned to take pain meds but opted not to. My insertion was painless and the experience was extremely positive. I had an ultrasound to check placement at 8weeks and it had moved lower than desired. Went for another ultrasound at 12 weeks and it had moved even more. Had to have it removed and replaced (again painless for me) - dont skip out on the follow ups and make sure placement is correct because of it shifts, its not as effective. If youre using health insurance to pay for it, look into if they cover replacement or what options you have just so you arent caught by surprise. I just had my second one inserted today after a few year gap from the first one. A tip others have not mentioned - if you find the Mirena stops your period, buy a multi pack of pregnancy tests off Amazon and take one each month. You can get them really cheap, like ~$1-2 each. Pregnancy is of course the most unlikely on an IUD vs other birth control. But if it does happen they are more likely to be ectopic, which is critical to find out as soon as possible. Im curious, do you have children? Ive heard its less painful for people who have given birth. Im getting my iud in 2 weeks and I had my baby 4 months ago so Im wondering if thatll factor into how much pain Ill feel. Take some pain relief before you go - I took ibuprofen and paracetamol an hour beforehand. Practice deep breathing during insertion, it helps to relax the body. Personally, the pain was at most a 4/10 for me. If youre prone to hormonal acne breakouts, be prepared for them to start - Ive been dealing with a teenager-esque flare up and Im in my thirties 😅 So Im upping my skin care game which seems to be helping a bit. I havent noticed any weight gain as yet, but Ive only had it in a month at the moment. Just had my first period with it in, and it was longer but lighter than my usual. The insertion wasnt great and is painful for most-theres no sugar coating that. if you cant get anything else to cope, definitely take 800mg of ibuprofen. i personally was able to drive home as it felt like a normal day one of period cramps. i got some mcdonalds, then went straight home without any issues. I laid on the couch the rest of the night! I think what surprised me the most were the months after. Some adjust really quickly, some dont! I got mine early June and have struggled, mainly around my period time (week before/of/after). i have to take it VERY light leading up to my period. i found out the hard way and was essentially bed ridden with cramps for nearly a week-it was awful. i was completely unprepared for it. My periods are definitely getting a little better each time, less heavy but still lengthy. I just got mine last week and was okay to drive home after! I got prescribed cytotec to take the night before and then took 800mg of ibuprofen an hour and a half before my appointment and felt more discomfort than pain! I have had the Mir

Mirena Insertion and Valium experience Had my IUD inserted today! My doctor prescribed me a single pill of 10mg of Valium. I took that and 600mg of Advil an hour before my appointment. I ended up walking the 2 miles to the building, and right at the end of that I felt the Valium kick in. I felt slightly drunk and wobbly but not excessively so. When I got there, the water I drank an hour before hadnt to quite made it into my bladder, as I had both an ultrasound and my gyno in the room, but that was okay. My gyno talked me through everything. The speculum and cervix clamps were very uncomfortable. She tried inserting the IUD one time and I flinched pretty hard at the pain and it fell out (they assumed it was defective). They got a new one (while everything else was still inside me so I didnt have any tool reinsertion pain, just a very uncomfortable 30 seconds) and that one went in perfectly. I was more prepared the second time and honestly wasnt as bad, just 5 seconds of pain and done. I was going to have one of my roommates drive me home but I felt totally okay and ended up walking back, stopping for some candy and a pizza (Side note, French toast pizza is actually quite good). The Valium made me pretty tired and let me tell you I had the BEST 3 hour nap Ive had in my life. Thank god for drugs. I woke up and I think the Advil is wearing off because im slightly crampy, but its very manageable. All in all I was not traumatized, and the pain wasnt as bad as I thought. Im spotting a little bit, but a pantyliner is perfect adequate. Best part is it lasts 8 years! If your doctor is willing to give it to you, I would 100% take the Valium!!

Urgent!! Severe pain 2 days after IUD Someone please tell me what to do. I 24F got a copper Paragard iud Friday at 12pm. It hurt like hell and i was having cramps ever since. Its now Saturday 10pm and all of a sudden its getting so much worse like Im crying. BUT I dont know if its the IUD or not. I was on depo and havent had a period in 4 years. I was also one of those girls that had a 4 day period and 0 cramps. So I have no idea if this is normal. I was prescribed 400mg of cytotec for the insertion and didnt get any side affects. I have no idea if this is IUD cramps, gas, or constipation. Ive never had any of these issues before. Also, Ive been bleeding since the insertion. When I wipe its a watery bright red if that makes sense. Someone let me know if I should go to the ER or something. Right now being in my knees in the fetal position is the only thing that stops the pain I just felt my strings for the first time. She left them long, but I only feel 1. I thought there was supposed to be 2? Idk man but it hurts so bad only one string, not to worry! my cramps were also pretty terrible for the first 3 days or so. spotting is normal—someone just shoved a piece of copper and plastic into the organ you have your periods from, so a bit of blood is nothing to be alarmed about. the earliest stage is the toughest, but I recommend you wait it out a little bit longer. just know that you can always go back and get it taken out whenever youd like to. Thank you for the reassurance. Im just so surprised that the cramps got so intense over 24 hrs later. Yesterday I did a 2 mile walk in my neighborhood. Today I did some cleaning and went to the movies. And now randomly as Im in bed Im in SO much pain. And I know people said they cramped 1-2 days after insertion, but Im literally tearing up in the fetal position rocking back and forth. Heat pad does nothing. And I keep thinking I have to use the bathroom but nothing comes out so Im just so confused. Im trying my best to ride this out bc I really want this method of BC to work for me.. thanks again ! IDK about you but physical exercise, especially in my core and lower body, makes my cramps worse, so maybe it could be all the walking and cleaning you did. Im hoping thats it. Im definitely going to be taking it easy for a while I got the Paragard iud on Thursday, doing any sort of movement in my core makes the cramping 10x worse. If I were you I would just take the rest of the weekend to be as still as possible with a heating pack on. Yeah Im not moving again anytime soon. Just so weird it was hours after all that. I really hope it goes away soon ! Its now the next day and Im still feeling so crampy

Got the Copper coil today- My Experience (will update for a month) Im going to share my honest experience with everyone for people considering the copper IUD, and try and include as much detail as I can. Ill also follow up details in the next few days / weeks. So first off: I got the 5 year copper coil. I went for this because its smaller than the 10 year coil so its more suitable for someone who hasnt given birth. I arrived at the Dr office and we had a quick chat before hand. She asked me to strip off and put a towel over me. Next she came over, and used the (what I call) reverse clamp- the thing that holds open your vagina. She lubed it up, inserted it and then opened it. It didnt hurt, it just pressed against my bladder which made me need to pee quite badly. So be sure to pee right before your appointment. Next she put in some antiseptic stuff (iodine) which was fine, it wasnt sore. Next she measured my cervix. It was a slight pinching feeling going in, followed by a sharp cramp once she reached the cervix. The sharp pain only lasted a few seconds and then mild cramping followed. Next she inserted the IUD. Its a t shaped device which is tiny, and is in an applicator. The applicator works similar to a tampon applicator. She put it in, once it reached my cervix she released it. This was the most painful part. It was Intense and sharp cramping, I would say a 7-8/10 on the pain scale. Then she cut the strings which didnt feel painful at all. To be honest, I think the feeling of needing to pee intensified the whole feeling because even when she wasnt doing anything, the pain from needing to pee made it feel more painful and I didnt get a break from the discomfort. I could feel cramping for the rest of the day after I got it implanted. She told me not to have sex for 7 days to prevent infection. About 30 mins after my appointment the cramping hit its high, which wasnt unbearable but definitely sore. I took loads of ibrufen and took the rest of the day off work. Now Im waiting on a dominos delivery with my boyfriend. Ill update how Im getting on over the next few weeks so hopefully It will answer some peoples questions all in one post. If anyone has any questions, fire away! 🔥

I had an IUD inserted 9~ months ago and felt almost no pain It basically was like a big cramp, as they describe in articles. Almost every other person with a vagina that I know has had a terrible experience, but I didnt. Its also been consistent so far. Has anyone else experienced minimal pain with an IUD? Have you had a child? My previous IUD experiences (3) before having a kid were horrid horrid pain! I got a Mirena , 2 months pp , and felt just a pinch. Gyno said recent pp, previous child birth, or in mid cycle, people experience less pain because of cervix position, firmness, and dilation. I was 25 when I had my IUD put in and I have never had a child. I am unsure of what stage I was in my cycle but I know I wasnt on my period. I did ask my Gyno to provide pain meds - which she did - and I inserted those into my vagina 2ish hours before my appointment I got Kyleena IUD when I was 21 and never had children. got it inserted at a Planned Parenthood, where I assume they do IUD insertions often. I didnt feel any pain with my insertion whatsoever. it was uncomfortable at most. i even forgot to take advil like youre supposed to before the insertion. I only cramped for a day afterwards, nothing worse than regular period cramps. Were they suppositories? Interesting! Ive never had a suppository for iud insert. Just a cervix softener, and oral pain meds. First IUD (Kyleena both times) was borderline painless. I think it was more of a cramp. This was over 5 years ago. Last year, got it replaced. Had to see a different gyn than my usual who placed the first one, and it was a horrible process. Taking it out, not great but passable. Then she accidentally pulled the replacement out when trimming the string, and had to replace it again in the same visit. It was all too much, after I sat up I actually passed out and fell to the floor (nurse caught me so I didnt bust my head open). Would I get it again? Yes. Would I let the same gyn do it? Probably not. I also, likely will tell them to stop and reschedule it if something like that happens again. Also, I am 24 years old, and have never had kids. yes!!! ive never been pregnant, had mine inserted when i was 19 and it was literally just a pinch like my dr said. honestly felt worse afterwards due to the cramping from my uterus being like wtf is this than the actual insertion. Ive heard people say that you shouldnt get the Mirena before pregnancy or childbirth because its too big but thats bs, the device itself is tiny and is designed to fit most women. i was also experiencing pelvic floor atrophy and amenorrhea as a result of severe anorexia and i was still fine. the scare-mongering around IUDs is real. people act like its the most horrendous medical procedure ever to have your cervix clamped for 35 seconds. its up to you as the pt to insist on adequate pain relief and/or take your own (obviously thats always a risk but on almost every post about IUDs someone complains that their gyn didnt even give them ibuprofen and its ridiculous, youre not four, you can buy it yourself for like $2). at the end of the day, its ultimately your choice to have an iud inserted and you know that pain is a risk. I got one almost a year ago and same thing! Weird deep cramp sensation but otherwise I was fine. walked out of there 10 minutes later, took the bus home, but took the day off work bc I felt I deserved it! What size frame? There is now data on uterine size being way smaller than what we have (on average) especially in nulliparous. Yes! I barely felt anything. Same here!! We are BUILT DIFFERENT lol Im hoping this means when I have a baby it will also be less painful lol Im so sorry to hear that you had that experience ❤️ from what Im gathering so far it really seems to depend on your physical being which makes sense that youve had a positive experience, but the other side of evidence Ive seen is that it also heavily depends on the Gyno/person inserting the iud. My Gyno (and now, also by coincidence, my best friends Gyno) has always been super gentle. They were cervix softeners. I did specifically ask for pain meds but they only offered the softeners (Im in Ontario Canada.) I googled when I should insert the cervix softeners because the bottle said the night before insertion, but searches showed they work best when inserted 2 hours before. I had my appointment at 11am and inserted them 2 hours before and had no pain and minimal discomfort.

IUD with no painkillers & PTSD Hi everyone. I have my IUD (Mirena) insertion in 2 days and Im freaking out. I cant take painkillers because of >!four overdoses last year!<\- as in, I dont keep them in the house at all. I also have C-PTSD, with a few of my traumas being sexual. The doc knows about the PTSD and the nurse apparently wrote in my notes for them to be extra nice to me (which was really cute), but I didnt tell them about the painkiller thing. I live in the UK so they wouldnt offer sedation or anything (that I know of). Im not sure what to do, and I feel as though Im just going to panic and not go through with it, but I really need this for my PCOS. I know I should have asked my GP for an anti-anxiety pill or something but its way too late now. \*\*EDIT/UPDATE:\*\* Thanks for all the help! They put some anaesthetic on my cervix- not sure it made tonnes of difference but I was glad for the option. It was incredibly painful, but also only took like 2 minutes so it worked out ok. The doctor & nurse I had were absolutely lovely too. Fending off the worst cramps by napping & a hot water bottle, but its no worse than a bad period. You should be able to ask for local anesthesia - but, it would probably also help to be open about whats going on with your doctor, so they are aware that you cant take painkillers and can help come up with an alternative I found it really helpful that i was explained what will happen in detail, and during the procedure, the doc kept me updated at every step and told me what is happening. Deep breaths, and good luck! thank you!! i have no way of getting a message to them before the appointment, but ill tell them when i go in and decide whether i want to reschedule depending on what they say/offer Agree with the above comment to ask for local anesthesia. It doesnt help with the cramps during insertion though. Dont feel pressured to go through with it if youre uncomfortable - ask for options and if they dont have anything on hand with them when you go you can always reschedule. Good luck! thank you! I had mine done under a twilight, due to PTSD and very painful/awkward uterus. Are you sure its not an option to do this? I had a kyleena IUD inserted without any painkillers, local anesthesia, etc… They claim it is similar to a severe period cramp. I suppose it was. A little worse, but similar. Like a cramp and a hard pinch. Reminded me of a pap as well? just felt the sensation in a different area. It lasts just a second, so its not too terrible. With that being said…. The PTSD worries me a tiny smidge for you. if youre truly comfortable with the physician inserting, I feel this will make you feel loads better. If you are triggered from insertion and need someone, please message me. Do you do ibuprofen? If so, most women I know that have gotten IUDs take 800MG prior to insertion. I didnt find this out until after I got mine 😂 Ooof Im so sorry. For anybody following, there are lots of tools to Reduce the pain associated with IUD placement. 1) ibuprofen, 2) warm belly compresses, 3) cervical injection of lidocaine, 4) paracervical injection, 5) intracervical Lidocaine jelly, and 6) benzodiazepines (which is what we men take for vasectomies)

Never ever again Hello! So, the IUD seems to be the right thing for some people. Here is my story: I got a copper ball (no hooks, placed inside and forms a ball what doesnt fall out due to its shape). It hurt like hell to get it five years ago. I screamed. Then I threw up for several hours from the pain. The last five years were okay. At some point, the strings were gone. My doctor tried to get it out a week ago but didnt succeed. That was also not a nice experience but I just said stop at some point. Today I went to a clinic and got it removed under anesthesia. The doctor told be afterwards that I would have been impossible for my gyno to get it out as they have to get in there with very thin (eg pointy, sharp) things and when I move (what you do because it hurts) there is the risk that they pinch through. Therefore, it was only possible under anesthesia. That went well and now the thing is FINALLY gone!

My (not too scary) IUD experience I got my first IUD (Kyleena) on Monday. I searched Reddit for stories first like a lot of people do so Im adding mine. I spent months in a panic about getting it done. I was afraid of the pain but also the stories of months of cramping or bleeding afterwards. Im happy to say so far Im not one of the unlucky ones. Prep: prescribed misoprostol 200mg, vaginally 4 hours ahead. I read the stories online and was terrified, but I only experienced some faint nausea and barely noticeable cramping. I stopped taking the mini pill BCP two days before hoping it would start a period. Usually being 2 minutes late with that pill will guarantee a period the next day, but no such luck this time. Go figure! I took 600mg ibuprofen an hour ahead, and a Xanax 30 minutes before. Insertion: Horrible, but fast. Mine followed two uterine biopsies which were extremely painful, and in comparison the IUD was not quite so bad. Glad I did them all in one day though. Recovery: day of insertion I had cramps and back pain that were more intense than a regular period, but manageable. Pro tip: HEATING PAD! Next morning I felt totally fine. Over the last few days I have had a little bit of intermittent cramping and back pain. Ive not had any bleeding, which I suppose is weird but I wont complain. I went back to my exercise routine on Wednesday. The only thing that bothers me is the ongoing sensation of something there. Kind of like when you know a tampon is either too dry or too wet, and either way it needs to come out. I didnt have it right away, so Im hoping its not a sign of slippage or dislodging. So YES it hurts but its over quickly. Dont be me and put it off forever out of fear.

Those with an IUD, do you wish people were more brutally honest with you about the pain? Feeling so mixed… I got a copper IUD through planned parenthood today, and fuck. I was \*not\* expecting it to feel that brutal. Ive never felt pain like that in my entire life, I was screaming FUCK on the top of my lungs and moaning uncontrollably, I was unsure if this was a normal reaction and was super embarrassed lol. Afterwards, friends of mine with IUDs were like yeah its the worst pain imaginable just didnt want to scare you part of me is extremely thankful for that, part of me is so relieved its over with and grateful planned parenthood snuck me in today (they were all angels) but the \*other\* part of me feels like I cant let go of the experience, I know its new, but I cant even imagine having sex anytime soon because I dont want anything to remind me of it! Afraid of anything going down there…wondering if anyone else felt similarly at first. Wow, lots of feelings. Overall I know it was worth it and Im glad I did it, experiencing light cramping but nothing more now I truly think it depends on the person. I had mine inserted yesterday it was painless. I had a few sharp cramps for the rest of the day but Advil and a heating pad helped. Today, I feel amazing. I dont think they can really tell you how painful it CAN be simply because everyone is different. All I took was 600mg of Advil ahead of time. Currently on my period, still feeling okay. Im sorry youre having this experience though. Wow Im so happy it was painless for you! Thats amazing. Within an hour I felt okay enough to carry on with my day, but Im still in shock of how badly the insertion was for me! The thought of checking my strings is terrifying lol Same, my insertion didnt hurt THAT bad, but my first period after getting my Mirena has sucked so far. Cramps every day I was told not to insert anything for at least a week, so I dont think Ill check until then. Then worst part was the actual insertion, it was just more of a discomfort. The doctor had me cough when she clamped my cervix, which kind of masked whatever pain that was. The nurse held my hand the entire time though, which was sweet. My experience was actually opposite. I had a few friends who were honest and said that their insertion was too painful to recommend the iud. But I had a few others who didnt find it very painful at all. I also had very little pain. It was definitely uncomfortable, but Ive now done it twice and am okay with it. Currently on my withdraw bleed now from my previous pill packet so Im hoping this doesnt last for awhile From what Ive read on here is that some people actually get local anesthetic. I didnt with either of mine. The first one wasnt terrible for me or maybe my brain blocked out the memory of the pain, but the second one was definitely worse. I think because they pulled one out and put another in - it was the pain 2x. Thats why i switched to nuvaring when my 5 years was up with my 2nd Mirena. Was definitely not going to go thru that again. Never knew local anesthetic was an option, I definitely would opt for that in the future I was expecting the worst pain of my life, especially after reading the stories I read here, but both IUDs I got were painless. I did receive local anesthetic both times, but Im not sure how much that actually does anything since its only to your cervix. The most painful part was probably the uterine sounding the first time I had one inserted, but it wasnt unbearable and it was over within a few mins. I think it just depends on the individual and maybe even the expectations you have going in. It depends on your pain tolerance. I did not think it was that bad bc I honestly have a super high tolerance. Had the same experience. I had been told to expect a slight scratch and some cramps almost like a heavy period, but what I actually got was an insane stabbing feeling, followed by the worst cramps I could ever imagine, which lasted over a week. I couldnt walk at all the next few days after insertion, even a slight sneeze was agony. Not sure what it was, but the doctor inserting it used what I assume was a measuring device, filled with a gel-like substance that she claimed was a sterilising sollution that needed to be squirted into my uterus, before she fitted the IUD. That part was horrific. I had tears rolling down my face, I had almost broken the poor assistants hand from squeezing, and the doctor had to keep stopping because she felt guilty about it. That was 3 weeks ago :) the cramps are still happening but not as bad, Im getting alot of other stabbing pains under my belly button area though. Doctor checked and my IUD is in the correct position so not really sure whats going on in there. I can definitely feel the string stabbing me when I sit, but its not as bad as the insertion process. I wish they told me I should expect all this pain though, I would have saved myself the trouble. I feel as if Ive been tricked into getting it honestly. I have looked it up though and found a bunch of forums and articles of women who have had children, saying the IUD was worse than childbirth... makes me double down on my decision to never have children, thats for sure. Im not looking forward to having it removed/replaced. tldr; was promised a breezy ride, was given a ride in hell :) Yes, I was terrified about the pain. I feel SO frustrated because at the planned parenthood centres in my country they are offering sedation for gender diverse people so that it avoids triggering gender dysmorphia. Whilst I am completely in support of that process and helping people feel safe during medical procedures, I was disappointed to learn that this isnt available for a lot of people who feel that sedation might be the better option for them. I cried, screamed and was nauseas during and after the insertion. It felt incredible inhumane. After a couple of months I had a feeling it was displaced - something didnt feel right. The IUD had slipped. I got it removed this week (after having it in for 8 months) and I honestly feel fucking amazing. Im incredibly happy, relaxed and my sex drive has bounced back. I dont think Ill ever have the IUD again. So sorry to hear you had a bad experience too. Im honestly surprised how many people in this thread said theirs were painless! I cant imagine. When you say your sex drive bounced back, were you on the hormonal iud? I havent heard of this as a side effect for copper! Awww thats so sweet! I had to do the dreaded cough too, but Ugh it did not mask it well enough I definitely wish people were more honest about it for sure. I got my mirena iud in November 2020 and even the people working in the clinic I got it said that it wasnt painful and they never had a patient that found it significantly painful….really must have been a lie. Now I want to get it out, but Im very scared about doing anything with the iud again. Putting it in was one of the most painful experiences of my life, so I really cannot soothe myself when it comes to thinking about taking it out (even though apparently thats supposed to be better) I had numbing hurricane spray the second time and it made no difference in pain. oh man. let me tell you, i did SO much research before i got my IUD. i knew it was going to be uncomfortable i didnt know it was going to be outright painful. when i got my first IUD placed, i passed out from the pain. the second IUD was the same. i eventually got it taken out and was so relieved. my experiences dont speak for everyone. but still, i wish someone had told me it wouldnt just be uncomfortable. i was crying in pain. i passed out. i threw up on the bathroom floor of a restaurant right after getting my first IUD. the IUD itself was fine, i got it taken out because i was so traumatised from the insertion. i wished that somebody had told me how it would feel, and still to this day i cannot even imagine getting another IUD My second one hurt more as well. The first one was a very sharp pain that made me just do a big Pikachu surprise face, but then I was good until the moderate cramping later that day. But it was nothing that Advil and laying in bed watching movies couldnt fix. For the second one, removal didnt hurt, but the insertion of the new one hurt more than I had remembered for the first one. I felt slightly faint, and laid there for a moment before getting up and getting dressed. I had to take an Uber back home, and I remember it just feeling like the longest car ride ever, and every bump we went over made it hurt much more. I had cramping for, I believe, 2 days, and was taking Advil whenever I could. The copper IUD was awful for me! A friend had told me that it was a lot of pain and that it made her periods bad, but I thought she was exaggerating. Even the doctor that placed the iud warned me that the number one reasons the copper iud is removed is because the periods can be unbearable, but again, I thought I would be okay. I started cramping really badly on the drive home after insertion. I was driving white knuckled on the steering wheel and actually had to pull into a parking lot because I was having waves of blinding pain. I waited in the parking lot for about 30 minutes, but the pain only got worse so I ended up having to push through it just so I could get home. The pain waves lasted for about 24 hours and I couldnt get out of bed. After the insertion pain, I only ever noticed the iud on the first few days of my period when I would have really painful cramps (after never having cramps before.) This may be TMI, but it also made my flow way heavier than normal. I went from being super light and only lasting 3 maybe 4 days tops, to bleeding through pads and super plus tampons in less than an hour and lasting 5 heavy days with 2 days of spotting. I started using a Diva cup just because I was bleeding through everything else on my 45 minute commute to work. Even the cup would need to be emptied every hour.

Just switched from Nexplanon to Kyleena Today Ive been on nexplanon since I was 14, and just got my second taken out at 20 and replaced with the Kyleena. Let me tell ya: that shit SUCKED. My doc warned me that its going to be quite uncomfortable, and I took some Excedrin before I went because thats the only thing I had on hand, but she sent me home with 800mg of ibuprofen to take in about 6 hours. She told me its okay if I cuss or have to take my mask down to breathe, and that she does the same every time, and walked me through each step. I didnt get any cervix relaxer or anything. It was comparable to having the worst period cramps Ive ever had. I literally yelled OH FUCK FUCK FUCK loud enough for them to hear in the waiting room probably and laid there for about 10 minutes before finally slowly making my way to my car. My boyfriend is dog sick and I didnt think to ask my step mom to come with me but I definitely wish I had. I even brought my fidget cube to help my anxiety and then forgot it in the car. Currently in bed with a heating pad about to pack up a bowl. Right now it just feels like moderate period cramps. So glad I have the rest of the day off. On another note, I genuinely pondered whether Id ever want to have a child in the thick of it. The kyleena is barely the size of the fist of a baby, let alone pushing out a whole child.

Got IUD insertion without painkillers and without being on my period and I felt nothing Ive spent the past 5 months reading post after post about insertion pain and trauma and I psyched myself out so much. Ironically, when I went into clinic without knowing I would get it, and decided then and there on a whim I would get it... I felt very little. Was super negligible discomfort. The gynecologist even had to size up a couple of dilators before finally getting it in there. ~~The fearmongering is real~~ :&lt; just wanted to share in case someone has massive anxiety about IUD insertion... Its literally so different for everyone youll never know. Edit: sorry not fearmongering, meant the range of experiences can vary Truthfully Im not looking forward to the side effects of the hormonal IUD (Skyla) but it was the only one small enough to fit up there for me so this is the one solace I hold on to for my anxiety about keeping it in 😅 I also bled all over the chairs of my next appointments and the IUD Inserter came out a bloody mess but I really didnt feel much Thank you for reading everyone. And no, never had a baby before/was not ovulating (am like 2-3 days before my period starts). I like the gynecologist that got it in for me she did properly warn me about the pain Thank you for reminding me that my word choice of fearmongering is insensitive/invalidating On the other end of things… My NP had to reinsert mine. \*Twice.\* She then had to call in another NP to help her, and the third time she actually got it in. 800mg of ibuprofen, some of the worst pain of my life. I dont have \*trauma\* but goddamn that shit was painful. Literal knife to the guts for 15 minutes straight. My recovery went super smooth though, and Ive heard thats actually the worst part. No pain after 4 hours post-insertion. It really can go any way. Edit: To clarify, theres two barriers between the vagina and the uterus, and she was able to push through the first one, but not the second. She took it out of the first barrier once, then when she found she still couldnt push it through after readjusting, she removed it \*again\* to go retrieve another NP. The second NP then had to \*put it back in again.\* Wasnt super fun. I wouldnt say its fearmongering as much as its the women who have had incredibly painful experiences had zero support or help and are generally dismissed as being dramatic, which is why you hear more about it on the internet. I had an incredibly painful experience, my friend nearly puked and passed out. my other friend gave me a blank look when I mentioned pain of insertion because she didnt even notice it happening. You could get any one of those experiences, but the point of all the posts is that doctors should be preparing us for the MOST painful experience, not the LEAST, like they do now. Or at minimum those of us who have already had a painful experience should be alloted sedatives for our reinsertions. Glad it went well for you tho! Even crazier- it can vary from insertion to insertion in the same person too. My first one, I took some ibuprofen before. Got it done during my period. The cramp on insertion, Id give a 6/10 for pain but it was over in a couple minutes. And it was more uncomfortable than painful. Then through the day I had off and on cramps but nothing unbearable. Overall, it wasnt a terrible experience, but I did have some pain. Second one, I got after having a baby (which probably makes a difference?), and I felt nothing. Like you mention. I went in fully expecting the same experience as the first time, but I felt nothing. Unfortunately that one did perforate my uterus and had to have it surgically removed. But insertion itself was a breeze. I still ended up getting another IUD, they placed it during surgery using a camera to confirm placement. Everyones bodies are so different. Some people go in to get their IUD with a softer cervix during ovulation when it is more opened and wet. Other people will go in for their IUD insertion after ovulation, when the cervix is lower and closed and harder. This can be a factor why there was more pain or less pain how hard and soft your cervix is. Some doctors recommend going in during your period. I dont think anyone is fearmongering. As you say, everyone is different, and a lot of people are told its just uncomfortable or pressure like its very unusual to have any more trouble than that. When it was the most painful experience of your life you want people know thats a possibility. [deleted] Every woman is different. I got mine inserted at 17 due to debilitating periods starting at 11. My experience wasnt great, and it didnt help that my gynocologist was bad and made me feel uncomfortable. I only remember screaming in pain and involuntarily sobbing... they just left the room, turned off the lights, and told me to get dressed and come out when I was done. Theres a lot of different factors that make insertions difficult, and im going to be honest here, even if a particular woman wont feel any pain it should be mandatory to offer some preemptive pain relief. Agree. Saying its fearmongering is a bit sensitive as even OP herself said that its different for everyone. But im glad hers turn out well cause i dont wish this kind of pain on others. My first insertion traumatizes me and my SO wasnt there. It took a while, it hurts so much my legs were shaking afterward and i was so out of it, and i took painkiller before. My 2nd insertion was a lot faster and less painful and i went to Ob gyn office. I think the primary doctor at my first one was inexperienced which caused a lot of pain. We share our painful experiences as a heads up as doctors never tell us or prepare us for this. Also if u give birth before or not matters too. Id love to go get it on my period but i go to a military hospital and they never have appointment available let alone something that fit my schedule so i can plan it, so i had to do it not on my period Yeah I wouldnt say fearmongering is the right word, my iud insertion was so difficult for the gyne and the pain was 9/10. It caused my body to have a vasovagal reaction and I fainted. Ive had several knee surgeries and injuries and this was by far the worst pain Ive ever experienced in my life. Everyone experiences it differently for sure. I am so glad you had a comfortable experience! Have you had a child or a pregnancy before? I heard it can be less painful if your cervix has been opened before. I got it on my period and it was a breeze. Meanwhile, even a Pap smear gets me reeling. Best thing I couldve done is take an anti-anxiety pill. I was chill as hellll Im 4.5 months postpartum and am going to be getting one soon. Im super nervous about perforating my uterus - if you dont mind me asking, how did you know that it happened? Was it just super painful? Im glad it was easy for you, but thats simply not the case for everyone. Was it the most painful thing Ive ever experienced? No. The sounding was probably 7/10, with the IUD insertion at 5 or 6. For reference, Id call kidney stones a 7. Ive had three inserted and two removed. Removal also hurt, probably a 5. The saving grace is that the worst pain only lasts a few seconds, and then its more like period cramps. I was told to take an NSAID before/after for pain. With the last one, I was in CA and found that flower was instantly effective as a pain killer. I had a vasovagal response with each procedure. After the first, I knew what to expect, so I requested a sugary drink and to stay on the bed for a moment. I was able to drive (manual cars) myself to/from all appointments. Also, after seeing how a tenaculum works (literally never shown/described to be before any of these procedures), there should absolutely be pain medication. I would not say its fear mongering, as its invalidating some people like myself who had extremely painful insertion. I thought I was going to break the nurses hand I was holding as it was being placed, and had to pull over several times on the way home the pain was so bad. Thats great you had that experience. Women truthfully sharing different experiences isnt fear mongering. Very well said. No pain during insertion at all? Id be concerned about lack of sensation or something. Are you up to date on paps? If there is no reason and you just felt very little, then maybe youll have an easier time in childbirth if you decide to have kids someday! I heard IUD insertion causes the body to react similarly to the first stage of labor (correct me if im wrong) so its very interesting you felt basically nothing. I fainted lol. I still have some trauma … mostly from the pincers they used to stabilize the cervix. That hurt worse than the insertion for me! Can confirm. Ive had 4 insertions, the cramps sucked equally in all of them, but I felt the kind of WTF, seeing stars kind of constant pain with the tenaculum once. They quickly got it off me after asking oh my god, is the pain youre having constant?! and gave me anesthetic, thank goodness. But thats a 25% hit rate on the awful pain bit on this one person. Ive tried so many times to try to piece together why this might have been, but havent come up with anything. I also didnt feel it. When the OB finished, I actually asked if she started yet. I was super freaked out from all the posts about pain, so I think its important to share so people know that its not necessarily going to be awful. Like with everything on the internet, youre more likely to run into negative posts/views before positive. For context, have you given birth before? Also, which IUD did you go with? I wonder if it was the location of a particular nerve on or around the cervix that they had contact with that one time Ive had insertions three different times and none of them hurt. Im not sure if its American doctors being sadistic assholes or what, as Im in Canada, but most of the women I know here in Canada had little pain with their insertions as well. Ive had two

the copper IUD So a couple years back I really wanted to get an IUD, but specifically the copper one because it is hormone free (I want to avoid a hormonal method altogether based on past experience) and when I asked my doctor she didnt want to give it to me because Ive never had kids before and so Id probably have a hard time because my cervix has never been opened before so they wouldnt know how Id take the pain– basically saying if I couldnt take the pain thatd be a waste of an IUD and Id still have the copay for it. Im going again pretty soon but seeing a different doctor and Im going to ask about it again but am worried about the same answer. If all else fails Ill probs go to planned parenthood but am wondering if any of yall know or have an idea if theyd have the copper one over the hormonal IUD? Also wondering what your guys experience is with the actual IUD insertion? So, Ive never had kids either and Ive made it through 3 insertions without too much issue. Get a different doctor that will work with you. It will hurt. A lot. A lot. My doctors told me to take a max dose of ibuprofen before the appointment and Im not sure it really helped. But its a momentary thing, its over with very quickly. The cramps afterward are different for everyone. I personally have them enough to be annoying but not at normal period level pain, for a few days after. For my first IUD, the doc used what I was later told was the faster but more painful method. The difference in time was only minutes, but the pain was excruciating and lasted long enough that I struggled to drive my manual transmission car home. For my other two, my docs used the slower method, and I recovered faster but I still had a friend drive me and was grateful not to have to drive right away. The doctors office should be able to order whichever IUD you need. My ob office said they are moving away from Mirena due to compensation issues and using other hormone IUDs but that wont be a concern for you if youre set on the copper. Ive never had kids, and both instances of insertion werent bad. I didnt have any painkillers, anesthesia, or cervix softening medicine. It just felt like a period cramp for a minute. I was able to take the 30 minute walk back home with no problems. Being nulliparous (not having given birth) doesnt necessarily mean it will hurt a lot. There are some who say its as bad as giving birth, and there are some who say (like me) it doesnt hurt much even without prior birth experience. Being nulliparous isnt a contraindication for an IUD. I got a Mirena generic at an obgyn office and then a copper IUD at Planned Parenthood. They actually said its a great option for people who dont intend to have kids or those who are going to wait several years before having kids. Making the appointment at Planned Parenthood was easy. You just call them and let them know you want a copper IUD, and theyll do it on that appointment whereas it seems obgyn offices require an STI screening/ultrasound appointment before the IUD insertion appointment, which just makes the whole thing cost more and take more time. I got mine 2 days ago! I stopped taking hormonal birth control a few days before to ensure I was on my period, which they said would be helpful. I also took 800mg of Tylenol beforehand. The actual insertion into my cervix I didnt feel was that bad. What was bad for me was inserting the speculum, I have vaginismus and whenever Im anxious it is excruciating having a full-size speculum inserted. For me, that was the worst part. I am one of those unlucky people who sat up afterwards and almost threw up and passed out. I really think that it was because I got so worked up from the speculum and the adrenaline rush caught up with me when I sat up. They laid me down and continued to check my blood pressure and once I could stand without any nausea I was good to go home! I went home and slept and felt so much better. The cramping was pretty bad right after but definitely got better throughout the day. I took it easy and used a heating pad and more Tylenol and felt significantly better the next morning. Its now 48 hours later and I get a lingering cramp here and there but nothing outrageous. Im also pretty bloated as my uterus is still adjusting, but not uncomfortable. I made myself really nervous reading reddit posts beforehand which Im sure contributed to my reaction, and I think going in as relaxed as possible will help prevent that from happening as much. Sorry this is so long I just want to share my experience in the hopes that it helps someone!! :) edit: also never had kids! omg thank you so much for your feedback and sharing, this really helped! Im super nervous about it hurting but also understanding that everyone may react differently. Im just finally like okay I really need/want to do this. sweet! That makes me feel so much better about going into ask about it next time. Ive got an annual physical coming up and Im gonna ask about it but if they dont want to give it to me I definitely will go to planned parenthood! thats awesome to hear! Okay so now I know it is doable! Im definitely getting one!! Thanks so much for sharing!

Mirena reinsertion Hi all, I just want some advice. I had a Mirena for 5 years, got it swapped for a new one two weeks ago. The replacement experience was fine, a little crampy but nothing I couldnt handle. About 3 days later I started to get these horrible stomach cramps, every time my stomach does anything - gas, digestive action, even when I move or go from sitting to standing. Im talking debilitating pains that are making me hot and cold and involuntarily leaking tears when Im not even crying. Its been waking me up multiple times during the night too. They last for 10ish minutes and then Im okay again, but they arent going away. I hoped it would pass but after a few days of that I called my gyno and saw him yesterday, he did an ultrasound, its in the right position and he prescribed me stronger anti-inflammatories. They dont seem to have done anything. This evening I was in so much pain my Mum has given me Endone after checking it was safe to do so. That was about an hour ago and Im still really struggling. I really liked my last IUD but my resolve is crumbling right now and Im close to yanking the thing out myself. Has anyone dealt with anything like this? What the hell do I do?

Positive Kyleena insertion experience I just got the Kyleena inserted on Friday and as a person who was extremely nervous and doom scrolling this thread nonstop I just wanted to say it was an overall extremely positive experience. Like many people have described there were two main points of pain - but both of them felt like a moderate period cramp to me. 2/10 and so so quick honestly. I did take 800 mg ibuprofen an hour before the procedure and two tablets of a cervical softening medication the night before, and the doctor said that always helps a lot. I also do have a relatively high pain tolerance - if a reference point helps at all, I get brazilian waxes monthly and it is mostly painless for me. The main pain I had was immediately following the procedure, I had moderate period cramps all day but taking an edible (lol) and 800mg ibuprofen in another 8 hours as per doctors rec helped. I have never given birth. Please AMA, I had so many questions and I am happy to help.

Copper IUD Day after insertation I had a copper iud put in yesterday at my local planned parenthood and I knew it was going to hurt which it wasnt too bad but now after the so called cramps are really bothering me. I am a 18 year old female. Is this normal!??! I feel a constant pinching on my right side and cant laying curled up or it just hurts more. I am on Aleve because I read that may be better then ibuprofen but to be honest both dont help. I cant sleep, or focus its just constant. Sometimes it fluxs in how bad but I just want it to go away. It hurts to breathe because it stretches my stomach wall, kinda like if I had a big bruise on my lower abdomen. Any pressure and it feels no good. I can have some hope of it leaving by tomorrow or in a week maybe being over dramatic but I also am worried it could have hurt my uterus! Any similar experiences or thoughts? Well, sad high five. I dont know, can be normal. For me that was the beginning of many months of being debilitated from pain. On the bright side, removal immediately helped when I finally convinced a doctor that my pain wasnt okay. I had REALLY bad cramps that felt like a sharp stabbing pain on the right side, they started 18 hours after insertion and lasted for about 6-8 hours. I used heating pads and googled the safe amount of Advil that a person can take in a day lol. They did subside! For the next 4 or 5 days I had mild cramps that were easily controlled with advil. Good luck! Just know that extreme cramps and extreme bleeding can mean the IUD is expelling, so keep an eye on it and contact your doctor if something doesnt seem right

Is IUD removal painless or painful? Tomorrow I have an appointment to have my copper IUD removed because Im unhappy with it and it makes me feel bad in many ways. Ive always heard the removal isnt painful compared to the insertion and its just pulling it out. My mom who has also had IUDs in the past told me it hurts way more to have it taken out which I find hard to believe as the insertion was the most painful thing ever. As long as there are no complications - such as embedding, perforation, etc. - and your strings are accessible, the removal is a breeze. It depends on the person and process. My insertion sucked so I was dreading the removal. I had a new OB by then and we wanted to try for children so I got it removed. This OB was much better through the whole process and that helped a lot. My strings were too short (thanks to my shitty dr prior) so I gave her the ok to use this little tool thing to tickle my cervix to open it slightly more. I mean it thoroughly sucked but was not as bad as the insertion. The pain also did not linger for days like insertion. One quick OH SHIT and then it was over. And that was mostly due to the tickle thing. Pulling it out was not felt. I was just a bit surprised because my mom has had IUDs for probably a very long time and she didnt mention complications. She really acted like having it removed was a horrible experience each time. Maybe it used to be harder back in the day? Im just confused because I felt really chill about it and she scared me a little. I honestly barely felt my removal. Was at LEAST 10 times less painful than insertion. 95% of the time its totally fine. the thing is people will come to this subreddit with bad experiences more often than good ones. So at first glance it can seem worse that it is. I still got another IUD after having a baby and it was the complete opposite experience as the first. They used an ultrasound to help guide the insertion and it was painless. 95% of the time its totally fine. the thing is people will come to this subreddit with bad experiences more often than good ones. So at first glance it can seem worse than it is. I still got another IUD after having a baby and it was the complete opposite experience as the first. They used an ultrasound to help guide the insertion and it was painless. Ive heard scary stories about embedding, Ive had my IUD a little less than a year so I assume the chances are low that will be the case, unless it can go really fast. I put off removing my IUD for a long time because I was worried it would be painful. Turns out I hardly noticed when they removed it, it was a breeze! I was dreading the removal and then it was pretty painless and the actual pulling of it is very quick. The only problem I had is the first set of pincers she had to grab the strings were not good quality and it kept slipping, so I had several uncomfortable minutes of lying there dreading it while she tried and prodded around. Once she got better ones, it was super fast! Maybe it could also depend on which IUDs she had? I had the Mirena, and the bendy plastic didnt give any issues when it was removed. I barely noticed the removal. Maybe other IUDs like the Paraguard differ? Totally painless for me—didnt even realize it was out Im pretty certain my mom had the mirena when she was younger. Im really starting to think she might be mixing up her insertion and removal experiences. Glad to hear theres most likely nothing to worry about. She just seemed so dead serious about it being horrible every time. The insertion process was really awful for me, but I didnt even feel the removal, I had to ask if they were done. Its nowhere near as unpleasant as getting one placed. It was a good experience for me when I had my copper iud removed. Little to no cramping afterwards. Nothing bad at all. I barely felt the removal. I had Tylenol 500mg 45 minutes before removal just in case. Overall, good experience! Compared to my insertion my removal was pretty much a pinch. It was still noticeable but definitely quick and the pain stopped pretty quick. I just went down a terrifying rabbit hole learning about the history of IUDs…. Seriously. YIKES. The experiments poor women went through… and they put rocks in the uterus of camels… but anyways, I digress. Apparently, Mirena specifically was developed in Finland in 1990 - and only available in the states starting in 2001. This is an quote from one of the articles I read: In January 1968—50 years ago—the US Food and Drug Administration announced that (paywall), after years of collecting data, it was ready to say IUDs were safe and effective. US gynecologists began offering patients copper-ion IUDs. For the next 20 years, the most popular IUD was the Lippes Loop, invented in Buffalo, New York in 1962, which looked like an anti-fertilization snake. Then came the Dalkon Shield. The Shield, manufactured by the Virginia-based company AH Robins, looked something like a flattened pinecone and hit the market in 1968. Over the next two years, some 600,000 US women got one inserted. Unfortunately, the device had a terrible design flaw: a braided string tied to the end, for removal later on. That braided string was a wick that allowed bacteria that belongs in the vagina to get into the uterus, where it caused all kinds of problems, says Tony Tizzano, an OB/GYN at the University Hospitals Samaritan Medical Center in Ohio. Six women died, and about 200,000 women were made infertile, from using the Dalkon Shield between 1968 and 1974. It sounds like a LOT has changed since when your mom would have had her IUDs. (Assuming shes older than 30) Shes in her 50s. Its indeed safe to assume things have changed a lot throughout the years even though I dont think there are a lot of different approaches when it comes to pulling something out. Super easy! Like one little cramp and its out before you can even react. Painless. They tell you to cough and its out. Its a sharp, sudden cramp that can be really jolting. Its not something you can ignore. But its over quickly and then your pain level goes down to something you can ignore. The pattern of pain is sort of like ripping off a bandaid. Its painful, but over before you know it. Ive had a Paragard removed— I barely felt it honestly I had a terrible time getting mine inserted, so I was terrified of removal. It actually popped out easily - I dont think that it even hurt as it left my cervix. I had pelvic pain for a while afterwards, but I have endometriosis so that is to be expected any time any messing around down there goes on. I had my mirena removed. It was slightly embedded on one side so when it was pulled out it felt like a massive punch. But the pain went away within a minute. Completely gone. Less than painful for me. It had dropped down and was pushing on my cervix. Painless! You just cough and it slips right out Its supposed to be mostly painless. If its embedded, perforated, or otherwise out of the proper position, it can be painful. But the doctor who explained it to me said it should be about the discomfort level of removing a dry tampon? (Mine ended up embedded, so I had a ton of pain each time they tried to take it out, but that is NOT the norm!) Wasnt bad at all for me Hey there! I recently got my iud removed (Jaydess) and a new iud put in (Mirena) and its very quick, and for the most part, insignificant pain. Picture a quick pinch, similar to the pinch you felt during insertion, but much, much\*\*\* less painful. Because your cervical opening has done this before, itll feel very mildly uncomfortable for a moment, and itll all be over before you know it. Most women bleed afterwards, some dont, entirely depends on you. I have medical hypochondria OCD, and I was terrified before! But I was so surprised by how painless the removal was. Good luck darling! You got this! I took oxy before my removal appointment because Id read that it was painful and the insertion was fucking misery without real pain meds. In my opinion, removal was just as painful as insertion but was numbed a little by the meds. Still sucked, though, and it definitely wasnt painless. Its much faster that insertion, so its more manageable in that way at least. My strings were not poking out, but luckily my NP at Planned Parenthood had a few tricks up her sleeve and was able to painlessly sweep them out so she could grab them. She had me cough when she pulled it out, it hurt for like half a second and done. I didnt have any cramps after or anything. I definitely had some gnarly cramps when I originally got it put in, and it definitely hurt for a second getting it put in. So my personal opinion is it hurts less getting it removed. My Paragard removal was an accident and can confirm it was painless. Well, except for the pain of disappointment when realizing what happened lmao. I probably felt -something- but it wasnt memorable in the slightest. how long did you have your iud in? im scared that once i get it removed once the 5 years are up, mine will be embedded. My insertion absolutely sucked. So I got myself really worked up about the removal but genuinely the only thing I felt was the speculum. And Im not just saying that to make you feel better. Was the insertion of the new IUD (after the old IUD was removed) any less painful than the first insertion? Im due to get my IUD changed in the spring and Im dreading it! 2.5 years 😬 My Kyleena insertion was traumatizing and done by my old doctor so when I decided to get it removed with my new doctor I explained everything to her about how I was feeling. She was so wonderful and helped my with my breathing and told me every single thing she was going to be doing before and as she did it. It hurt for like 2 seconds I was just about to work up a gasp and it was out! Mine was painless. I was afraid it was going to be terrible because insertion was awful for me, but my doctor was done before I knew it. How many periods did it take for them to become less

Positive IUD experience - was very nervous!! I just wanted to add my recent positive experience to the sub, after reading so many different ones, I found them super helpful. After 13 years on hormonal BCP I decided to switch over to a copper IUD - just to see if a non-hormonal approach it made any difference to my mood, body, etc. After being off BC for about 4 months now, I can report that my mood is more stable. I also got my period back after 32 days and my cycle since then has been about 26 days. I read a lot of horror stories online about not getting it back for 5-8 months and was pleasantly surprised. Now to the IUD insertion: I am extremely nervous about pelvic exams and previously have only been able to have 1 Pap smear as I clam up too much and freak out. I also just generally hate medical procedures (even thinking about a pap can make me nauseous) such as vaccinations and require a lot of support for these sorts of things. So obviously I was nervous before the IUD insertion as it is way out of my comfort zone. A few things that really helped me include: 1. Watching insertion videos (animations) on youtube or health websites. This made me feel way calmer as I could sort of visualize what was happening, where I was in the process, and know what exactly to expect. For example: [https://www.youtube.com/watch?v=aVZoH0Pda-4&amp;ab\\_channel=DrDonaldAngstetra](https://www.youtube.com/watch?v=aVZoH0Pda-4&amp;ab\_channel=DrDonaldAngstetra) 2. An hour before the appt I took a 1mg sublingual Ativan, in addition to 800mg ibuprofen, and 1 pill Robaxacet Extra Strength (which has acetominophen and methocarmbamol - a muscle relaxant - available OTC in Canada, not sure about elsewhere). Technically you are not really meant to mix Ativan with methocarbamol but this was a one time thing and I felt the doses were low enough to not cause an adverse reaction - but YMMV and I am not a doctor! 3. Expressing to the midwife I was very very nervous. She took it slow and took breaks when I needed. I also asked for the smallest possible sized speculum which would still work for her for the procedure. 4. One headphone in with calming music - I chose Enya Only Time - I was able to hear the midwife but also focus on the music. The whole procedure was done within 2 repeats of the song. 5. Requesting a numbing gel to be applied to my cervix. I did not find the tenaculum to be painful and could not feel anything going through my cervix at all. 6. Drank a thick smoothie beforehand. It is good to not go on an empty stomach as somehow you are more likely to get nauseous that way. I also brought juice with me to help with my blood sugar afterwards. 7. I tried to go on my period, as apparently that can help with your cervix being a bit dilated. Unfortunately it ended the day before so I am unsure if this made any difference. 8. Took the rest of the day off of work. Treat yourself! After a short discussion with the midwife, I went onto the table and basically she did the exact procedure as was in the video above. I felt empowered that I knew what to expect. Speculum - Disinfection - Numbing cream - Tenaculum - Sound - IUD - Clipping strings. For me the most painful or uncomfortable part was the Sound - it felt like a weird and quite painful period cramp. I started sweating and asked the midwife to take a break for about 30 seconds before continuing with the IUD. The actual IUD insertion hurt less than the sound, but did feel crampy. No sharp pains, which I was most afraid of. Afterwards I had a bit of a vasovagal response as I got black and white spots in my field of vision - and I laid on the table for about 3 minutes and sipped my juice. But this wasnt related to any significant pain, and was more just about the kind of shock and mental build up to the whole procedure.. Then I slowly got up and sat around for another few minutes before I strolled out and even took the bus home (I had budgeted for an Uber but it wasnt even necessary) It has been a few days now and I still have a bit of cramping and some bleeding but feel very excited to not have to think about birth control for 5 years. I got the Nova T-380. If anyone has any questions - feel free to ask away or pm me! Overall it was super worthwhile for me, someone who even is extremely nervous about these sorts of things. Hopefully someone out there finds this as helpful as I found similar post when when I was doing my research :) \\*Tl;dr\\* - normally I am extremely nervous about medical and gynaecological things, and this went sooo smoothly and almost painlessly. I just read this girls post on getting an IUD, Im surprised yours was painless because hers was totally different. [https://www.theblogiwishihad.com/post/my-experience-getting-a-copper-iud](https://www.theblogiwishihad.com/post/my-experience-getting-a-copper-iud) It is interesting how different everyones experiences can be! And I would rate myself as having a pretty low tolerance for pain Ty for posting Im switching soon and there are so many horror stories that dont help Good luck! I am sure it will go smoothly For sure! I feel like everyones insides are made up differently too so that probably plays a big part Honestly had mine put in about a couple or three months ago… Best thing ever. Minor discomfort, light bleeding for a week (very light), then nothing…. No bleeding no pain, no worries! So nice not to have to worry about forgetting my pill. The discomfort when its being done is very minor, if youve had babies, you can certainly cope with this without any worry whatsoever:)

Pain during sex During sex I get this pain shooting up my left leg but only when hes going deeper/rougher.... Say I would be on my side or back with my left leg raised a little bit and then you know during the fun .... I get a absolutely horrible shooting pain up my leg and its not a little dull pain its like omg stop please now I have a Kyleena coil (comimg up on 4 years and 4 months now with it.... Time to visit doctors for it out? Time to visit doctor to figure out why this is happening

Positive copper IUD insertion experience I (30f, no pregnancies) have been on the birth control pill (loestrin fe 1.5/30) for about 10 years now. Overall, Ive been very happy with it, but the last couple of years Ive been suffering from sleep issues, depression, and anxiety. My depression and anxiety have been easily managed with medication, but I havent been able to fix my sleep problems. After ruling out sleep apnea and trying a few over-the-counter medications to no effect, I thought I would try non-hormonal birth control to see if that could help. I got a copper IUD (Paragard) inserted yesterday afternoon, and the process was not nearly as painful as I was led to believe. I was reading insertion horror stories on this sub for a few weeks and totally fearing the worst. I have a very tilted uterus and my cervix wasnt opening up (despite taking misoprostol 4 hours before), so the measuring process took longer than expected, about 10 minutes. I was also in the middle of my BC pill pack, so that might have contributed to the issue. The whole time, I thought she was inserting the IUD, so when she told me she would now insert it, I was like, Wait, what?! You werent already doing that? During the whole procedure, I never experienced any cramping worse than what I normally experience, which is never severe. Taking deep breaths throughout the process really helped. I also took 800mgs of ibuprofen about an hour and a half before the procedure and Im sure that helped too. I would describe the experience as uncomfortable, but not necessarily painful. I should also note though, that I have a fairly high pain tolerance. When the whole process was finished, I was able to leave immediately, run errands, and hang out with a friend that night. My doctor said that I could continue to take my BC pill until I run out, so Im going to do that for now and spare myself from getting my period right after the IUD insertion. Ive been spotting, but its nothing that period panties cant handle. I feel completely normal this afternoon! I wanted to share my experience because I was almost too afraid to go through with the procedure after reading all the bad experiences online. Ive wanted to try non-hormonal BC for a while but was too scared of the procedure. Two years ago, I scheduled an appointment to discuss switching to an IUD, but my doctor at the time called me before the appointment and told me she didnt perform the procedure on women who hadnt given birth because it was too painful (which I now know is a complete BS excuse). Hopefully, my story encourages someone who wants an IUD but is too nervous about insertion. This is a great idea- to post positive stories about IUD insertion. I have one and also had a good experience getting it inserted. Ive had it for 9 months now and I am so happy that I got one. Its made my life a lot easier and less stressful.

Doctor in NYC that will sedate/anesthetize you for an IUD insertion? Ive been meaning to get an IUD for years, but the thought of (and image of, thanks to TikTok) the instruments they use and how painful they look and sound keep making me not actually get it. Im specifically looking for a place in New York City, or the very near surrounding area. Thank you! Also, well-intentioned as it may be, please dont try to tell me itll be okay and its not that bad without the sedation/anesthetic. Ive been told that so many times, and even tried hard to convince myself of it, but I cant. I promise you its not that bad. For me it didnt hurt at all. Maybe a little twinge if anything. So I had a pretty miserable insertion experience. It took several tries and a little over an hour to get it in. My doctor was awesome and here is what I can tell you I learned from this. If your vaginal canal is long, its going to require a different tool. My cervix was very far back. I knew this from a previous gyno visit. My period cramps are usually in my lower back, not my front. Once they got the correct forceps, but was uncomfortable but not painful. If you have a running cervix, they are going to have to pinch it to hold it in place. This wasnt too bad. Mildly uncomfortable. Then comes the part of getting your cervix to open. Apparently, this is the part that varies by person. Some people have a cervix that just opens right up and others have a more stubborn cervix. It is called stenotic and you can have a cervix that is mildly stenotic, one side stenotic or the other, or very stenotic. My doctor changed the tool 4 times. Holy cow! If the tool is wrong, this is unbearable and incredibly painful. My friend described it as similar to labor cramps. I almost passed out and my whole body was shaking. Finally, on the 4th tool, the pain was mild and hardly noticeable. Very long, slender and plastic was the correct version of the insertion tool for me. I took 800mg ibuprofen, my doctor slathered me in topical lidocaine and there was a heating pad. Once the IUD was in, no problem. Apparently, my IUD insertion was as bad as it can get and not common. However, if your cervix is not far, doesnt run and is nice and opens, it is a quick painless process. Im just telling you all this because you can figure out how to mitigate a lot of the pain if you know a little about your personal anatomy, and also you can ask the doctor if they have these tool options. I wish I would have known so I could have asked. Would have been a WAY better experience Good luck! I understand thats your experience, but some have been in hell because of this pain. Lets not dismiss their experiences. so i have had two inserted. the first one i had no issues and it felt like i had just some bad poop cramps. the second time, however, i was fully unmedicated during the insertion and it stung like a bitchhh. if you know your pain tolerance is low id say go for a sedation method, but i was prescribed misoprostol for my first insertion (dilated the cervix a TON) and took 800 mg of ibuprofen and was fine! i attribute the lack of pain TO the misoprostol tbh. Either way i would have a loved one drive you to and from as it is a scary and emotionally draining process. The support goes a LONG way and its nice to have a familiar hand to hold to help know its gonna be alright 27% of people are fine with the insertion &amp; [77% get mild to extreme pain.](https://www.healthline.com/health/birth-control/is-iud-painful) not a fun thing to gamble Idk about NYC but I just said I cant do it without something so they prescribed 2 Xanax. I was pretty much passed out by the time they finished so Dr. Fahmy at AsterObGyn in the upper west side!! He put me under twilight sedation for the insertion and prescribed me Xanax for the removal as well! Hes an amazing doctor. Its expensive but they take most insurance. Good luck! Im glad you had a positive experience. That is NOT universal. I wish it was! if youre having trouble finding a place that can put you completely under for the insertion, you can always ask for a local anesthetic that Im sure most doctors would have. much more effective than just ibuprofen I didnt read the post all the way through I was just trying to be encouraging 😭 Its very kind to want to encourage. Its less about not reading the whole post and more about the fact that you really cant promise anybody what their experience will be like. Yours was fine, but many women cant stop themselves from screaming, vomit, pass out, etc. There are sometimes posts where people ask others for experience stories, and that would be a good time to share it as encouragement.

Nexplanon Removal Hey everyone, Ive been on Nexplanon for about 2 years now and have recently had an unusual onset of anxiety/depression. Ive been medicated for anxiety for awhile now but it has been under control until now. The earliest appointment they had to remove it is in a couple weeks and Im pretty nervous about it. When I got it inserted, I lost a lot of blood and my blood pressure dropped causing me to feel very faint/nauseous and I almost passed out. I was wondering if the removal process will be easier than the insertion and if theres anything I can do or take to not pass out while getting it removed :/ Im sorry you had a bad experience with the implant insertion and are experiencing anxiety. So, I had my Nexplanon removed a while ago, and the experience was easier than the insertion. The area was numbed, and the weirdest part was that she had to grab it a few times before she could pull it out. Which felt like a few flicks. It wasnt painful though. My arm was sore, but not bruised like it was after it was inserted. A good breathing technique is to inhale twice, to really fill up your lungs, followed by a long exhale. During the removal, you should also talk to the provider and express your concerns. You got this! Youre so nice 🥹 and thanks!! This made me feel much better. Im getting it out on April 6th and my dr actually prescribed me Valium to take before the procedure 😅

Kyleena IUD Insertion - First Time, Not so Bad! This was my experience with an IUD insertion. I know everyone is different, but I read so many reddit posts with horror stories and terrible experiences before I got my IUD. I want to share my experience so you dont get freaked out while reading up before your appointment like I did. TLDR; 1. bring a friend to drive you and/or hold your hand 2. take advil before your appointment!! 3. there was discomfort but it wasnt long-lasting or unbearable 4. be prepared to rest for the remainder of the day after your IUD is placed (bonus points for a heating pad!) Who I am: Im a straight female in my early 20s with 1 regular partner and no children. I have a history of eating disorders and an irregular cycle with heavy bleeding (and ridiculous premenstrual cramping and breast swelling/tenderness). What I Got: After working with my (amazing) provider, we landed on Kyleena. Though I was really nervous to have it placed, I felt confident in my provider and knew she was taking all of the necessary precautions to make sure I did not end up another horror story (I know weve all heard them..). Placement: I took 2 Advil ~2 hours before my appointment. The actual placement was pretty quick. My provider was great about explaining what she was doing and what it would feel like. The speculum came first and it was no big deal. Next, my cervix was located &amp; cleaned with 3 q-tips of betadine. After this came the teneculum, which I would personally like to send back to where it came from in hell. This was an intense pinch that came with some pretty quick pain. My provider then measured my uterus, prepped the IUD for insertion, and released it after a countdown from ten. The feeling after it fully extended was VERY surprising. A quick, intense pain that washed into a full ache just as fast as it came. Post-Placement: I gave myself a minute to breathe and relax before I stood up. My provider left wipes (because I was actively menstruating) and a pad for me. The ache from the placement felt a lot like being incredibly bloated - pretty uncomfortable but not painful. Id occasionally get a sharp pain but it would subside in less than a minute. I was glad I brought my boyfriend to drive me home and help me put my clothes back on - the bumpy roads and fast bending motions were a bit challenging at first. When I got home I was exhausted and laid down on the couch with a heating pad on my lower abdomen for the rest of the night. I return to my provider for an ultrasound in 2 weeks to make sure the placement is still optimal and confirm there are no concerns! I will post 2 weekly updates &amp; maybe another at 1-2 months just to keep anyone interested in the loop!

Made an appointment for a Pap smear after not getting one in 5 years and Id like to know if its possible to have the OBGYN remove my IUD at this same appointment? [deleted] You need to ask your doctor beforehand. It shouldnt be an issue to have it done at the same time but not all providers offer IUD services. You need to ask, every provider will have different policies

Kyleena IUD Insertion Experience I had my IUD inserted just a few hours ago and it was the most painful thing Ive ever experienced. I think it was a lot more painful for me than it is for other women because in addition to never having a kid before, I have a bit of a smaller frame. Im 54 and 100 pounds (working on gaining weight) so I think thats why it was so extremely severe. Warning to other petite women, IUDS HURT! My doctor refused to prescribe me pain medication but had me take misoprostol suppositories the night before. She also prescribed me anti-anxiety medications because I called and said I was feeling extremely nervous about the pain. I took 1500 mg of acetaminophen. Despite this, I was so extremely anxious and scared. The insertion was horrible - the first IUD was defective after they tried to insert it and had to pull it out and put a different one it. I screamed and tears were streaming down my cheeks the entire time, it was one of the most painful things ever. After this, I had EXTREME cramping for around 2 hours and its gone down a bit now. Im really nervous because I didnt feel properly briefed on what to look out for or what to call about if I was experiencing issues. Im really nervous because I dont know if such severe cramps are normal or if they misplaced it. How long will this cramping last? And what should I look out for? I had my Kyleena put in 1 week ago. It does get better. The insertion and first day was really really bad, but with ibuprofen, ice cream, and sleep, it got much better. 2nd and 3rd day were slightly crampy but since then Ive been fine. I would recommend taking ibuprofen if you are able to. I found it worked much better than acetaminophen. Hope you feel better.

Positive Paraguard Insertion! Hi all! Im 24F who was on the combo birth control pill until today. I got my copper IUD today, and it was incredibly not painful. I will admit, there was 1 or 2 sharp, but then very dull pain experiences. My doctor gave me lidocaine, a cervix softener, and I took 600 ml ibuprofen. I have had no pain other than the occasional dull cramp. Granted this is the first day, but I wanted to say that my insertion was a great experience and my doctor was attentive and kind. I can follow up with question for the next day, but I feel there are a lot of negative insertion experiences (which are valid) but I wanted to say that I felt very heard and supported during mine. I asked explicitly about the lidocaine, and the nurse noted it was already in my treatment plan, but I encourage anyone who wants an IUD to push for it. You deserve it and it should be standard care!