Is this implantation bleeding or period (long text) [deleted] Put your mind at rest and get a pregnancy test [deleted] [deleted] Nope. Pregnancy tests are pretty accurate at ten days after you had the sex that got you pregnant. Theyre extremely accurate at two weeks after you had the sex that got you pregnant.

Please ease my mind before I cancel my IUD appointment tomorrow

I just had the most AMAZING pelvic exam experience! Hey yall!!! I just wanted to share a positive OB/GYN experience because I know weve all had our share of terrible ones and Im sure theres plenty of vagina owners out there that have never gone for the fear of it. I havent been in about 6 years because I havent had insurance plus I wasnt exactly nipping at the bud to revisit. I was super anxious and read the entirety of that recent thread about being denied pain management for IUDs and thats half of why I was going so I was FREAKING OUT. Anyways, heres how it went! The triage nurse was SO NICE and kept everything lighthearted while asking questions about my (super icky and sad) family and medical history. And was very non-judgmental that I didnt have much information which is something Ive been insecure about in past visits. (My single mom passed when I was a teenager and we never had regular insurance so my medical records are lost to the abyss). Then the doctor came in and was so polite and warm and asked me thoroughly about my known history before even discussing the exam and took the time to hear and answer my questions without judgment. I have an iud but was super on the fence about the pros and cons and if I wanted a new one and she said well why dont we remove it and you can see how you feel without it to make the best decision for you which but me so at ease and I felt unpressured either direction so thats what I wound up doing. She talked with me in depth about my high risk for breast cancer from my mom passing and not only discussed that, she got teary eyed and asked me sincerely if Ive received the grief care I needed and apologized if she got too personal but she genuinely was saddened and made sure I was okay. Then she walked me through my risk factors and we talked about shifting into cancer prevention and all the things that she can make happen to use my insurance to my advantage to give me the best possible chance at prevention. She gave me a breast exam, referred me for regular MRI and mammograms and ordered genetic blood testing for the same appointment. All with my consent and extremely INFORMED consent at that. I was almost in tears with how comforted and cared for I felt. She also explained everything she was doing calmly and was so gentle and sweet. She noticed a couple things on my cervix and very calmly asked if they might be trauma related or if I would like to discuss testing of them which was amazing to be given the choice to advocate for myself one way or the other. Anyways sorry for the ridiculous length, I could keep going on but I just had to share because I cannot explain the relief and comfort I feel right now. There are good doctors out there! Talk to the women in your life, ask for a doctor change if something isnt right for you. You deserve quality and comfortable care!!! I would love to hear some of your positive experiences as well!🥰 Needed some good news today. So happy for you and thanks for sharing ❤. Wow Im a medical student and thats exactly the kind of doctor I aspire to be and hopefully I will be one day. Thanks for sharing your experience ❤️ I needed to hear a good story. I have a SA history and have only been to an OB 3X. All 3 were terrible so I havent been back. We might want to have babies soon so I might have to bite the bullet. Im glad they were so kind to you I love my gynecologist because we chat during my exam. Last week it was about electric cars, the time before was Bill Bryson books. My last time was with a new doctor, who I hit it off with right away, and when she was collecting the sample she told me I had very good looking tissue. I responded thanks, I made it myself and she laughed so I knew anyone who at least pretended to get my lame humor was someone Id continue seeing. Thats amazing to hear! I think you already will be given that you have that attitude towards it❤ Im sorry you had terrible experiences. I really think that having trauma informed care makes such a difference. Not necessarily that you have to tell your doctor all about it but just them automatically being sensitive to the fact that might be the case. I hope you can have a safe and reassuring experience next time and good look on your baby making journey!❤ Thats so amazing. It makes such a difference when they dont just treat you as a chart and actually care about the person theyre treating. Chatting puts me at such ease too! Hahaha thats incredible. I was getting blood drawn and the first vial stopped filling too soon and I said what can I say, Ive got an irregular flow and the nurse cracked up haha made my day. I. So glad you have a great doctor! There are good ones out there! Thank you! I hope when I find one that theyre compassionate like yours. It feels so weird to be getting ready for this 🥺😂 My little sister is pregnant and now Im all sappy and baby feverish 😂😂😂

A layered approach post Roe A rant from a mother who is done making babies: Im on my second Mirena IUD, implanted after my second kid. Ive had cysts within my ovaries on and off this time around. It sucks; its painful and its scary. My first Mirena was such a great experience though. We decided late last year that were not interested in growing the family. My husband has grown to hate my IUD almost as much as I do. So we figured a summertime vasectomy would be best for our schedules. Hes getting it done next week. I had planned to get my IUD taken out once he tested all-clear. Even had an appointment and a reservation for a celebratory dinner for it. My body was going to be free. These decisions were all made before the Roe leak. We figured abortion would be on the table if it came to that. Vasectomies sometimes reverse themselves. But now with Roe overturned and Florida being Florida... I feel like a layered approach might be worth it. We just dont have the support system to even think of a 3rd kid. And condom prices, in this inflated mess of an economy? No. So Im going to keep this damn thing in my body until I find an alternative implant even though my DH will be shooting blanks. My body wont be free. And Im angry. Im not a doctor, nor a woman, but would getting tubes tied be a possibility in addition to the vasectomy? IDK if the cysts would prevent that. Why would I have an invasive surgery done? The problem is the hormonal IUD. Also, tubals are more expensive than vasectomies. Mama, Im in solidarity with you. As someone who had an IUD fail on me, its best to have a layered approach to birth control in this day &amp; age. Any amount of risk is too much. So...I just wanna be clear: You want to be as sure as possible to not have any more kids. Vasectomy is not 100% guarantee, so youre doing another IUD. Getting tubes tied on top of a vasectomy probably would be a better guarantee of not having any more kids? Im just trying to figure out whats more important, not having more kids, or not having an invasive surgery done? To be clear, this isnt a hes getting surgery done why cant you?, its a If no more kids are the goal, why is this not a better option? If cost is the issue, understandable. If its just because you dont want surgery, fair. That said, Im just asking what your frustration is if you have the means to do the for sure no more kids but dont want to do the be all end all for no more kids? Edit: If you had the tubals done, you wouldnt need an IUD? Thats my point. I feel you and I worry too. I have 2 kids and do not want any more. I had my tubes tied after my second and only because our insurance at the time 100% covered tubal ligation but only partially covered vasectomies. While my procedure wasnt too bad (laparoscopic through my belly button, so no scarring) and recovery was pretty easy, there is always that risk of a full or partial reversal and my risk of ectopic pregnancy is increased. Having layers of protection in place is probably the best you can do right now. If your insurance covers it like ours did and you really want the hormonal IUD out, having your tubes tied AND a your husband getting vasectomy might be worth it (assuming insurance will pay for both and not one or the other). It isnt super invasive and recovery isnt complicated, the most I had issues with was no heavy lifting for like 2 weeks which no one told me meant anything over 5 pounds and I had a 2 year old and a 6 month old so...... Dude... I dont think you get the point. Are you in this subreddit just to troll us? I await your response to the woman who suggested the same thing I did. Im assuming youre going to have just as a combative response. Im not here trolling you and Ive tried my best to be clear that Im just trying to understand where you draw the line on whats more important to you. Not having to deal with an IUD, or not having more kids? My doctor refuses to tie my tubes. Ive had a tough time finding one in my area that will. Im 30. Apparently Im old enough to get pregnant but not old enough to know my limit is 2 kids. I do hope now there might be more pressure though for these doctors to put their biases aside and listen to their patients. With any luck, Ill find someone not too far away. But its been hard. Ugh, doctors like that are so frustrating. Hopefully you have better luck soon finding a more sympathetic doctor that doesnt have their head so far up their ass they could self-perform a prostate exam (assuming its a man).

Any advice on getting insurance to cover IUD? So I got an IUD a month ago. I was a dip shit and had read somewhere (I dont even remember where) that it was covered and I thought sound right!. Well, I got a statement and $1,000+ with 0% covered? Yup. Yay. Still cheaper than having more kids since I just had twins, but yay. So Im going to call my insurance next week once things open back up. I was just wanting any advice on how to try to get them to accept the claim? Thanks! When I called (10 years ago) I just asked if they covered vasectomies and why. I got a dude on the phone who \*very\* condescendingly explained why an insurance company would prefer coverage for a family of two adults instead of one with potentially unwanted children. Then I asked about an IUD for me. He got a little stuck and transferred me to another person lol. Long story short, they ended up splitting the cost of the device and the insertion procedure. Not fully paid like I wanted, but I was happy with half. Thanks for sharing! I will try that! Because an iud is ABSOLUTELY cheeper than another set of twins and a NCIU stay lol Ask the doctors office for the cash price. It can often be incredibly low. I dont know how to get insurance to cover it since it was 0%, but if youd be stuck either at, it might as well be cheaper. Although I cant speak to the validity of this next part myself, I was told, by someone at my doctors office, that I can pay the low cash price, and then turn around and submit the claim to insurance as already paid so they reimburse me whatever % was covered.

So frustrated I could cry, being my own healthcare advocate is confusing.. trying to get a new IUD without paying $1000+ out of pocket Do you have a Planned Parenthood by you? Do you have health insurance in the US? IUD is covered by the ACA, including removal and replacement. It shouldnt have coinsurance even on a high deductible plan I had to get my own health insurance through a broker when I quit my state job. What I didnt know when I signed up for it, was that its short term medical insurance. So they have high deductibles and they dont want to cover it. So now Im going through this coupon program!?? Called payforkyleena.com LMAO.. if CVS specialty care market approves it I think I will end up only paying $20. But the amount of calls Ive had to make to figure this out is comically insane. The issue is I have an old IUD inside of me right now and trying to figure out how to get a new one of the same. Kyleena really worked well for me and I dont want to go on a pill or insert. If this coupon program Im going through isnt approved, I might check out PP. I know everyones experiences are different but I had a really good experience with them! Either way I hope you get it figured out soon. Thank you &lt;3 I had my paraguard done at a PP. There was one by me with a grant specifically for that, so it was only $50 out of pocket. If you call PP they could probably help. Thank you for the info! Do you like it? I like that its non hormonal. I havent had any huge issues with it, so I can recommend it. For paraguard specifically, it can increase cramping and make periods heavier, so Id be aware of that. Not sure your income level or insurance but the manufacturer has a program to help people without insurance, and or low income to get one for free. They determine eligibility on a case by case basis so even if you have insurance its worth a shot. [to see if you are eligible or to apply go here](http://patientassistance.bayer.us/en/find-help) Your local health department may also have options for you, but PP is a great option. I was diagnosed with PCOS when I was in my teens.. but Im not actually sure I have it. My only symptom was irregular period. So this is why I want a low-dose hormonal IUD. But if i dont actually have it than I wouldnt mind paragard. I have light periods and cramps anyways. The website [CoverHer](https://nwlc.org/birth-control/coverher/) might be able to assist you. They have legal paper templates you can use, plus a hotline you can call for help and being walked through things. That sucks, I dont know about short term insurance. I hope one of the other suggestions in the thread finds the support you need. &lt;3 Are you working now? You may qualify for Medicaid for a few months. Get it in that time and its basically free. You didnt ask me, but I personally love my paragard. Yes, cramps are a little worse but that evened out after a bit.

My IUD appointment is in 20 minutes, will let yall know how it felt! Getting the copper IUD. Good luck :) [deleted] Hope it goes well! Uh-oh!

Is it supposed to be this difficult to get an IUD? Hi just a quick vent- I am a 28 year old woman who is married and been STRUGGLING to get on birth control for a few years. I take certain medication that minimize the effectiveness of the birth control pill. Two years ago my ob gyn told me to get on the paragard IUD. Ive been struggling to get it though since no doctors office AND insurance explains anything to me. They just say insurance denied coverage. I finally spoke with the paragard representative last month and they explain it. My health insurance (while it has good coverage) does some stupid shit for IUDs. They practice something called buy and bill meaning the office needs to buy the iud first, insert it, then bill insurance later for a reimbursement. With this said, several doctors (even in network) do not do this. So when you make an appointment with an ob/gyn you are supposed to ask in advance about this buy and bill process. I have tried asking, but many receptionists are not familiar with this. I explained this buy and bill thing to the insurance rep they gave me the run around and didnt even understand me! I had to ask to speak to a higher up and then they admitted it and gave me a list. Lol only 3 clinics were on the list. I am frustrated. The one clinic on it cant see patients until March. Its super frustrating :( (based in the US) Its not just IUDs. I suspect many doctors offices wont do it because theres a non-zero chance theyll never get paid by your insurance. They do this because the smallest clerical or paperwork error allows them to deny payment :( Its so frustrating:( I hate it I work for an insurance company and I apologize 😅😢🤗 Lol its okay I work in healthcare admin too nothing makes me angrier than my job seeing how many claims are not reimbursed Ahh I remember something about this back when I got my IUD! It was a mess. Finally got it and my cervix decided to yeet it out of my vag. Great times. Now Im on the pill and it sucks. &amp;#x200B; Good luck. &gt;my cervix decided to yeet it out of my vag. Im sorry but Im dying 🤣🤣🤣 Right now for me its people getting laid off in the middle of treatment for whatever, sorry I guess you dont have health care anymore 😢 Or you got a new job with new insurance, sorry everything has to be approved again 😐 It was the weirdest thing. The IUD had been in for nearly a year and things started feeling weird so I went to my gyno, and she looked in there and was like oh and gave a little tug and it popped right out. Are all three clinics within a reasonable distance from you? If so Id set up appts with all of them and ask to get on waiting lists in case an appointment opens up sooner. If youre willing/able to go to an appointment on fairly short notice, one of them may be able to get you in much sooner than March. In the US, IUDs are supposed to be fully covered by insurance. You shouldnt need pre-approval by insurance and the insurance should not have a say in whether you get it. Your remedy is as follows: File an official, in-writing grievance to your insurance company. Include all the information youve been given, and demand, as your right, a detailed explanation with language out of your Plan Document as to why this is being denied. Use the words this is an official grievance in your letter. You may need to send it to a specific address. As your insurance company (without any context) where you should mail an official grievance, and \*resist\* any effort by the CSR to resolve your complaint over the phone. There are laws, and they wind up on the annoying side of the law if you file an official grievance, so they will sometimes make an effort to prevent you from doing this. Do not let them. If the grievance process doesnt result in an \*immediate\* change in policy and attitude, file a letter of complaint to your states Department of Insurance. Do not threaten your insurance company; just do it. Its helpful to let the grievance process complete before you do this, but if youre really in the BEC phase with your insurance, you can do it simultaneously with the grievance and that doesnt hurt you one bit. I just got paragard at planned parenthood a few days ago. It was a $20 copay for the visit (I have shitty insurance) and I requested the non hormonal IUD. The only pushback I got was one of the staff telling me that people that havent had kids cant get the copper IUD (not true) I appreciate this comment truly. Im looking into planned parenthood thank you

Anyone have undetermined HCG levels and not been pregnant? Hi all, freaking out a little here. Not sure where to post this. I was supposed to get my IUD inserted tomorrow and the clinic had me do a hcg blood test. Result came back at a 12, undetermined. They cancelled my appointment and Im retesting tomorrow. Have so much anxiety because 1. I just had bariatric surgery a month ago, and 2. I lose my insurance next week I have PCOS, literally on my period right now. At home test was negative. I dont feel any different. I dont know what to think of it but being pregnant would literally be a nightmare right now. Anyone else experienced elevated HCG and not been pregnant? The lab could rerun the sample if the doctor requested it. Or just retest you in 2 days and see if its increasing or decreasing, which is the best option, which it sounds like theyre doing. A false positive hcg is extremely rare (ive never seen it in my career) but not impossible. Peri and postmenopausal women can have elevated hcg levels sometimes. The hcg blood test is much more sensitive than an at home urine test, with an hcg of 12, an at home urine test would likely not show positive. Your doctor really wont know much until your next blood test is resulted unfortunately. Elevated hcg could be caused by medications typically taken by patients who have PCOS. That could be the cause of your elevated levels. PCOS on its own does not cause elevated levels of hcg. Typically only pregnancy or medications. If youre, as you say, literally on your period right now then its highly likely that no, you are not pregnant. Unless you have reason to believe you could be pregnant, such as recent unprotected sex, and this period is actually spotting, then pregnancy is possible. Best to speak to your doctor and either have them retest the sample, or retest again to see if you get a more conclusive result. Thank you for the response. Retesting tomorrow so I guess well see 😭 Good luck! An update, if you were wondering. I ended up being the one random false positive. The 2nd test ended up negative, the Drs best explanation was false positive or chemical pregnancy that didnt make it. I was curious about the results, thanks for the update. Hope everything went well for you

I (28F) got sterilized today in Texas. My experience and AMA! On mobile so sorry for formatting. Just as the title says! I always knew I didnt want kids and that I wanted to get sterilized to 100% prevent that. I didnt think Id be able to find a doctor who would do it because of my age and because this is Texas, but the SCOTUS leak happened and I knew I had to at least try. And it worked! I called a doctor from the r/childfree friendly doctor list. The appointment scheduler kinda implied that an appointment wasnt available for a while until I told her I was wanting to talk to the doctor about my sterilization options, which resulted in me getting an appointment just a few days later. I had already known the methods of sterilization and what I wanted but I didnt know which one the doctor would be willing to do so I wanted to talk to her about it. My first appointment I was late because the office is in downtown Austin. Im not from Austin nor do I really drive there so I was really not expecting the amount of traffic I had to go through. Since I was late the appointment turned into a telemed appointment and I spoke to the doctor over the phone. I told her I wanted a hysterectomy because I wanted to be sterilized and also not have periods. The doctor said straight out she would not do a hysterectomy that is not medically necessary because its quite a major surgery and can reduce your lifespan (which Ive never heard of so, what?). She gave examples of times she would do a hysterectomy, such as when someone has uterine cancer or if someone is hemorrhaging after giving birth. I told her my next best option would be a bilateral salpingectomy with an endometrial ablation. A bisalp is where the fallopian tubes are removed, which does not prevent an egg from being released from the ovaries but does prevent the egg from reaching the uterus, which prevents pregnancy. It does not stop periods. An endometrial ablation is where the lining of the uterus is burned or frozen, creating scar tissue and usually preventing the menstrual lining from forming on the uterine walls, which usually stops periods. The doctor also said she would not do an endometrial ablation on me because at my age it was guaranteed to fail in a few years. Since my goals were 1) sterilization (preventing pregnancy), and 2) stopping my periods, the doctor wanted me to consider long term reversible birth control, such as an IUD. I knew that Republicans would likely at one point within the next few years target birth control access and methods if Roe was overturned, so I didnt want to get something that wasnt permanent. The emotions were kinda high for me at that time and I wasnt expecting her to push for an IUD, so I told her I had to think about it and would call her back to let her know my decision. I had a little cry about it before I realized she pushed for the IUD because it would somewhat address address both of my goals (preventing pregnancy and stopping my periods). So I chose what was most important to me-- sterilization. I called to get a follow up appointment to let her know my decision but I spoke with the building appointment scheduler and not her office scheduler, so I didnt get a follow up appointment for about a month. During that time, the SCOTUS overturned Roe. My follow up appointment was a telemed appointment as well because I just had to tell her my decision and find out where we go from there. That might have prolonged the process by an appointment but I was okay with that. I was able to ask questions that I might not have been able to ask her face-to-face. I told her the sterilization was more important to me and I would have to either figure something else out for my periods, or just deal with them. I wanted the bilateral salpingectomy, I said. She said okay, the next step is an exam to make sure Im a candidate for the surgery, physically. I scheduled that appointment with her for the following week. I asked her to do a pap smear along with the pelvic exam because Id never had a pap smear but I knew I needed to get one and since she was already gonna be down there, might as well. I am a sex-repulsed asexual and I very much did not want anyone near my bits so I was pretty uncomfortable and I think I dissociated pretty hard during the exams but it was over quickly and she was very professional. She could tell I was nervous and uncomfortable, so she let me know where her hands were as she was moving up my leg (touched my ankle, said, this is my hand, touched my knee, said, this is my hand here, etc). I think that really helped. Pelvic exam showed I was a candidate for surgery so the bisalp was scheduled for two weeks after the exam. Today was surgery day. I brought my mom as a responsible adult who would drive me home. Most of my direct family and extended family use Life360 to keep an eye (stalk) each other, including kids and adults. I dont use it but my mom does. I knew my older sisters are some nosey Nellies with the Life360 so I told them over group chat I was having surgery and left my mom to answer questions lol. My oldest sister wanted the doctors info because she also wants to be sterilized, and my older sister made the joke that Im getting parts of my reproductive system removed and shes currently using her reproductive system and thats how she told us shes pregnant (shhh dont tell anyone). The nurse gave me a sedative while I was still in the pre-op room, she said it would make me feel like Id had a few drinks but I dont drink so idk about that. I did feel kinda wobbly though. When I got to the OR, they had me switch tables, the nurse gave me some oxygen through a breathing mask, I remember hearing them talking to the anesthesiologist who was over my head. I dont remember falling asleep, obviously dont remember anything about the surgery. I woke up in post-op, I think at one point the nurse asked me if I wanted my glasses and I said yes because Im blind without them, and I think she asked if I was ready for my mom to join me and I said yes. I think I fell asleep again at one point because I woke up and my glasses were still on lol. The first thing I remember saying on my own was, it burns, because the incisions were burning. I just kept saying, it burns, over and over until my mom got there and she was able to tell the nurse. I was given 2 oxy for pain. After that I kept saying I was hungry and why is the machine beeping until I was released to go home. It took a while but I ended up feeling really good lmao. I was pretty coherent from when I remember waking up the second time, even when the oxy kicked in. I was just kinda wobbly and maybe sleepy. I told my mom I wanted a burger but she said I couldnt have one yet because she didnt want me to throw up in her car. I told her I wasnt even nauseous. I did end up getting nauseous but I think that was a combination of not having eaten for so long and the heat of the car. Had a jello cup, slowly, and it went away. I did have a burger and tater tots for dinner but I had to eat slowly because I was nauseous and I couldnt finish it all. Didnt throw up though! I went to sleep after that and just woke up 3 hours later. I have really good health insurance, so my sterilization was covered 100% (which under ACA, contraceptives are supposed to be covered 100%, so the scheduler billed it is contraceptive/preventative care), and facility fees were also covered 100% under Family Planning opt-in. So thats pretty much it! I did get a prescription for 5 oxy but I took ibuprofen and acetaminophen together when I was supposed to take another oxy (4 hours) so I havent had to take another one yet. Im not in pain, I was able to crouch to get something and also climb into my bed by myself. Ive been walking kinda gingerly though because I was expecting it to hurt even though it didnt. Im suddenly feeling nauseous and I might go back to sleep but if anyone has questions Ill answer them when Im able to! Congratulations. I am so happy for you. It is fantastic that you were able to find an awesome doctor who was willing to listen to you and not just brush you off with the you may regret nonsense. Its also amazing that your insurance covered everything. Did you discuss if ablation would be an option in a few years to help deal with your periods? I hope you recover swiftly. Take it easy on yourself, your incisions might be small but you have a lot of healing to do internally. Its a wonderful feeling, isnt it? All those years of anxiety just... evaporating away. Its awesome that your surgery was totally covered. I got my bisalp 4 years ago (I was also 28!) and insurance refused to pay because it was elective. Best 6 grand I ever spent though. The doctor did mention that risk of regret was one of the biggest risks of the surgery, especially in people under 30, but she didnt ask if I would regret it or use it as a reason to refuse the surgery. She also didnt ask me to sign a waiver. I did not ask her about an ablation down the line. I dont think Im going to either because she mentioned that she only does it on people who are nearing menopause so that the ablation covers them for those last few years they would have a period. Yes, especially because I found out after my surgery that most House Republicans voted again protecting access to birth control on the same day. Im sorry your insurance didnt cover it. I thought under ACA they were required to cover at least one form of sterilization? Or maybe where you got it done billed it as an elective procedure rather than contraceptive/preventative care? Im glad you were still able to get it done though! Thats really great that she didnt even ask. Contrary to popular belief the percentage of women who regretted their sterilisation is very low (I think its less than 10%). I was offered ablation as a treatment for my fibroids but because it can affect fertility and they also said I would need to have it done several times until menop

Trying to get answers about my reproductive system is so frustrating I just wanna rant/vent/talk about how frustrating it is to get answers about my reproductive system. So I got my period at about 10 years old and Ive always had really heavy periods. At about age 18/19 I really started to have issues with menstruation, so I got on Nexplanon. I kept that in for a couple years but at age 22 (early 2021) I took it out because my bleeding was so heavy I was needing to take iron pills to prevent passing out. I was then recommended by a male OB to take BC pills for my heavy blood flow, so i switched to those. Around the same time as this, I went to the ER for abdominal pain and they ordered a CT scan where they found my right ovary was swollen. I then went back to my primary dr who ordered a trans vaginal ultrasound. Fast forward to the results and they came back normal. The dr even told me remind me why I even ordered this for you, it wasnt necessary. I ended up stopping the birth control pill because it was causing issues with my blood pressure in like November of 2021. In February of last year(2022) I went to a female OB and described all of my problems up until this point. The heavy blood flow, the swollen ovary, the cramps I get, the pain during sex, the iron pills, the birth control. I was advised to try a Mirena IUD as it would likely make my period go away completely. So I agree to have it put in and currently still have it. Since Ive had it for about a year now, I no longer have a period anymore. However, about 3-4 weeks ago I woke up in the middle of the night in the absolute worst pain of my life. I dont have children but it felt like what I image contractions feel like-sharp pain coming in waves in my abdominal area. My partner ended up taking me to the ER because he was worried it was my appendix. Due to long wait times, by the time I was seen the pain had dissipated. They couldnt do anything for me anymore since I wasnt in pain. I was told I likely ruptured an ovarian cyst and was sent home with no testing. I followed up with the first available OB who was male. He did an exam and said he felt what could be about a 1.5inch cyst so he ordered an ultrasound. This was a week and a half ago on the 13th. I was able to get the ultrasound done last night. The entire time my right side was in so much pain. The technician had me pressing down and it hurt so bad. I get the results in my app this morning and request the dr to call me today. Im told by him that everything is normal and that was just some residual fluid from a cyst rupturing. He told me the cyst he felt last week had likely ruptured and that was the fluid. I was basically told I was fine and that this just happens. I know I should be happy that Im fine and I am. However, I still dont feel like I have any answers as to why this keeps happening and why I should have to need an IUD to stop my period from happening to prevent the issues I have. Im just so frustrated with drs dismissing me and and with my own reproductive system. Some of what you describe sounds a bit like endometriosis Would abnormalities not show up during a transvaginal ultrasound though? Im being told those come back normal aside from a bit of fluid. A trans vaginal ultrasound will show severe endometriosis and endometriosis around the uterus and ovaries. If you have less severe endometriosis and/or its located far away from the ovaries, it might not be visible on the ultrasound. I am unhappy with how the doctors are dismissing your concerns. Male doctors tend to be more dismissive of female concerns then female doctors are. But in your case none of the doctors were very helpful. You should not have to put up with that shit. I would change doctors and even change the medical system that they are affiliated with. Mayo clinic for example tends to toss several male doctors at you and if a female doctor disagrees with them they will talk her out of it. I would have died a couple of years ago if I had stayed with mayo. I was urinating blood. The mayo doc said it was due to my period. I have not had a period since I was 35 it was removed because of cancer. I found a woman doctor who did some tests and sent me to a specialist she recommended. It turned out that I had kidney cancer. I am alive and healthy thanks to her and those doctors. So find a new doctor. Dont take what they are telling you for the gospel truth. Ive suspected in the past that endometriosis could be a possibility. But is the only way to tell for sure with a laparoscopy? That seems so terrifying to me as someone whos never had any surgeries. Ive also been led to think that maybe this really is all normal and its in my head and Im overreacting due to how the drs have treated me. A laparoscopy with excision could completely change your life. It took me 15 years to be diagnosed with endo, and by the time I had surgery I was in daily pain. Please come over to r/endo, youll find tons of information and support, as well as a doctor map.

Heavy bleeding after period? Im a 25 year old woman without any health conditions (other than endometriosis), and I started to spot brown clot-ish discharge after my period last week, which isnt totally unusual. But its escalated and now Im bleeding to the point where I need a tampon. I feel a little crampy but nothing too bad. Im going to see an OBGYN tomorrow, but does anyone have any experience with this? I also have a copper IUD but Ive had that since 2016. It could just be my endometriosis but this has never happened before. Side note, I also did have unprotected sex mid-July, but I got STD screening a month later and all were negative, I also had 3 normal periods since then--I say this because the potential of ectopic pregnancy did cross my mind. The most common reason for missed periods/irregular bleeding is just hormonal wackiness. Endometriosis can also cause it - and maybe thats all thats going on. This sounds like when I had an ectopic pregnancy with my Paraguard. I had my period 1.5 weeks before and started spotting brownish/purplish/pinkish blood around the middle of my cycle that slowly got heavier. Take a pregnancy test if possible. Ectopic pregnancies are abnormal so the HCG levels raise more slowly. This can lead to your body still having a period because the hormone levels havent risen to the point that your body recognizes its pregnant yet. For me, the spotting was the first and only sign that I was pregnant because I caught it early. But that being said, it could be a million other things, most of which are less serious. If its been months since you were with someone, then its unlikely this is the case. Just dont rule it out until you take a test. Make sure they give you a pregnancy test at your appt tomorrow. Thanks for the response! Im sorry you had to experience that--its unlikely that this is whats going on with me but I will definitely tell them my concern. I also forgot to mention theres family history of large fibroids, so that could also be it lol. I see the doc on Thursday! Of course! I always just have to mention it. It was the most shocking thing that happened in my life. Never did I think I could be pregnant. Bodies are so crazy.

possible stupid question involving IUDs and antibiotics Ask your pharmacist whether there are interactions in your medications. Will do. Thanks.

Getting a reproductive checkup with toxic abstinence-only parents and a family friend doctor - how do I go about this? Reproductive health , over-protective borderline toxic parents that only believe in abstinence , anxiety ======= So. Im 19, and I have not had a single reproductive check up in my life. I dont know how I can even go about getting one. I havent had a doctor visit in over a year now, and the only doctor I go to is a good family friend which complicates things. I cant drive, and I dont have insurance of my own. My parents are 100% abstinence, havent told me anything about sex, I didnt even know I had a vagina until 6th grade and all I know is from Google. In addition, they hate my boyfriend. Like, have threatened to kick me out of the house and switch schools from him hate him- and they werent bluffing. What makes this so complicated is that they plan all my doctor appointments and are with me in the room the whole time. If I request them to leave then they take me off the insurance. So my doctor asks me with them in the room every time if Im sexually active, and every time I have to lie so I dont get kicked out of the house. I desperately need a reproductive check up and I know it, Ive had awful period skipping and really bad PMS since I first got my period and Im sexually active. This is far from ok, how can I get a proper check up on my own without using insurance and without my parents knowing? If I get a friend to take me to a planned parenthood, will my parents be able to see that I had the checkup on their insurance? Will my doctor see (who is a family friend, so I worry about her asking me about the checkup in front of my parents) Sorry if this is irrelevant to the subreddit, I didnt know where to post this and Im really stuck between a rock and a hard place. In addition, Ive been thinking about getting a Paragard since my boyfriend has really bad pregnancy anxiety and its one of the most effective birth control out there, low maintenance, and lasts a really long time. How can I do that? Thats mostly just another question off the top of my head though, I mostly need the checkup right now. &amp;#x200B; Advice greatly appreciated \^v\^ [deleted] I dont think Planned Parenthood will tell your family doctor anything unless you give them permission. You can probably contact them and find out how much a full exam will cost if you pay out of pocket. Maybe your boyfriend can help. And they could give you more info about the paraguard. Tell them your situation. Im so sorry youre going through this. Thank you so much! I didnt know Planned Parenthood did anonymity, thats actually fantastic :D Planned Parenthood is a safe place for you. You are a legal adult. They will not divulge any info to your parents. Please work on becoming independent so your parents can no longer micromanage your life. At this age, that kind of invasion of privacy is inappropriate. Really most places are supposed to. Every place Ive been I had to actively request that record be sent from one office to another. [deleted] Having a family friend do a reproductive exam visit with your parents in the room is a very troubling idea. Are you comfortable with this? Sounds like a huge violation on your parents part, as well as that doctor who allows it. You have the right to medical privacy. I would definitely report that doctor. Im not comfortable with it at all :,) Theyre a small doctor (they are an actual doctor) that also has been friends with my parents for I wanna say over 20 years now and theyve been my pediatrician since I was born and theyre still in charge with my checkups and pretty much everything. At the (whats supposed to be) annual check up the doctor basically breezes through everything in an hour and my parents just pull up a chair and listen in. The doctor basically asks me around 5 questions on mental health, asks about my current sexual activity, checks my ears eyes, breathing, heartbeat, and then calls it a day so its not really a reproductive exam but I have no opportunities to talk about anything without my parents being there. It is really a no-privacy situation u-u If you use your insurance anywhere, your parents will know. As an alternative to Planned Parenthood (although they are great): Youre 19, so are you attending University? Some Universities have doctors, including gynecologists, on staff and you can make an appointment like any other doctors office. Its a community college with no doctors on staff and does not offer student health insurace :,) RIP, although I plan on transferring in around a year to a state college that does offer health services. Are you in the US? Because I think this violates HIPAA. My obstetrician said my husband wasnt allowed in the room for my pregnancy check ups unless I gave consent. I dont want to ruin a mans career, but if hes letting it slide with you, its possible that there are people and children in abusive situations who are also being subjected to this treatment. So maybe his career deserves to be ruined a little bit. Im sorry youre in this situation. I hope youre able to get to a Planned Parenthood soon. If your doc does a pelvic exam and you have an IUD, hell find it. If you have any concern that hell do a pelvic exam and your parents will escalate if/when they find out, thats probably not the way to go go. Ok, thank you \^v\^ I didnt even think about that, thats a really good point that I probably would have missed. Im thinking if I do get an IUD Id have to move out first and gain complete independence so my parents cant hang housing or insurance over my head :) I went through the same planned p was great

It is difficult to visualize the IUD due to the fibroid. IUD is in a abnormal position. I (28f) recently had a transvaginal ultrasound done to locate my IUD. My husband and I decided that were ready to start having kids so I made an appointment with my GP to have my IUD removed a couple weeks ago. During the appointment my GP was unable to locate the strings so sent me on my way with a referral for the ultrasound. I did the ultrasound and got my results the following day. In hind sight I probably shouldve not looked at the results until I could have a doctor explain them to me. However, here I am even more confused, nervous and frustrated. The results stated I have a fibroid, who woulda known, and because of that fibroid the IUD is in a abnormal position. Prior to the ultrasound results I didnt know I have a fibroid, so that was a little scary to read. I have an appointment with a gynecologist on Thursday so Im thinking Ill get more info then. However, right now Thursday seems so far away and Im kinda freaking out. Just wondering if anyone has dealt with something similar or knows someone that has? What were the following steps? Did it affect your ability to conceive? Also the IUD I have is skyla and it was placed a little over 2 years ago. TLDR: I had an ultrasound done to locate my IUD to only find out I have a fibroid and said fibroid is making the IUD hard to visualize and my IUD is in an abnormal position. Currently, I am kinda freaking out and just want to know if anyone has gone through something similar. Im sorry your post has gone without replies for this long! I had a very similar thing happen to me. Apologies in advance for the long post: Edited to add TL;DR: I had a malpositioned IUD due to a fibroid which caused pain so I got the IUD removed. My fibroids were causing heavy bleeding so I also had them removed. I am also dealing with infertility but it is too soon to say whether getting rid of the fibroids will help. Most fibroids dont cause infertility, but this depends on their size and location. Back when I was 21 and had a copper IUD inserted, they noted on the post-procedure ultrasound that I had a small 1cm fibroid, but it wasnt considered to be a big deal nor was it symptomatic. Fast forward 5 years, around age 26 I started experiencing gradually much heavier periods. I mentioned this at my GYN appointments, but I moved around a lot in my late 20s so I saw different doctors and downplayed my symptoms. I didnt have any additional ultrasounds. At 30 my GYN recommended that I switch to a hormonal IUD to minimize bleeding; this doctor had no way of knowing that my fibroid had grown a lot. The new IUD made things worse; I had pain and the bleeding was the same if not worse. She then brought me in for an ultrasound where we saw that the fibroid was now 6cm and had caused the IUD to be malpositioned. I had the IUD removed and used Nuvaring for a few months, which was fine. Meanwhile I continued to experience heavy bleeding but didnt seek further treatment. At 31 my hubsand and I decided we were ready to try and conceive, so I stopped using the Nuvaring. My bleeding got even worse and I became somewhat anemic. My GYN was not initially too concerned about the fibroid and my chances of conceiving since getting fibroids removed is an invasive surgery. I dont really blame her for this, especially because I continued to downplay the severity of my menstrual bleeding since it had become normal for me at this point. After a year of trying to conceive with no luck, my husband and I saw a fertility specialist who immediately recommended getting the fibroid removed, both to improve my fertility and decrease my bleeding. He referred me to a surgeon who agreed that having the fibroid removed would be beneficial, but didnt make any guarantees about improving my fertility. I am now 32 and just had surgery to remove the fibroid earlier this week. The big fibroid had grown to 7cm and I had two additional fibroids (3cm and 1cm) that werent detected on ultrasound. Its too early to say whether having the fibroids removed will improve my fertility. My understanding is that it depends quite a bit on the size/position of your fibroid. Uterine fibroids are very common and usually dont cause infertility. Its worthwhile to talk to your doctor about it. Because of how common they are, fibroids are often downplayed, so make sure to advocate for yourself and seek additional opinions if you dont feel your concerns are being addressed sufficiently. Thank you for sharing your experience! Since making my original post Ive learned more about my situation. I now know I have a submucosal fibroid about 5cm and from my understanding its just the one fibroid. I actually had a hysteroscopy back in August to remove my IUD and fibroid and it was successful in the sense my IUD was removed and about 2/3 of the fibroid was removed as well. Since my procedure however, I have experienced very heavy bleeding during my period and my periods are lasting 10 days. Gyno said thats pretty standard since I no longer have the IUD helping with bleeding and the fibroid wasnt fully removed. Husband and I have been ttc since the procedure but have had no luck. Gyno recommended I go back in for a laparoscopy to have the rest of the fibroid removed. So, I am scheduled for an MRI this coming Wednesday for better imaging of whats left. May I ask what type of surgery you had to have your fibroids removed? Best of luck to you! I had a laparoscopic myomectomy. My main fibroid was intramural, didnt extend into my uterine cavity, but was significantly altering the shape of my uterus. Thank you!🤞🏼hoping everything can get scheduled quickly and get it over with! May I ask whats the recovery time for you surgery? And did your doctors say when you can begin to try to conceive? I have a follow-up appointment with my surgeon at one month post-surgery. My understanding is that recovery is typically 4-6 weeks and that doctors usually advise waiting 3-6 months before resuming TTC. I cant speak to either of these time windows from personal experience just yet.

I suffer from three chronic conditions. The worst part is knowing my pain could have been prevented | Lucia Osborne-Crowley

Copper IUD long term side effects? [deleted] [deleted] Not personal experience, but background in science/health. https://www.healthline.com/health/copper-toxicity#symptoms Please change doctor. My cycle changed on the copper IUD but not to that point Is it pure copper or is it copper plus hormones? My wife had a copper IUD installed during her C-section with our third kid over a year ago, she just got it taken out a few weeks ago because it had shifted position. It was noted that during her first post surgery appointment, whoever was scanning (Im guessing a rad tech) noticed it was out of position and put it in the notes. Fast forward to a few months ago, she starts feeling a severe pain in her lower right abdomen (she also told me for the past year she would have weird feelings in her abdomen but attributed them to her C-section). When she talked to doctors and after going into ER, it was suspected she might have appendicitis. Blood sample taken but deemed not appendicitis, just stress induced. But! She gets recommended to therapy to help with stress and her therapist immediately recommended a few regular checkups, and iirc they scanned her abdomen and someone, again, noticed that her IUD was out of position. As mentioned she finally had it taken out and lo and behold, that tiny thing was causing this massive issue. To your point, my wife had the opposite happen: heavy flow caused anemia, and (to me) seemingly more frequent periods (she doesnt track them, so no official data). If you feel like its not right, keep pushing on them to get the care you want, even if they dont agree. Its your body and pain, not theirs. Just remember, squeaky wheel gets the grease No hormones, just copper That sounds awful. Okay. Hormones might have explained the messed up cycle, but then it makes no sense to think more about that.

Those of you who have been sterilized did any of you have side effects or complications you werent warned about? We see this a lot with procedures done on AFAB people where side effects or complications are either seriously downplayed IUDs only cause \*light\* cramping, no worse than a period! or are just not mentioned a lot of times like how a some women have issues with penetrative sex after hysterectomies because of scar tissue from the surgery (which was a total surprise to me) or how for a long time people didnt really talk about tearing during childbirth, etc. So if youve been sterilized and feel comfortable doing so please share if there was any surprise side effects or complications from the procedure/recovery. What was recovery like? Did you feel adequately prepared for everything about it? Anything you had wished youd known before you went through with the procedure? Any regrets? Even if you just noticed something weird afterwards that was neither a good \*or\* bad thing or did everything go perfectly to plan and it was a total breeze? I know a lot of AFAB people are thinking about sterilization right now, myself included and I would really love to hear the real details from people who have personally experienced sterilization whether your experience was super great, super terrible or something in between. I got my tubes removed 2 years ago. The only surprise was that the recovery was much easier than I would have expected. Id had a c section, a nose job, a boob job. Those were significant recoveries. Sterilization was not. Thats awesome! Ive heard a lot that tubal litigation and removal is a total breeze but I havent heard a ton about it. Good to hear its an easy recovery. The only side effect was a deep sense that I finally feel at home in my own body. It took me years to find someone who would do mine, and with all the research I did in an attempt to convince the many doctors I met with along the way, there was literally nothing left that I didnt know about risks, stats on potential regret, etc. I was very ready and very informed. The only weird thing is I have changed my mind about kids and frozen my eggs, but I still wouldnt take my tubes back if you paid me. Id much rather work to have a kid once or twice in my life than spend every day of my reproductive lifespan working NOT to have one. I had my tubes tied a few years ago. Recovery was pretty easy, the roughest part was the car ride home lol. I had the surgery on a Friday and went back to work on Monday. Best decision of my life. &gt;I finally feel at home in my own body. Thats a wonderful way of putting it, Im super happy for you! Was it painful or were you dealing with nausea? Ive only had one procedure that used anesthesia and I remember being super nauseous on the ride home but they have me bags to manage that and while it sucked, it wasnt too bad. Thanks, me too :) Also just to flesh out some more details for ya - the hardest part BY FAR was finding someone whod do it on a young woman who didnt have kids. The second hardest was I couldnt tell anyone (I come from a very religious environment), not because it was upsetting but because I had it done in the summer and it was really hard to hide the swelling and the scars at the height of swimsuit season lol. The procedure itself was a piece of cake, the only painful part was the gas cramps from it being a laparoscopic procedure - those lasted a few weeks and were very intense in the shoulder area whenever I sat up. The incisions themselves didnt bother me at all, and I cant find my scars anymore even if I look! Oh I had heard about shoulder pain with some of the procedures if gas is used so thats interesting. But yeah I can imagine how frustrating it is to navigate finding a doctor, Ive heard lots of people complain about it. A pal of mine had her tubes tied a few years ago and she found out (after her hysterectomy) that the clips they use around the fallopian tubes can migrate. She was not happy, because she was never told it was a possibility. She was even less happy when they were so nonchalant about it. No physical side effects at all from the sterilisation but I did have some issues surrounding the anaesthesia. I cant have pre-med because Im allergic. The nurses took that to mean I couldnt have pre-surgery pain relief. My blood pressure goes a bit screwey post-anaesthetic, so it took longer in the recovery room. Because I hadnt had any pain relief before I went in, my pain levels were also affecting my BP. They got some heavy painkillers in me, and I was able to get back on my feet just before the time cut-off, so I could go back home the same day (it would have meant staying overnight if Id missed their time cut off). My recovery took a bit longer than the average. I had severe pain and developed an infection so had to have antibiotics. It was about a month before I could deal with the pain, and for the swelling to go down. I think about 6 weeks to be back to normal. You do need help for the first few days - no heavy lifting etc but the surgeon should go through all of that with you before and after the procedure. If you have been using hormonal contraception such as the pill, it can mean your periods change. I wasnt prepared for that and no one had explained it to me. Theyre much heavier now and my cycle varies in length. Physical things aside, it did come with some emotional side effects, as my abusive now ex-husband forced me into having it because he refused a vasectomy. It took a long time to deal with it, but over the years Ive more or less made my peace with it. Realistically, I would never have been able to afford any more children, and my living circumstances didnt allow for it. I had many issues with contraception, though, so it was probably for the best. But I really didnt want it done, and I would have loved more children. So yeah, it took a lot to deal with it. But a lot of that was dealing with the fact that my ex was an abusive PoS. I only add this in, in case anyone reading is in a situation where they are being forced/coerced/manipulated/threatened into having it done. Dont do it. Seek help from organisations in your area and make preparations to leave your abuser. For me though, the positives do outweigh the emotions I had to deal with as It has meant that I now have freedom from the worry of contraception failing. Not that Im sexually active now, but when I was it was a worry removed. Of course condoms are needed for protection against STIs. To sum up: No physical side effects, make sure that emotionally you are ready (consider therapy) as its a pretty permanent method (although there is a failure rate depending on the method used) and reversal is expensive and can sometimes fail. Make sure it is your decision, and your decision alone. Talk to your doctor about what post op recovery looks like. Good luck with whatever you decide to do 🙂 Oh I havent heard about that. Does the migration of the clips lead to any issues or anything? Oh man it really sounds like you had a bit of a rough go of it, Im glad youre mostly at peace with things now though but I am sorry to hear that it was something you had to make peace with. I had heard that there could be infections and other issues with just the surgery aspect of it anyways, which is true of all surgeries, but it seems like its always one extreme or the other when people talk about surgeries going wrong. Either it goes totally fine with no hiccups or it goes horrifically wrong so its nice to hear that while you did have complications they were manageable and you got through them. She said its weird knowing these tiny clips could be sitting inside her because theyve just gone for a jolly jaunt away from her tubes. She was told it wont cause any issues but mostly is just pissed off its a known thing that \\*could\\* happen that she wasnt told about until she went in for the hyst. years later. Thank you, thats kind of you to say. I had my gall bladder removed and the same thing happened with recovery and a post-op infection. I think some of us are just that way inclined. I will say though, I am a very proud aunt of a fairly new nibling and my brother and SIL are absolutely exhausted so I am secretly a little relieved that Ill never deal with that again; and that my soft-play days are over. My kids sleep in now and my school run days will be over before much longer too, so there are very clear silver linings. Nope. It was easy peasy for me. 24 years later and its still the best thing Ive ever done. No just a few days of feeling tired. Its been almost 13 years and remains the most empowering decision of my life. I had a full hysterectomy in 2015 and have not had any side effects or complications. The only surprise was that I found out I had endometriosis lol. I had no symptoms but the surgeon found it when I went under. I felt adequately prepared. I got 3 consults, asked the doctors every question I could think of no matter how big or small, lurked on Hystersisters. My surgeon prepped me very well pre and post op. He was so incredibly patient and thorough. I felt heard and supported by him and the staff. I had a salpingectomy (fallopian tube removal, different from having them tied) plus an endometrial ablation (destroys the uterine lining). My only complaint is that I had to do a uterine biopsy before the surgery, but nobody actually told me that until I was at the pre-op appointment. I thought I was there to discuss surgery expectations, maybe an exam or pap smear. Since I didnt know, I didnt have a chance to take any pain relief meds before hand, and the process of taking the biopsy sample hurt like a motherfucker. But I dont have any complaints about the surgery itself, recovery, or life after. Its an incredible relief to know I will never have pregnancy forced on me against my will. And, the ablation made my periods stop, which is great too! I fortunately didnt have much nausea! It was just the issue

ParaGard IUD broke during removal &amp; one of the arms is stuck between my cervix/uterus This is my (terrible) experience with the ParaGard IUD. I was really excited to have a non-hormonal form of birth control and it worked fine while I had it in but I dont feel like its ultimately been worth it after recent events. Im 31 years old and I had a ParaGard IUD inserted in 2016. On Wednesday, July 13th 2022 I went to my midwife to get my ParaGard IUD taken out. The original plan was to replace my ParaGard IUD with a Mirena IUD. Upon removal of my ParaGard IUD one of the arms remained inside of my body and was not able to be retrieved by my midwife in her office. She referred me to a hospital to get an ultrasound to locate the IUD arm. On Monday, July 18th 2022 I went to a maternal fetal medicine center for an ultrasound. With the ultrasound the doctor was able to locate my IUD in the muscle between my cervix and uterus. That doctor referred me to a gynecologic surgeon. On Thursday, July 21st, I spoke to the surgeon and we are going to schedule a hysteroscopy as soon as I am able to get on the surgical calendar. A hysteroscopy is an exam of the inside of the cervix and uterus using a thin, lighted, flexible tube called a hysteroscope. Your healthcare provider inserts the device through the vagina. He said if they can get it out that way its not too bad, but sometimes they cant and then they have to do laparoscopic surgery. Sometimes women end up having organ damage and need to get hysterectomies. My midwife still has the IUD she removed from my body and is going to send me a picture of it tomorrow. I am going to ask her to keep it or give it to me. I emailed a lawyer through this company - [https://fibichlaw.com/personal-injury/product-liability/paragard/](https://fibichlaw.com/personal-injury/product-liability/paragard/) about my experience. My midwife did nothing wrong and she said she has never seen this happen to anyone before but now that she has been looking into it more shes seeing the reports of this happening regularly and she is horrified. She didnt know either. I think the overall numbers for similar reported incidents are technically small but it seems like theyre still way higher than they should be. This has been such a nightmare and Im so anxious. I just want it out of my body and to never experience anything like this again. I found a lot of other people who posted about similar things, Im going to share the links here (I hope thats allowed). I just think people should know about this. [https://www.reddit.com/r/birthcontrol/comments/mepjvs/arm\\_of\\_paraguard\\_iud\\_stuck\\_in\\_cervix\\_exhausted/](https://www.reddit.com/r/birthcontrol/comments/mepjvs/arm\_of\_paraguard\_iud\_stuck\_in\_cervix\_exhausted/) [https://www.reddit.com/r/TwoXChromosomes/comments/lz91ra/broken\\_copper\\_iud/](https://www.reddit.com/r/TwoXChromosomes/comments/lz91ra/broken\_copper\_iud/) [https://www.reddit.com/r/birthcontrol/comments/hxumav/paragard\\_iuds\\_breaking/](https://www.reddit.com/r/birthcontrol/comments/hxumav/paragard\_iuds\_breaking/) [https://www.reddit.com/r/legaladvice/comments/r5sodz/paragard\\_iud\\_stuck\\_inside\\_my\\_cervix/](https://www.reddit.com/r/legaladvice/comments/r5sodz/paragard\_iud\_stuck\_inside\_my\_cervix/) [https://www.reddit.com/r/news/comments/owd2vl/as\\_reports\\_of\\_iud\\_breakage\\_piled\\_up\\_maker\\_changed/](https://www.reddit.com/r/news/comments/owd2vl/as\_reports\_of\_iud\_breakage\_piled\_up\_maker\_changed/) &amp; [https://komonews.com/news/nation-world/as-reports-of-iud-breakage-piled-up-maker-changed-label-but-many-women-still-unaware](https://komonews.com/news/nation-world/as-reports-of-iud-breakage-piled-up-maker-changed-label-but-many-women-still-unaware) [https://www.reddit.com/r/WomensHealth/comments/o1fe6e/scheduled\\_for\\_hysteroscopy\\_to\\_remove\\_broken\\_iud/](https://www.reddit.com/r/WomensHealth/comments/o1fe6e/scheduled\_for\_hysteroscopy\_to\_remove\_broken\_iud/) [https://www.reddit.com/r/birthcontrol/comments/hwknvv/copper\\_iud\\_expelling\\_arms\\_embedded\\_in\\_myometrium/](https://www.reddit.com/r/birthcontrol/comments/hwknvv/copper\_iud\_expelling\_arms\_embedded\_in\_myometrium/) &amp;#x200B; Edit on August 2nd, 2022: My hysteroscopy was on August 1st - it was successful and they removed the arm. I had some light bleeding, cramping, and a little bit of internal pain afterward but otherwise Im fine. Well thats really shitty. I am sorry this has happened to you. I really hope they can just get it the easy way for you so you dont have to go through any extra bullshit. Thank you! &lt;3 I hope so too Hey OP, First off- Im sorry youre going through this and I wish you well in recovering and moving on from this experience. I hope you seek justice with Paragard. I had a similar thing happen to me last year with my Paragard. It shifted &amp; one of the arms embedded in the myometrium (uterine layer) and to top it off, I got pregnant. It was the most traumatizing thing Ive been through...and Im in my 40s. I had to go to the ER to rule out ectopic pregnancy, and the ER doc attempted to remove the IUD, but that was when it was found out that the arm was embedded. It felt like she was scraping my uterus with a fork. She eventually gave up &amp; told me she didnt have the tools to remove it, I needed to go to my drs clinic. I had a D&amp;C and my dr also removed the embedded IUD then. So grateful I received the care I needed. When I looked into what I could do legally about the incident, after talking with a law firm, I really didnt have a case bc my dr. removed the IUD fully intact. If it was broken- then I could file a case. So, it sounds like you might have more luck with filing a lawsuit against Paragard. Its almost been a year since this happened to me. It traumatized me in so many ways- physically, mentally, emotionally &amp; my psyche. Now with the overturn of RvW, Im reliving the trauma bc I know this is going to happen to more people &amp; they will not be able to make the same choice I could make with my healthcare if they live in a state that bans abortion. Anyway, I wish you all the best and send virtual hugs. So sorry you are going through this. Im SO sorry that happened to you...after having this experience myself, Im learning so much more about this and how many terrible experiences people have had. Gynecological care in general can just be so atrocious, even with good care providers. Im glad youre okay but I completely understand what you mean about feeling re-traumatized. Im still reeling from this and Im so heartbroken for all the people experiencing reduced care/no care for things like this. Yes, it really is a shame. If the male politicians could experience the same things that we with uteruses, vaginas, cervixes, fallopian tubes, &amp; ovaries experience, then maybe they would understand the pain &amp; suffering we go through. It amazes me that the women who are complicit in legislating anti-choice laws can execute them with no mercy, bc they have the body parts and know what happens. I completely empathize with you-- having a foreign device stuck inside your body and wanting it taken out immediately. To top it off, I had a pregnancy in my body that I was not prepared to deal with bc I was told numerous times that the IUD is the most effective form of contraception. I was never warned of the consequences or even the possibility of a failed IUD. My mind was not prepared for the mental gymnastics I endured when my IUD went awry. I send good vibes to you &amp; hope for the best outcome for you. Having shared my experience with others, Ive heard similar stories that are just tragic. I know these experiences are rare when you consider how many use IUDs, but still, when it happens to you, you feel alone &amp; awful. Just know that youre not alone and some day they will take that damn Paragard off the market.

At what point should/can you take a pregnancy test? My period is 5 days late, I have an iud and have had it for about a year (but have had, for the most part, regular periods). When are you supposed to take a pregnancy test and how soon will it be accurate? 4 days late is generally the recommendation, you can absolutely take one now. I think I will get one after work. My fear is just that I would take it too early and it would come back negative if I was really positive. You could get a two pack and take another in a few days if your period hasnt started. This is definitely stressful but try not to psych yourself out until theres a reason to! You are right! Stressing out might even make it worse. Thank you my friend :) If you live in Texas, do it now. With an early result test I got my positive 6 days before my period was supposed to start. DO NOT GET A BLUE DYE TEST. Blue dye tests are notorious for dye runs which make a negative look positive. So please get a red dye test, youre less likely to get a false positive. Good luck Any chance youve gotten a Covid vaccine recently? Mine was five days late aftery second vaccine and I have an IUD. I know other women have had the vaccine affect their cycles too. Take it now and you can do a follow up test in a week or so. I did a test, it was negative thank goodness I got my vaccine back in April I bought the four pack! First one is negative thank goodness! Ok, I dont think that would be it then. Woo hoo!! YAAAAAAYYY! Although at that time I did notice my period was heavier and more painful after my first dose (I had more symptoms with the first than the second)

You are your biggest advocate in the medical field Im 27 and I just went through an IUD removal due to it dislodging and moving into my cervix. I called 3 clinics, and went to my OBGYN. All of which told me they were a.) not available or b.) not equip to handle IUD dislodging. I go to the emergency room as they see me immediately. This is where I say you have to advocate for yourself and be informed. I just got a new job, which comes with insurance but my plan isnt in effect yet so Im there without it. I ask how can I receive an itemized list from billing so I know what Im paying for. When they come in they tell me they are going to do multiple tests including an ultrasound and then a pelvic exam. You have the right to decline tests. If you dont know what they are for, you can ask and they will let you know. Out of the 6 tests they wanted to run, I said I only need the pelvic and ultrasound as the others did not apply to my symptoms. I do not work in the medical field, but having talked to family members that do, I was able to make that informed decision for myself. Overall, my cervix is bruised due to the displaced IUD (found on the ultrasound) and I had it removed (pelvic exam) those two things were all I needed. I havent received a bill yet, BUT I will be happier knowing that I stood up for myself and my well-being. Good job, OP! You are absolutely right, people HAVE to advocate for themselves! Its helpful if, like you, you know your rights, and know what you need. I think many people are intimidated by medical care - it does seem so overwhelming, and scary, especially in the moment. I wish more people would advocate for themselves and their loved ones. It makes a huge difference in the quality of care you get, and the cost of care.

Second opinion? 5 cm ovarian cyst So, I recently discovered that I have a 5 cm ovarian cyst after having months of constant bloating and a little pain on my left side and back. I went to my general doctor back in September and she ran some tests (of course pregnancy test too) and it all came back negative/normal. I just brushed it off at that point as being extreme PMS symptoms because I also have an IUD. However, the bloating and general uncomfortableness never went away, so I reached back out to my doctor. She sent me for some scans and thats where they discovered the cyst on my ovary. My doctor thinks that the cyst is going to go away and she seems to think that my bloating is a gastro problem, but I dont think is. When I look up ovarian cyst one of the symptoms is bloating and fullness and thats exactly what I have! I dont want to go to a different doctor and have more tests ran when I think I finally have an answer. Should I get a second opinion? I was thinking of taking my scans to my gyno tbh. And does anyone have any experience with ovarian cysts going away? Especially one my size? I feel like 5 cm is kind of big for a cyst and I think its been there for a while since my symptoms started. I had a 4cm cyst some months ago and I also had symptoms like pain and bloating (extreme!) and I panicked because I thought it is really big. But then I waited 1 month (doctor told me to wait 3 months or cut it out right away. She was a horrible doctor. Will never go there again) and at the next appointment the cyst was gone and so was the bloating. Hopefully yours will go away soon! I had the second appointment with another doctor. If you dont feel seen or heard I would suggest you try to find a doctor that takes you seriously and you feel comfortable with You should always get a second opinion if you want one! Especially if you feel overlooked. I would absolutely take your scans to your gyno and see what they have to say. I have never experienced a cyst, but I am sending you good vibes and hope you feel better soon! [deleted] Yes, I hope that it goes away also, but my symptoms are quite annoying and its already been close to 3 months now. I dont know how much longer I can stand it. And its even more annoying that my doctor is trying to pass me off to another doctor. I honestly thought my doctor was going to take it more seriously because 5 cm seemed kind of big to me. If I still experience symptoms then I am definitely going to go to my gyno and get it surgically removed. Im just over the constant bloating and I know in my gut that its not a gastro problem. I hope you never have to experience having one! The bloating is the worse and its hard to finish a meal, but thank you internet stranger! I googled a lot after my appointment and it seems like when you are younger meaning before the menopause, then cysts (up to 10cm) are normal and mostly good. So you wait some time and when it does not go away you remove it surgically. But when you are 45+ and after menopause you have it checked shortly after it was detected and most of the time removed then because it is very likely to be cancerous. I have a 7x5cm cyst. It was first found at 5cm when I was pregnant with my first child 3 years ago. When I was pregnant with my second they saw it had grown to 7cm. They did blood tests for cancer and scanned it but its a simple cyst. I had a check up after he was born at it was still there but hadnt grown. Honestly its only started bothering me since my son was born five months ago and its not constant pain. Going for another scan in December. Ovarian cysts can vary. If it was a simple cyst (thin walls with only fluid inside) it will usually be resorbed by the body within 6-8 weeks. Theyre pretty common and usually not symptomatic. If its anything other than that, you need to talk to your gynaecologist. i have a 4 cm cyst rn too:( im so terrified i hope mine goes away like yours did:( did it ever go away op? I went for an ultrasound in January and they said it shrank by a cm, but I had another one on my other ovary. It was only 1 cm. I still have the same symptoms, but they havent scheduled another ultrasound or mentioned anymore follow up.

Need some positive IUD stories :(

Hospital visits, and IUDs, and Complications - Oh my! Hello and welcome to my second ever Reddit post, inspired by the discussion Ive seen about IUDs. Things have been not ideal, but okay, and I thought Id share my story with these supportive humans. Tldr; I have a scheduled surgery to replace my IUD on Thursday after 4 doctors visits. Im tired, scared, pretty pissed, but I also find some humor in all of this. I got my first IUD six years ago on election day, because I was terrified as to what was going to happen re: womens health/reproductive rights. Guess I was a smidge early. It was not an easy procedure... I was given 4 ibuprofen 5 minutes before insertion and it took a lot longer than it was supposed to. I was on the couch for 3 days with the worst cramps of my life (and I had BAD periods before going on any kind of birth control). As I now know, I have a small cervix and a slightly curved uterus. Definitely had no idea then. Fast forward 5 years. I havent had terrible periods (almost no bleeding at all! Just some minor cramps and acne) and its been great, until now. I was waiting in line at the pharmacy to get a script filled and Im suddenly hit with cramps so bad I get dizzy and nearly faint. Immediately send my doctor a message and she tells me that though the Mirena IUD is good for 6-7 years for birth control, it generally stops being effective for period relief at 5 and due to my insurance, Im not up for replacement unless I get an ultrasound to determine if it has moved, in which case Im fine to get it replaced. If not, I just got an ultrasound and my insurance gives me the finger. I opt out. It should be okay. Almost a year to the day later. My periods have been debilitating, the shit with the supreme court and roe has gone down, and I can get the thing replaced with no shit from my insurance. Hooray! I schedule my appointment for August (close to my birthday so I can remember when it was replaced) and get scheduled through her office. Its a Wednesday appointment so I take a couple days off of work so I can recover. Appointment happens and there was a scheduling error - whomever processed my appointment request did not include IUD replacement, just annual physical. No worries, wait 30 minutes and well have a different room set up for you. 30 minutes later Im lying on my back with my feet in the stirrups and just chatting with my doctor because I know this is gonna suck. Ive peed in a cup and it has been determined that I am not pregnant. I took my 4 ibuprofen before my visit and because this is now a last-minute procedure I am not allowed a paracervical block. Its fine. I can get through this. Its worth it. Another 30 minutes later and my doctor has shoved a mildly astounding number of metal instruments into me in an attempt to remove the offending piece of plastic (that I have now named Nikki). It is decidedly uncomfortable. Doctor is still unable to find the strings. We joke about being thwarted by a tenant who doesnt wish to be evicted and she schedules me for an ultrasound in 2 weeks... Just to make sure Nikki is still there. Two weeks later Im up at God-awful oclock to have a stranger shove more things into me. Over the previous two weeks I have received conflicting advice from multiple nurses about eating or fasting and whether or not to drink water beforehand. I show up with a full bladder having not eaten for 12 hours. (Apparently this was correct). The ultrasound tech is lovely, she shows me the screen as things are happening, we joke and have a decent time (all things considered). Nikki is there, but may be embedded in me. Not the ideal outcome, but Im now apparently in the 1% of people with IUDs who have this issue. Yay, Im special. Scheduling time at the local hospital to get a gyn to remove Nikki proves to be a nightmare. My wonderful doctor provides what help she can and I get an appointment scheduled because of a cancelation for the next Friday. Hopefully my new gyn (Ill call her N) can evict Nikki. I also get scheduled for a mandatory family planning visit / to sign some consent forms. Fun. I dont want children, I dont want this, AND theyre gonna charge me for it, but I have to do it. I ask the woman I talk to if I can get a paracervical block because Im STILL in pain/bleeding from the last visit. She says shell see what she can do, but its a last-minute request. I tell her I just got scheduled due to a cancellation so it would be last-minute regardless. A whole bunch of non-related personal things happen in the interim which do not help my current emotional state or the amount of sleep I get. Appointment day arrives and I am running on caffeine, stress, and nicotine. My mother shows up as moral support (she had just learned of this ordeal because we still hadnt met up for birthday shopping/lunch/whatever). She lives about an hour away and now has to sit in the parking lot because I cant bring anyone in with me. I go in, check in, and have my blood pressure taken by a nurse who seems like shed rather be anywhere else. (Dont blame her.) BP is unusually high (thanks stress and the week Ive been having). Meet Dr. N (who is great! Ive had some really bad experiences with unknown gyns in the past) and we discuss BP, not needing a pregnancy test again (awesome, but I drank A LOT of water before this just in case) and we get started. An hour later Im shaking with tears streaming down my face, in serious pain, not wearing pants, and signing consent forms for surgery. Nikki will NOT be removed and has now bested two doctors, two ultrasound techs, a nurse, a midwife, and my stubbornness. I lay there through a whole contingent of dilators, ANOTHER ultrasound (good thing I drank that water, but now a whole new level of discomfort), a bunch of alligators and forceps, and so many people running in and out of the room for new tools that I lost count. I had my hand held and arm rubbed by a wonderful woman (the midwife) I will probably never meet again, but I now know her favorite ice cream flavors, what she watches on Netflix, and all about her pets. I DID get that paracervical block (I have never been so happy to see a giant needle in my life) and I am so thankful for it because HOLY SHIT did this all hurt. I learned that I have a very small cervix and all the bits and pieces in there are laid out in a way that straight tools cant help (I laughed a lot about being inaccessible by straights with my med team). I have my surgery scheduled with Dr. N for Thursday this week. I am scared, but I trust her. Nikki (this piece of plastic and hormones) has cost me hundreds of dollars in medical bills and I STILL have not had actual surgery. I am still getting it replaced though (the replacement is pre-named Oedipus for humor and alphabetical reasons). I was informed by Dr. N that I cannot keep Nikki after surgery (but she will take hysteroscope pictures for me) which is disappointing because I wanted to mount this sucker on a plaque. I have become special-er; Im now in the 0.05% of people with IUDs who have to deal with this. This is a super long post, but I wanted to get my story out there. It has been a really shitty ordeal, but made so much better by capable healthcare professionals and despite ALL of this I am still getting a new IUD. I hope this can be some kind of light to those who are also dealing with this or similar. It hasnt been a good experience, but I also know that for me its worth it, and taking the time to find a good care team goes a long way. If anyone ever wants to vent/talk about contraception options with me, Im here and I hope I can give you a laugh or two to help you through it, on top of being an ear. Thanks for coming to my TED talk.

Does the thought of pregnancy and giving birth absolutely freaking terrify any of you ladies? Ive been terrified since the age of 6 or 7 years old. My periods sucked enough. Luckily I can use an IUD and solve that problem for a few years. I had enough problems with my periods--panic attacks and psychotic episodes, trouble finding and affording female supplies, etc. But I remember watching my Moms pregnancy with my little sister. I was 6-7 at the time and I couldnt imagine why the hell anyone would WANT to go through that. So many hormonal and physiological changes... Then I learned about the actual birthing process and thats definitely gonna be a hell no! from me. That looks miserable. My Mom and I have talked about it several times since I became an adult. She said its a change she cant really explain. First it happens as you feel the baby growing and moving inside of you. Then its enhanced by the birthing experience. She had a 16 hour labor with me and just under 12 hour labor with my little sister. What am I missing? I have some mental health and physical health issues that undoubtedly influence my fear of carrying and giving birth to a baby. I was also pregnant previously and that SUCKED--I didnt even make it to three months before having an abortion. But how could someone want to go through the experience of birth? I used to ask God when I was little why Id have to have a baby when I grow up. Edit: Thanks for the Hugz award! Its nice not to feel so alone. This is such a bizarre thing to even have to try to defend yourself while discussing... As if the discussion itself wasnt a step or two too far. Edit: WOWZERS at the awards this post has been given! Thank you so much! Can anyone tell me how to best use Reddit Gold? same over here. I dont know how everybody seems to be so nonchalant about pregnancy and birth. sounds fucking terrifying to me. I cant believe we have to go through that shit to get more humans. seriously what the hell Tokophobia [https://theconversation.com/tokophobia-what-its-like-to-have-a-phobia-of-pregnancy-and-childbirth-91271](https://theconversation.com/tokophobia-what-its-like-to-have-a-phobia-of-pregnancy-and-childbirth-91271) affects a substantial minority of women. It is not, in my view, an irrational fear. (Full disclosure, I am a happy mom of two with two unmedicated childbirths.) Pregnancy can kill you; post partum depression is real and can also kill you; side effects of pregnancy, both during and post partum are as long as your arm. IT IS NOT MINIMAL it changes you and your body for life. I mean, if you have a baby boy, a chunk of his tissue may end up in YOUR BRAIN. Its normal... but thats the kind of change were talkin bout here. You sound like you are quite clear in your own mind about this. Just because you have mental health issues (I know I do, depression, anxiety, ADD, Im on the spectrum, and theres other stuff going on too) doesnt mean youre not right to reject having children for any reason that suits you, including being disgusted by pregnancy. Thats okay. Take care of yourself and dont take shit. Dont let people tell you not to feel this way. Pregnant women and young mothers get treated like shit (can confirm), it can ruin your career, kids are expensive, theres no guarantee youll get a good child and most especially theres no guarantee youll have the help of a partner for a multi decade project! and theres no guarantee you will be able to power through these feelings and put your kid first. You may need to hide the tokophobia behind a rational and well thought out decision not to have children but candidly its nobodys business if you dont want to have children. Dont lie about it to partners, though, youll be sorry you did, its not worth it. &amp;#x200B; TL;DR your feelings are valid, your feelings are normal, and you should look after yourself in the knowledge that you are NOT a brood mare. Of course its terrifying. Its terrified women since humans and babies were born. Some are more resistant to that fear. I was scared right the fuck out of my mind, especially after reading books like What to Expect when youre Expecting. That did not help. But… I did it. I needed a C-section, and handled all of the horrifying body changes and hormone changes and whatnot. It helped to have people going through it with me. I joined a pregnancy community and was in a discussion forum area with other women who were due in the same month as I was. We all posted frequently and helped one another through that time. Still friends with about 20 of them and 14 years later, weve watched one anothers kids grow up on social media. I couldnt have done it without them. But that is me. You may never want to have kids. Nobody should be trying to persuade or force you if its just not something you want to do. I never wanted kids. Got pregnant. Decided to keep the kid. And I love that kid and enjoyed parts of my pregnancy. I like being a mom now. Im not sure I enjoy other babies, though. So it could be I just really like my son. Im biased. Im allowed to be. And you are too. Have babies or dont. But frack off to anyone trying to make this decision for you. Ugh, SERIOUSLY. I get scared thinking about the hormones involved too. They just seem to override everything else. And considering how many humans currently exist on this planet, theyre pretty potent. What makes things even more complicated is when the male counterpart of the relationship suddenly starts wanting children and complains about why the female counterpart doesnt want to have a child. Well, I have to deal with the craziness of a pregnant wife! Yo. Not the same thing at all. Id rather deal with a pregnant woman than deal with pregnancy and birth ANY DAY. Yes. But I also dont like anything being inserted there either. I happen to be a lesbian so its no big deal with my sex life. I have never had the desire to carry a baby. Im completely lacking that drive. I have always wanted children though and Im fortunate to be with a woman that wants to have baby with me. I would like to give this comment an award. but Im a broke bitch. so take my up vote and know that that is a really good comment. thank you :) Giving birth disgusts me in all honesty. I asked for a cesarean purely because I didnt want to do it, and it was great for me, would recommend it. No pain, no problems afterwards. Also dont let horror stories scare you, I had an emergency one after the elective due to prematurity and it was wildly different, and worse. The surgery itself was still fine though, but the elective was nothing like an emergency. Thank you for this! Dont worry, Ive never lied to partners about this and never would. Its something I feel so strongly that I dont think Id be able to keep it a secret to anyone who might wish for something different for me. Thank you for sharing. Ive felt for a long time that Id be a good mother minus the actual pregnancy and birthing part. The last guy I was with said when we first got together about ten years ago that he was pro-adoption. Good news to me! But by the time we broke up a couple years ago he was complaining that I hadnt had a child for him, despite us being unmarried and struggling for a few years prior to that. I think their desire to have a child that is biologically theirs outweighs it. Many of my coworkers have told me that you are closer to a child that is biologically yours, they truly believe that. They also believe that having the baby makes you bond to the baby more. They truly believe, because I have asked, that men cant love a baby as much as a woman. I think a lot of women dont have the facts about childbirth, or say its natural, or think it its just part of life, and assume they will be on the good side of statistics. And most women dont talk about the long-term effects of giving birth. Changes the hair, changes to your breasts and rest of your body, peeing when you laugh, problems with your knees, hernias, hemorrhoids, etc. And without information, you cannot make good decisions for yourself. I have thought about having biological children, but I think the fear of what it would do to me outweighs that desire. I have walked in on my mom screaming on the floor because of a hernia that pops out, that she got while pregnant with me. My sister, almost killed her. I pretty sure Im not having biological kids. I am afraid of it I never plan to have kids. I had a scare once and it has affected me ever since. Also I believe this world is not fit to raise a child in with the way its heading. Totally rational imo. Im a dude and Ive heard of many pregnancy horror stories. Part of the reason I dont want kids is I wouldnt want the woman I love to go through this stuff (but would deal and support as much as I could if thats what she wanted). Im so concerned about it I wouldnt even suggest having kids, would feel too guilty to even suggest it, would have to let my wife bring it up. Thank you. The deeper you dig when educating yourself about the changes that happen during and after pregnancy the scarier it gets. I do feel that the love felt for the child(ren) outweighs the risks/effects for some women... But thats just not the case for me. Yes, I really cant imagine how anyone would want to bring a child up in todays world. That, to me, is the definition of an optimist. I think it would be worth it to you to bring up that you have no strong preference either way. Its really easy for women, especially married women, to feel like they need to have children to fulfill their role to their partner. A lot of this is unspoken. I still feel like the world is in such a state that a man saying No need to push em out is much more acceptable than a woman trying to broach the subject. Good for you for your empathy. Male or female, that is still quite rare. Way to go! [deleted] Yes definitely! And the responsibility of raising a child scares the shit out of me. Youre responsible for

Are there any health reasons not to have my tubes removed ! Im going by next month to have my tubes removed for permanent birth control. Laparoscopic procedure, home the same day. 39, I have 3 teenagers and high blood pressure. An accidental pregnancy for me now would be dangerous for us both. Ive had an IUD for 12 years but am wanting a more permanent solution. Is there any reason I should reconsider? Edit: I also got a little scared when my ultrasound tech was chatting with me and told me shed seen a lot of IUD babies during her scans over the last few years. As in, the internal ultrasound ⠀showed the IUD and a baby both in the uterus. Talk to a doctor. Definitely talk to your doctor! There is always risks with surgery and going under anesthesia such as infections or reactions to medications but as far as the tubal ligation itself Im not sure. I will say that every time Ive had any type of surgery theyve been great about explaining the risks of everything from the act of going under for something but also the procedures impacts itself. Good luck to you! No, no reason other than general surgery worries, which yeah, we should all be thoughtful and cautious about any type of surgery. That being said, get those tubes out! Not only is it pregnancy prevention - it pretty much eliminates your chances of getting ovarian cancer. Some doctors are starting to recommend tube removal even if you dont have known genetic risk. https://www.nytimes.com/2023/02/01/health/ovarian-cancer-fallopian-tubes.html &gt; Building on evidence that most of these cancers originate in the fallopian tubes, not the ovaries, the Ovarian Cancer Research Alliance is urging even women who do not have mutations — that is, most women — to have their fallopian tubes surgically removed if they are finished having children and are planning a gynecologic operation anyway.

I need someone to reassure me and tell me there story post-iud removal I had my IUD removed 8 days ago. I had extremely heavy bleeding for about 7 days. I can spare you the details, but it was not an easy time. I called about the heavy bleeding because it was in the category of when you should call your provider. The nurses basically told me that unless I was dizzy, lightheaded, having shortness of breath, or a temp over 100.4, I just had to deal with it and that it might last weeks to months. I was not satisfied with this answer, and being a graduate nursing student, I gave an SBAR report (nursing lingo on describing situation, background, assessment, and recommendations). I was again told only to be seen if the above happened. Two days ago, I developed a sore throat and a low grade fever. I called saying I have a low grade fever, with the classification that I NORMALLY run a low temperature in the 96s or 97s, but the nurse again informed me that anything at or under 100.4 is considered normal. I just need some other folks who have had this or similar experiences to remind me that I am not crazy and that this will get better. Thank you. The bleeding is normal but the illness is not. You may have caught a virus. :( Im not sure about the fever but my mom had heavy bleeding for 3 days after her IUD was removed and ended up hospitalized overnight because she lost too much blood. I would always go to urgent care or ER if you can to get a second opinion / the care you need rather than relying on what the nurses tell you over the phone. And for the fever and sore throat it is likely unrelated and may be worth a covid test. The fever is likely fighting the sore throat, and as Im sure you know the sore throat is unrelated to the IUD removal. Yes, thank you. I took a covid test yesterday which eas negative, but I will plan to retest again. It just sucks that Ive lost a ton of blood and had to deal with everything that comes with that plus feeling really sick. Im so sorry. It may be worth taking iron supplements for a few days if youre feeling weak. But definitely push your nurses to ask your doctor on your behalf, you deserve better care! Thank you. ❤️

IUD misconceptions pushed by doctors: a rant [deleted] Thats insane- a single act of intercourse between two fertile adults (at any random time of month) only gives a 5% chance of pregnancy, and its 15% per month in couples who are actively trying to get pregnant- so a 60% success rate would mean you have a better chance of getting pregnant than someone with no IUD. I would report her, its not safe for a doctor to spread misinformation like that. Yes I intend to Are you sure you were talking about the same thing? Copper IUDs, like every reliable female birth control method😭, have pretty low contiuation rates. See eg. https://pubmed.ncbi.nlm.nih.gov/35865736/ You will not find any study that says 99% people keep their copper IUDs after one year. Theres everything between 50% to about 15% discontinuation in the first year, depending on which study you check. As much as I also like to bash doctors, I dont think they meant harm here. 60% is a middle of the road estimate on first year continuation. In case it wasnt a miscommunication issue, sorry for womansplaining it. 😂 I just love reading up on birth control, and I was like, yeah, Ive seen that number many times... [deleted] This was my thought too

I started having unexplained bleeding and made an appointment for my obgyn, thinking it could be my IUD. Then roe was overturned. And now Im thinking that if I go in there they will definitely give me a pregnancy test. I took one and it was negative but its still kind of scary. I havent had a period in 6 years so the bleeding is abnormal. Maybe my iud moved or became dislodged. I am considering a tubal so I called my doctor who up until this point id give a 5 star review. I asked if I went in there as a almost 32 year old with no husband and no kids would they turn me away for a tubal. They said youre more than welcome to come talk about it. So I called another OB who said it depends on my insurance - that they wouldnt approve it without a reason. So I called my insurance and they have two requirements for a tubal \*im a woman and \*im over the age of 18. Ive been on birth control and actively trying to prevent pregnancy for 16 years, Im not sure how much time I need to think about it. In fact, 22 year old me probably considered it and every year since then I have desired it less and less. But when I was looking up tubals it says it can fail and cause an ectopic pregnancy, which would result in an abortion and now Im no more sure of myself and what I want to do. Google bilateral salpingectomy instead of tying your tubes. Its the better procedure because it physically removes the tubes. This would be a huge reduction in chance (practically zero chance) of having an ectopic pregnancy. Go to r/childfree to look at the doctor list in your area to find someone who will do the procedure if thats what you want.

Accidentally had Nexplanon in for 4 years, got it replaced, but still scared of pregnancy.