I got my IUD under general anaesthesia and it was the best experience I could have possibly gotten! [deleted] [deleted] How did you go about getting this? Are you in the US? Did you have go to through your gyno first then they referred you to the hospital? Im in need of sedation for my next IUD, and Im not sure if I should try to get a new gyno who will do this, or if I can keep mine, just go to the hospital to get it done. [deleted] Glad to hear you got the care you need under anesthesia! I have also read many horror stories about both pap smears and especially IUD insertions - its absurd that they dont offer at least sedation and local anesthesia to everyone. A friend of mine had a very painful experience and she was lied to -her doctor said it wouldnt hurt and the assistant even brushed off her pain during the procedure, absolutely barbaric. Im getting mine (also copper) in a few days and Im scared they wont even give me local. Im so glad to hear your procedure went smoothly! I want to get general anesthesia for my IUD insertion. Honestly its crazy that women have to ask for it They need your written informed consent. You can refuse to sign the paper unless they guarantee that you will get a local anesthetic. That is a perfectly reasonable request. [deleted] Im so glad you got the care you need! Talk to the doctor ahead of the procedure. There shouldnt be surprises on the day of, in my opinion. Thats great! The anesthesia stuff is likely propofol - aka milk of amnesia (looks like milk) so Im glad it worked! I work at a childrens hospital and we do plenty of outpatient IUD placements with sedation for teenage females; I wish sedation wasnt so uncommon for adults! I got mine under general too! No sexual trauma on my part, but I do have vaginismus. I didnt even need to ask, my doctor flat out refused to do it any other way because she said she was afraid of traumatising me. Im so glad you got the care you deserved and that your team were kind to you throughout :) Anesthesia guy here, just so you know for future procedures, we never have patients go up in stirrups before putting them to sleep! So nothing to worry about with that. Glad it was a good experience for you! I was offered an IUD when going under for exploratory surgery to look for endometriosis. I refused because I have a phobia of foreign objects in my body and the thought of an IUD makes me sick. I wish I didnt have this phobia. My periods are horrific and an IUD would make them so much easier but I just cant do it. I would know it was there, even if I couldnt feel it, and freak out. Well done! Im glad you never gave up or gave in! Women deserve so much more compassion and dignity in healthcare. Youre the bomb!

Thought I had IUD pain, surprise kidney stone [deleted] Could you get checked out? Stones can be the sign of something more serious, and you may need management to make sure none block your ureters. You may need a stone risk profile. But I agree! Ive mistaken the pain of passing a stone for period pain before now, especially as I tend to feel my cramps more in my lower back than my belly. Ooh good idea, yes, will do. I didnt even think of that!

Possible to get an IUD under IV sedation? As the title describes. Ive been on hormonal birth control (pills and then Nexplanon) since I was very young, and I have a suspicion that it has crushed my libido into nonexistence. I currently identify as ace because I cant recall ever even having one, but as comfortable with the title as I am, I would like to rule birth control out as a reason I have less interest in sex than I do in watching paint dry. The problem comes with the USs recent misogyny uptick: the current war against abortions. I dont want to go the full sterilization route, and I refuse to go without bc because Im in a relationship currently and also, yknow, rape is a thing. I think a non hormonal IUD would be a good investment. But the horror stories of IUD insertion make it a hard no for me…. unless I can have it done under IV sedation. I had wisdom teeth removed under IV sedation, dont remember a thing. Is there any possibility a doctor would entertain this request, or are women expected to suffer as usual? I doubt they would even give you \*local\* anesthesia, theyll just lie and tell you youre gonna feel a little pinch. I cant imagine that they would be capable of doing that. General anesthesia is a big, big deal. But perhaps find a friend that could slide you half a pill of an ativan or lorazapam, just to take the edge off. Its possible your primary care provider could even prescribe it to you, for this exact purpose. (a mild sedative for an invasive/intense procedure is very common.) THIS IS NOT MEDICAL ADVICE. I cant remember the details since its been years, but my understanding is that IV sedation isnt quite anesthesia. When I got my wisdom teeth operated on, it was just one IV and all of maybe two people in the small, quite ordinary looking exam room. I dont believe there was an anesthesiologist present, because it wasnt required for IV sedation. I figure if they can pop an IV in for a ~30 min oral surgery to saw up my jaw, they can do the same to root around in my organs \*if I request it\*. (I had to specifically ask for the IV sedation, when I got my teeth removed.) I have heard of one private clinic in the UK (London) offering IUD under anesthesia but that is by far the outlier. Most places will just tell you to pop some over the counter pain pills. Gas and air plus numbing cream for the cervix is a combination sometimes available. I know numbing cream is available through private clinics and I personally had it done with gas and air, but it had to be at a hospital clinic for that. Gas and air feels like being drunk and high and off your head, you sort of intellectually know youre in pain but dont care much, it takes the edge off and makes it much better. Alternatively if you need a laparoscopy for another gynaecological procedure they might be able to put it in whilst youre under, I had it done like that the first time because I was having surgery to investigate endometriosis. Appreciate the response! Im not sure Id be brave enough to try it with gas and air, just like I wasnt brave enough for the wisdom tooth surgery without something more than gas. My tolerance for medical procedures, even small things like blood draws and vaccines, is pretty low. If Im hurt by something randomly, like a smashed finger at work, I can shake that sort of stuff off easy; its the planned anticipation of pain that Ive never been good at handling. Ill have a routine appt with my gyno soon just so I can stay an active patient, and Ill ask then, but theyll probably tell me to go pound sand for being so ridiculous as to request IV sedation for a procedure that is so simple! (Read: makes women scream themselves hoarse and literally pass out from the pain.)

Im deeply ashamed that I screamed during my pap smear. So I went to a new gynecologist in hopes of getting either an IUD or a Nexplanon put in (wanted his opinion on which was a better option considering my family history of breast cancer and my PCOS). He, an older gentleman, suggested a pap smear, much to my ecstasy. My family doctor (middle-aged woman) had attempted to perform one on me once before and couldnt manage it (I am under five foot and very small framed). Of course that failed attempt was quite painful, but I only teared up a little, got dressed, and went about my day. However, my new doctor was not nearly so gentle, causing a jolt of agony, and I screamed instinctively. And I couldnt stop screaming. I believe the exchange was such: ow, ow, OW, it hurts, please, stop, please take it out, take it out, please take it out Its OK. Were almost done (finishes procedure) Me (embarrassed by my behavior): Im sorry. Im sorry. Im sorry. Etc. (mild tears). Husband picks me up, and I cry all the way home, leaving my new doctor no doubt disgusted that a grown ass woman cant handle a little pain. Long story short: Im doing Nexplanon. TLDR: Went in for a pap smear and took it like a little bitch. I yelled holy fuck, fuck offffff to my nurse during my last pap and apologized profusely after but she said shes used to such reactions by now. Breathe. Its ok. Theres no way youre the first to scream in a pap. Depending on the body, that shit can hurt. Its also a very vulnerable position to be in even without the pain. Your doctor should be ashamed, not you. If you start screaming, they should stop and wait for you to be ready to try again, much more gently. Oh, man. I can hear it! Now I wish I had sworn! Also, thank you. this! you did nothing wrong. im sorry it was so hard for you. 💙 [deleted] Your doctor shouldve stopped the second you asked him to, so its really on him for botching this. No reason to feel ashamed at all. It does make me wonder if you suffer from vaginismus though. Beyond that -- a pap smear is painless compared to an IUD insertion. I screamed constantly during my IUD insertion, and the damn thing fell out with my first period. 😭😭😭 I just got mine in 2 weeks ago All I can say is follow the advice to check your strings. Fingers crossed it stays in for you! You have nothing to be ashamed of. The cervix is sensitive. PCOS can make it even more sensitive. I have had some pap smears that felt like nothing, and others that have made me nearly vomit and then cramp for hours. I am glad you have access to OBGYN care and BC. Please be kind and gentle to yourself. You deserve it. I physically cant tolerate the exam b/c of the pain. It was my PCP, not my GYN who told me that its actually quite common. [deleted] Obgyn: 1. You are not a a little bitch 2. You had a painful experience, you should not feel like a little bitch. Have you ever seen a grown man, like myself, suffer from a mild head cold? If I had a teacup poodle, it would call me a little bitch 3. Some people experience a ton of pain/anxiety/vasovagal symptoms (feeling like theyre actually going to pass out) during exams. Those same people go home and kick ass 7 days a week, Im sure you are one of those 4. IUD is usually more intense of an experience than a Pap smear, so nexplanon is great. I usually recommend trying depoprovera for 2 or 3 doses to see how you like/dislike the bleeding pattern, Nexplanon has a similar bleeding pattern but is not as easy to switch off from: because of the need to take out the implant. Hit me up if you have questions Sorry that the exam was so painful, please dont beat yourself up, youre a woman and therefore a boss. Sorry, seems like ob-gyn docs havent changed....I had two similar experiences...one in 1989 and one in 2010....ya would think things would get better...prior to transitioning I had to have one more examination - the doc (female) was very gentle and talked to me about what she was doing and what I would feel. There needs to be more like her. Pain response is personal and never feel ashamed. Why should you try and keep a stiff upper lip? Pain is pain theres no dignity lost or shame in feeling it. The only reason to be quiet is for HIS comfort, so he doesnt have to put up with the sound. And really should you care about HIS comfort when he couldnt give a damn about yours (especially when its also his Fucking Job to care). there is no reason a medical professional should ever cause pain without sedation! you know your body, most of the equipment used was designed decades ago by men that did coke or wanted to be near genitals, the fact that no real new technology has come out in the last 20 years in the industry is frustrating. Ive been kicked in the head, kicked in the balls, and I know I cannot imagine what women go through for regular medical care. it is a huge part of the factory medical system that everyone has to deal with, Docs have to deal with patients quickly so they dont really care, especially older docs. I just switched primary care providers because mine obviously could not give a fuck about me. always doctor shop and be hyperaware of how a doctor makes you feel, the good ones will do their best to describe the procedure, and warn you of any discomfort, and always stop if you ask. I hope you find what you are looking for, and that you find a doc that really truly takes care of you! A pap done poorly does indeed hurt like a motherfucker. I personally prefer a woman does it because theyve had one done before and know you dont just shove the swab up there and mash it in your cervix. Also every woman is different with paps. I barely feel it but my college roommate cries during hers. Dont be ashamed and dont let anyone make you feel bad about it. You have nothing to be ashamed of! They fucking hurt. When you tell a doctor to take it out , they are supposed to do that with no questions asked, immediately. Report that dirty son of a bitch. Pap smears are barbaric. F this pisses me off on your behalf. They should be apologizing profusely for not giving you enough pain medication! Why are we accepting fault when its all the doctors fault? Poor thing, I hope you get actual help with your pain next time. Im sorry, we all had to deal with suck it up because of our periods, pregnancy, birth, and the horrendously outdated medical procedures they still perform on us. I had an IUD inserted at a private clinic without anaesthetic. It fell off and they needed to insert another, bigger one. Same, no anaesthesia although I asked for one and I was going to pay for it. The only explanation I have is that there is a high level of Schadenfreude against women. https://www.sciencedaily.com/releases/2021/04/210406164124.htm I have a documentable high pain tolerance. Its not just documentable, but quantifiable. My coworkers call me asbestos hands. It really is that high. I mention it because at best, I find a pap smear deeply uncomfortable. Okay, when I had pap smears done by this 80 year old guy who retired the following year, the most I felt was a feather-light touch. I loved that guy. It also means that pelvics and so on dont inherently have to hurt as much as they often do. If he could manage to do a pap smear without me gritting my teeth, then other doctors should be able to manage it as well. But normally? The last time I had a pap smear done was years ago. When my PCP asked why, my filter broke and I blurted: I am NOT going to Doctor Roto-Rooter again! Doctor Roto-Rooter is female, btw. I wonder how many other women were underwhelmed by her technique. Your new gynecologist clearly lacks a whole lot in the skill and empathy departments. I loved-loved-looooooved Depo-Provera. I had very unusual reactions to it--I was happier, I had way more energy, my muscles and joints didnt hurt as much, and I was as close to my old self as Id been in decades. I lost weight because I had so much more energy and was that much more active. However, that is not the normal response to it. Many people have basically no side effects from it. And a significant number experience all kinds of adverse symptoms. I dont understand what theyre doing in the US. Where I live, they literally brush your cervix with something like a q tip. I never heard of anyone being in pain from it. Why are they stabbing you?? Could be worth looking into pelvic floor disorders too and potentially seeing a physio if anything matches up. If you have a hypertonic pelvic floor it could be a factor for why pap smears are so painful for you. Im sorry your doctor was so awful, its not acceptable. I wonder if you have a tilted uterus? Heres [more info.](https://www.vuvatech.com/blogs/care/why-was-my-pap-smear-test-painful) Sometimes using a small brush is less painful than the swab. They use a device called a speculum (it looks like a metal set of duck beaks) to pry open the vaginal walls. Then they swab the cervix. Man, I wish he would have just stuck a little q-tip up there. What really hurt was the insertion of the speculum. Something tells me that mildly sharp, cold, metal objects dont belong up there. Just slightly firm, warm, fleshy things with rounded edges. Well yea? Ive had speculums as well, they started using plastic one use ones here mostly and they gotta insert it gently and they mostly do.. And the swab is done with q tip. Do they pinch it for you or what? Took it like a little bitch. Nahhh, theyre not really the most comfortable even when they do go well. I actually had to switch OBGYNs recently and I went with a male one because he was the fastest opening, but I was really hesitant about it. I just thought if he does anything weird Im getting up and LEAVING. But actually the Pap smear he did on me I like barely felt at all, he also put my IUD in and I was so scared I almost cancelled the appointment the morning off. I just remember him saying he was going to cut the strings now and I t

I just demanded that my doctor provide me with prescription pain killers before my colposcopy. Ladies, we need to start getting mean with doctors. \*\*Edit: Im talking about a colposcopy, not a colonoscopy. A colposcopy is a procedure of the cervix. A colonoscopy is a procedure of the lower GI tract\*\* Ive had a few abnormal paps over the past few years. All 3 low grade dysplasia. I was young so they waited to see if it would clear but now that Im 27, they want me to get a colposcopy. Ive traveled around the country a lot for work (Im in the US) so Ive had different OBGYNs for each yearly PAP. Ive probably seen 4 obgyns in my life. Ive also had 3 IUDs put in by 3 different OBGYNs. The first one I was 19 and it hurt like hell. The second I was 22 and it also hurt. The 3rd IUD was my first male OBGYN and I looked at him and said I cant take the pain of these anymore and he said Ill give you hydrocodone, cervix softener, and Xanax if you want. And you know what? I DIDNT FEEL A FUCKING THING. I loved him so much, I was so sad to leave him behind and move across the country. I just had my first gynecologist appointment with a doctor who is HIGHLY rated in the hospital system that I had to wait 3 months to get in because her reviews are so good. So today I see her and she recommends I get the colposcopy after reviewing my medical records from my various GYNs. She offers to do it to me TODAY. I said Um no, I havent taken anything for pain and I dont have anyone to drive me So this witch proceeds to tell me colposcopies dont hurt and I just need to take Motrin beforehand (so…how was I supposed to do the procedure today in the office with if I need to take Motrin beforehand?). I put my foot down and said no, thats not what Ive heard from my mother and my friends. Ive only heard that this procedure is nothing but pain. I need something more than OTC for this And she was like oh honey, the biopsies are like 1/4th of a tic-tac, its nothing to worry about and I said its a piece of tissue being cut out of a sensitive area, I dont believe you and she just stared at me in silence (couldnt tell if her mouth was open because of the mask). She said I honestly dont want you to worry about this, its a very simple procedure and its only period-like cramping Then I said the cervix feels pain. Ive had 3 IUDs put in and the first 2 were hell and incapacitated me for the rest of the day. My previous doc did the 3rd and I was provided proper pain management before the procedure and I didnt feel any pain. She was like thats really not standard procedure for IUDs, besides this hurts waaay less than an IUD. Then she scoffed and said what did he give you? and I know she was just WAITING for me to say prescription-strength Tylenol or something dumb so she could invalidate me. I said He gave me 2 hydrocodone and Xanax. I know its not your standard protocol, it should be and it was with my other doctor and frankly Id rather have him do this procedure over you but hes 700 miles away, but Im not getting this done without something more than OTC painkillers. (Awkward silence) …..well I dont normally do this, but I guess I can give you something And she caved and gave me a script for one 5mg hydrocodone pill to take before the procedure. LADIES: DONT LET THESE BARBARIC ASSHOLES WALK ALL OVER YOU. YOU ARE WORTHY OF NOT FEELING PAIN AND THESE IDIOTS NEED TO WAKE THE FUCK UP AND GIVE US PAIN MEDICINE. Do whatever you have to. do research, talk to friends, print stuff and bring it with you. Dont leave the office until they give you adequate care. And if they say no? Please note in my chart that you have denied my request for pain management and if that doesnt work, find another doctor. Edit: Pain management looks different for everyone. Cervical numbing and other things may be better options for some than a pain pill. \*\*EDIT: To all you people talking about drug abuse: I got prescribed one (1) 5mg hydrocodone to take in office and have someone drive me. ONE. Stop acting like I was seeking drugs for a drug abuse habit.\*\* \*\*EDIT: Some of you dont seem to understand what this procedure entails and why over the counter medicine doesnt cut it for most women. The colposcopy + biopsy procedure literally cuts chunks out of your cervix. Read through this fun Buzzfeed article with an interview with an OBGYN to learn more: https://www.buzzfeed.com/daniellaemanuel/cervical-biopsy-colposcopy-tiktok\*\* In the artcle: Finally, I wanted to know more about the future of pain management during gynecological procedures, and whether this was something being discussed in the medical world. We are nowhere near where we need to be in terms of providing a range of pain control options for people undergoing gynecologic procedures, but I will say that these conversations are happening in the medical community more frequently than they used to, Dr. Horvath said. Just like with so many other areas of medicine, there are racial, ethnic, age, and class disparities in who is offered certain pain control options. We have a long way to go in the process of reckoning with all the ways we perpetuate oppression in the medical care system. Its always OK to ask your healthcare provider about pain control options, she said. A good physician, midwife, or advanced practice clinician will listen to you and work with you to come up with a plan that addresses your needs. If you feel like they are dismissing your concerns, trust your gut and get a second opinion. \*\*Edit: Someone made a new account after reading this post just to call me a pathetic junkie whore. Thats just not true. Im not a pathetic junkie! (ba-dum tsss)\*\* \*\*some examples of people who have taken the time to DM me harassing messages because of this post:\*\* No proper doctor is going to say Im giving you 2 hydrocodone and 1 Xanax to have you feeling really good. Seems like you enjoyed those pills too much and didnt listen to a professionals opinion. You even said yourself she is highly reviewed. Id be careful with those pills if I were you Did you want someone to pat you on the back? No doctors cares about this FYI. Its a matter of ease in avoiding narcotics when they are not needed. And news flash- they are not needed. You are a snowflake. And remember that you are speaking out on a subreddit full of other mentally Ill losers. No wonder you get the gratification youre looking for. Absolutely pathetic. Yes, stop taking medical advice from someone that has dedicated their life to studying it. My vasectomy hurt like a bitch. You dont see me telling other guys to be mean to their doctors. I dealt with the pain like an adult. You should do the same. Reading this made me sad, but I will have to be more demanding in the future...Last time I had an IUD put in, it was painful, I bled even, they just gave me a juice box and a cookie like I was some kid You dont deserve to be treated like that. Good for you! I ended up in the icu after my last emergency c-section. My bladder was cut and I required several blood transfusions and was only given Tylenol 800s from 630am until around 8/9pm. After screaming crying and begging for pain management all day a new nurse started her shift and finally gave it to me. She was appaled that they hadnt even reached out to labor and delivery to see what pain meds they give people after c-sections. Nothing scares me more than a doctor or nurse who thinks she knows everything. We have to keep advocating for ourselves! We need to stop being so nice and caving in to these drs. My old male gynecologist was always so rough with me that I started taking pain pills just for a routine exam. He finally quit and became a fundamentalist preacher. He clearly just hated women. And doctors wonder why their is a lack of trust smh. My mom just had a routine pap recently, &amp; her GYN found a cervical polyp, and WITHOUT CONSENT immediately biopsied it w/ little warning. I have tried multiple times to tell my mom to file a complaint, but her medical record has been manipulated by doctors because shes a chronic pain patient, so shes worried about retaliation. This is my GYN as well, hopefully not for long because like hell will I put up with that. If you have a uterus, STAND UP TO DOCTORS. Its disgusting but they constantly dismiss &amp; belittle our pain (especially WoC) Good for you! 100% agreed! That is HORRIFYING Good for you! I am so happy to hear that you didnt put up with the BS. I have been loudly advocating for myself and I try to tell every woman I meet to do the same. These doctors truly dont think women feel pain, and its especially awful when the doctor is a woman too. Got it, I replied to you My girlfriend recently had a colonoscopy and it was like 4 days of prep just to get yourself ready and she was sedated during the procedure. Why did your doctor think doing a colonoscopy with zero prep was even going to work? Sounds fishy This 👏! Doctors are here to serve patients. Their god complex has gotten way out of hand. Colposcopy, not colonoscopy. A colposcopy is a procedure of the cervix. A colonoscopy is a procedure of the lower GI tract. I swear, Im starting to view doctors like I do cops. Yeah Im highly considering not going back to her. But how do I find a gynecologist who takes female pain seriously? I was so lucky with my last doc, he was close to my office so I randomly picked him. But I need the procedure done, I dont want this to turn into something bad by waiting. She gave me pain medicine and I have a Xanax prescription already from my psych doc, so I may just get this done with her and then start looking elsewhere after that. I had a colpo done with a biopsy with only Motrin and it was HORRIBLE. Anyone who says pain meds arent needed are psychopaths who like to hurt people. Colposcopies hurt for sure. Unpleasant as fuck. STORIES LIKE THIS ARE WHY I YELLED AT THAT BITCH, GOOD GOD ALMIGHTY. Why do the doctors lie to us? I was fed the same line of bullshit about th

After reading about lidocaine injections for IUD insertions here, I asked my doctor about my options for my upcoming IUD replacement... UPDATE: Thanks for all the feedback; it sounds like I was ignorant of the different uses of Ativan. Sorry, I meant to come back sooner to tell you all that I took my OBGYN up on the offer of Ativan, and took an ibuprofen concurrently. I dont think I personally noticed a difference in the amount of pain, but my doc was fast and it was painful but finished quickly.\\*\\* &amp;#x200B; And got the usual, take some ibuprofen or tylenol before you come advice. When I pressed further, the med student who was communicating with me on my drs behalf said, Well, on the occasions that patients are \*really concerned\* about potential pain during the procedure, we offer \*\*ATIVAN\*\* to relax and loosen up the cervical muscles. I asked for pain management and this MFer offers me anti-anxiety meds...on a scale of He meant well to PISSED, how upset should I be? As someone who has been through the IUD insertion and removal process and knows the pain well, I would actually err towards meant well. While Ativan can be used for anxiety, it is also a muscle relaxant. Like the med student said, this would act to loosen the cervical muscles. Cervical muscle spasm and irritation is a major cause of pain during IUD insertion/removal. So I do think they were offering it as an anti-pain treatment, not anti-anxiety. It just happens to do both. If you want to be upset they wont accommodate your request, thats fine. But it sounds like hes offering you what they are willing to do. According to the doctor, and google…Ativan (lorazepam) are muscle relaxants used for treating spasm of skeletal muscles. I gotta say, I took Ativan when I was last on a plane, and honestly, didnt do anything for my anxiety about flying, but I felt relaxed as hell. Like just loose and light and relaxed. Lol The lidocane injections would probably be more painful than the actual iud insertion. When I had mine done, I was not in horrible pain at any point during the procedure. I just had cramping afterward. [deleted] No you need a body block. It blocks tge lower part of your body-between navel and feet. Then you need pain medication AFTER your iud. I had a block felt nothing during insertion, but had severe cramping bleeding and pain a month after. Was prescribed tramadol and had to be switched to oxy. Felt like I was dying . Go to a gyn/on surgeon they can even do general anesthesia . Tell them youll be looking for an office that actually cares whether women are screaming in agony on their table, vomiting, and passing out in pain, then being wheeled out soaked in sweat, or not. Dont stop pushing. My gyn told me they would do a cervical block then called me 2 days before appointment saying they actually dont have it. I popped an oxy and they gave me suppsitories to thin the lining. Couldnt do it. Started crying so they stopped without inserting the iud. Then they inform me well the other office has cervical blocks and hurricane spray and valium. Also i guess you can also go to hospital to get it done. They only offered me this after they saw with their own eyes there was no way the iud was going in without significant pain management. So yeah my advice is get nasty, cry, do whatever, dont let them fuck with you. Its great that you had that experience. Some of us have resistances to certain medications so unfortunately we have to fight hard for relief when we have a procedure or an issue. My poor dentist has to give me twice the numbing medication or straight up nerve blocks for any procedure then stop and give me more regularly. I would love to be able to take a singular Ativan and feel anything. You are so lucky! I completely understand that perspective. However, thats not what the OPs post was about. And to be fair, I was prescribed Ativan for a crippling fear of flying, and it didnt actually help with that at all. Everyone is different. They pushed for actual pain control and were offered an anti anxiety medication (we dont know the dosage). Im not really sure what is so confusing. Op knows their body and needs. The post also isnt about how you taking an Ativan should be good enough proof for op to just be okay with them trying. That was my point. Everyone is different. I was offering a different take. She was offered a muscle relaxer to prevent spasms which is much of the root cause of the pain. Shes free to find another doctor or continue to try to push the issue. But to be pissed off because they offered an anti anxiety medication - which again, is a muscle relaxer, which is what that particular doctor/practice does as a matter of policy, is misguided. Im glad youve never struggled with pain issues or medical anxiety caused by doctors not listening to you. We dont know OPs background and they absolutely have every right to be pissed for being dismissed when asking for lidocaine. Lets not dismiss them more, yeah? Honestly, I dont think you should be pissed. I have cancer and have to get bone marrow biopsies on a regular basis. This is an extremely painful procedure. My oncologist offers either IV fentanyl or Ativan for the bone marrow draw (they also offer morphine but Im allergic.) I have tried both the fentanyl and Ativan and I feel like the Ativan works much better and helps with the pain more. Like most drugs, Ativan has an intended use, ant-anxiety, and off label uses muscle relaxer, pain reduction, and ant-nausea effects. Youre right, we dont know anything about her background. Which is why I didnt base any of my comment on a back ground. Just the straight up facts of the post. We can agree to disagree on the appropriateness of calling a doctor to demand anything - same goes for lawyers or eye doctors or dentists or accountants or pilots or dry cleaners or veterinarians. Studies actually show that coughing is about as effective as lidocaine injections into the cervix where the tenaculum will be placed This is very true. Im an RN and as paradoxical as it seems, Ive seen drs prescribe Ativan for patients using accessory or abdominal muscles to breathe when in respiratory failure. It seems like it would be a bad idea to give someone having difficulty breathing medication that might slow down their breathing rate, but when the muscles relax, the person actually gets some relief breathing wise. Its amazing to see it working in real time. Many meds have off label uses. Ativan just happens to be an anti anxiety med with many other uses due to how the med works &gt;I have cancer and have to get bone marrow biopsies on a regular basis. This is an extremely painful procedure. Understatement of the fucking year. I had to get them regularly during treatment, and I think the only thing worse was a spinal tap headache. I think the record was six people to hold down a 40 pound kid. I either got a local (made things worse) or nothing. Hugs to you, having to deal with all of that. My draw site scars cringe in sympathy. Definitely a hard call between the spinal tap and bone marrow biopsy. Luckily Ive only had one spinal tap. Thanks for the support. Fuck cancer! Its not so much the tap as it is the aftermath. I didnt stay flat long enough, so I ended up with the hellacious headache that lasts a week. Hell yeah, fuck cancer! My oncologist is at a teaching hospital and the student trying to preform the spinal tap was nervous. They tried at lest 4 times, to extract the spinal fluid, and couldnt get the needle in the right place. My cousin happened to be in the room with me at the time and after the fourth attempt she said, enough get someone in here that knows what they are doing. The next person got it on the first try. It was a nightmare. I have Multiple Myeloma, and spinal taps arent a regular part of the diagnostic or monitoring process. They did it because in the first month of treatment I fainted. My Mom was there when it happened and she thought I had a seizure because I guess I was shaking, when I fainted. They wanted to make sure the cancer hadnt spread into my spinal fluid, a rare and typically fatal complication. Aaaaaaaa the thing of nightmares! Im glad your cousin stepped in. Yeah, they were regular for me with leukemia. Intrathecal chemo, the whole shebang. Good luck to you with treatment! Let me know if you need friendly words or treats or anything. I had the same response when I asked to be asleep for a pap smear. Ive got fibromyalgia which causes mad pain. Last time I felt like I was being raped. So much pain that I wont get one without it. So she said theyd disassociate me but that doesnt stop the pain. Am I just supposed to go to the er after for pain control? Continue to cry hysterically from the pain? I was screaming! I have no idea why I havent gotten a period since I went off bc. Last June. Im so angry and scared. Im sorry youre going thru this I dont think they meant badly in this particular instance, as others have said a muscle relaxant can relieve pain in some situations. However there is a reason you feel this way. This touches on a deeper issue. Women are often prescribed psychological meds instead of receiving proper medical care. We are also much more likely to be told our symptoms are psychosomatic. Every medical subset has a diagnosis that basically means I havent found anything and am not gonna bother looking further. Lets slap a good sounding name on it and send them home!. Women make up the vast majority of patients. And most can actually be diagnosed with a rare disease if theyd bother looking. I myself have been diagnosed with chronic fatigue syndrome, fibromyalgie, IBS, functional neurological complaints, psychosomatic issues (even with several of their own psychs saying it isnt), tension headaches, migraines, and several others before and after finding the right diagnosis myself. It seems likely to me you sensed some of this attitude in the doctor/med student MSer checking i

TMI? I hope this isnt TMI. Please pass this thread if you dont want to read about sexual health problems. \\* \\* \\* \\* I have this sort-of problem that causes a problem about once a year, or whenever I need a pelvic exam. The hole is too tight. Ive read lots on the internet and it sounds kind of like vaginismus. I can insert a tampon (although I have had an IUD for 6 years so thats not an issue I deal with any more), but anything bigger than that is painful. whether its a sex toy, pelvic exam spreaders, vaginal ultrasound (which I had today), or intercourse. I havent had intercourse in years (partially from the pain and partially because Im not overly interested in men - however that could be because of the pain as well I guess). It has \\*always\\* been like this, and Im 33 now. I get really anxious when I have to have something inserted because I know it will hurt and that just makes it tighter and hurt more. Does anyone have anything I can do to help this? Ive read to relax... but thats not going to happen. Im so tense normally that I grind my teeth day and night. I wear a guard at night and during the day if Im home, stressed and not talking on the phone or eating. So add on the thought of inserting something? NOPE. I dont particularly care about intercourse, but I would like to be able to have a pelvic exam without the severe pain. Has anyone had this and ever got it to get better? Im in Canada, so no USA programs please. Well, Im not sure what its called but I was given a pain reliever/muscle relaxer that is specifically given to women for having an abortion when I was having my IUD put in. Would something like that help? Im in Canada. Vaginismus is real and its significantly chicken and egg linked with anxiety (did U develop it because vagina wasnt ready/tented and it hurt so you expect pain or did U develop anxiety because its literally too small) You will need proper diagnosis, not just googleosis. There are steps to take to improve a small vaginal opening. There are sex therapist based steps to take to improve penetrative anxiety. But yeah, its real, your anxiety is real, Im sorry for ya! Ive never heard of that? Ill have to ask my doc. thanks Same, I believe I was given misoprostol prior to IUD insertion.

I switched doctors, and its amazing having one who actually cares about my wellbeing Ive always felt brushed off or dismissed by doctors, and I had to fight every time I wanted my concerns addressed. A lot of my negative emotions stemmed from a tumor in my neck being dismissed as a cyst every time I brought it up when I was a teenager, even though it was growing and was becoming very painful. Eventually I had it removed after a few years when I would literally almost pass out every time I accidentally hit it. And even then, it was removed by a dermatologist who also assumed it was just a cyst. I was fully awake with no pain reliever, and it was attached to a nerve. I have been through some very painful experiences, and I have a high pain tolerance. That was the most painful thing I have ever experienced in my life. And ever since that whole process, of countless visits and being referred from specialist to specialist only for each one to say it might just be a cyst and to monitor it, or try having it seen by a different specialist instead, I have always just hated the human medical field. I had my first doctor as an adult for a couple years, concerns would get dismissed, and I felt like switching wasnt worth the hassle because what would the point be if theyre all the same? Well I drew the line when they denied ordering a blood test the nutritionist they referred me to recommended it. I started looking for a new doctor, and after changing my filters for my area/insurance/etc, there was only one doctor who was accepting new patients. So I figured why not give it a try, and called and made an appointment to switch. Thankfully he specializes in womens reproductive health, as I wanted to know about different birth control options since I was concerned the pill was negatively affecting my mental health. He literally spent half an hour talking to me about my options and making sure I understood everthing, and answered any questions I had. He suggested I try just going off the pill first before jumping to an IUD to see if I felt better since it is an invasive procedure. I could tell he genuinely cares about his patients, which was so new to me. I was ecstatic to finally have a good experience at the doctor! I decided on the copper IUD after that visit and stopping the pill for a couple months. An amazing part of this, is that not only did my mental health significantly improve, but my IBS (or what doctors assumed was IBS) went away. And all it took was a doctor who actually addressed my concern. Come the day for my IUD appointment, I was pretty freaked out by all the horror stories Ive read. I admitted that I was nervous, and he walked me through the whole procedure, again making sure I understood everything before proceeding, and I was brought to a sterile procedure room. He made it clear he is not willing to hurt his patients if the discomfort was too much, or if he felt he would need to use too much force to place the IUD. I was terrified of the clamp that I read about, but apparently that only needs to be used in rare circumstances where things just arent aligned quite right, and if it did need to be used then I would be numbed for it. I could tell that my comfort was a top priority and it just seemed so surreal to me. On another note they also did a pap smear at the same time, and I barely even felt it! This was crazy to me because the first one I had at my last doctor was a horrible experience that felt like someone was pushing on and scraping my cervix with a dry cotton swab, and it was just done in the regular exam room and not a procedure room. I wasnt warned that I would bleed after either. Its amazing what a difference it makes when someone does the procedure that actually knows what theyre doing and cares about their patients comfort. Im just so happy to finally have a doctor that cares about my wellbeing. Im still mad that the human medical field has such shitty corners in it, and I hope our reproductive health can be taken more seriously like mine has been at my new doctor. They should not be allowed to treat procedures such as an IUD placement as something anyone can do, and I feel so lucky to have had such a positive experience with it today. I know a lot of this probably seems like rambling, but I wanted to share something good for once instead of the dread that I normally felt with anything medical. this is genuinely so lovely to read! thank you for sharing 😊 YES omg please choose these things carefully. Any professional you visit regularly especially ones you depend on crucially you NEED to trust 100%. There should be no fear or discomfort discussing anything. You should feel heard and respected and cared for. Never move😂 No, but seriously, I had one doctor like that in the past, and I miss him soo much. Such a treasure when you find a dedicated professional. Im so happy for you that you found a great doctor!! But Im seriously floored that a dermatologist would remove a cyst or tumor from your neck. Maybe Im not visualizing what you had correctly but I had a cyst develop on my thyroid (I woke up one day and it was like I had grown an Adams apple, it was crazy) and I was treated by an endocrinologist. They did an ultrasound, and then once it was confirmed as a cyst, they did a needle aspiration to drain it and run tests. Was your tumor tested and confirmed to be benign? Also, I cant believe you were told oh its probably a cyst, just keep an eye on it and then when it got bigger and was painful, they still didnt want to remove it? WTF?? Isnt that the definition of I kept an eye on it, it changed, now do something about it How awful 😡 I had an ultrasound done on it but that was about the only testing they would order. It had the appearance of a cyst on ultrasound, so they assumed no further testing was necessary. It was a hard lump pretty deep in the side of my neck (inbetween where my shoulder and neck meet). I was referred to a plastic surgeon for removal, and holy shit he was such an asshole who only cared about making boobs bigger. He basically told me it wasnt worth his time to remove it, (I would have at least been under some sedation there unfortunately). He also told me he would bet a large sum of money that it was a lymph node and not a cyst, and that it probably formed because I have those nasty stretched ears. (It was nowhere near my ear). So I went back to the dermatologist for another consult. She basically said at this point, she could just try and remove it since she removes cysts all the time. I wanted it gone so I agreed, my skin was numbed for the incision, and then when she got in there she told me it wasnt a cyst. She gave me the option of closing me up and referring elsewhere, or removing it now. I was so fucking done being referred from place to place I said just go for it. She warned me it was going to be very painful since it was attached to a nerve and she cant numb it, and we were too late to do any kind of sedation or anesthesia. And hooooooly shit, I blacked out for a minute or two. It was tested and it was benign, but unfortunately I had to call a month later and ask them if the results were back yet since they never called me. Probably the worst series of events Ill ever experience with doctors, wont let something like that ever happen again

Reasonable pain control for an iud insertion Its time for me to get my iud replaced. Last time they told me it wouldnt hurt and to take Tylenol after if I cramped. I found the procedure itself pretty painful and Id like to request adequate pain control this time. Im also pretty anxious about the procedure and the pain cause I know whats coming now. I find if Im able to be very specific about what I want then Im usually able to get medical professionals to listen to me. Otherwise they usually dismiss my concerns. Did anyone get an iud inserted and felt like they were provided with adequate pain controlWhat is reasonable to request? Did anyone get offered or given a med for anxiety? Ask for a small script for something stronger for pain and/or anxiety (whichever you think is worse for you, dont think you can combine them). Let them know it was unbearable last time and you dont want to repeat that experience. You can say you dont need a whole months supply but enough to get through the procedure and next day. Docs are under a ton of pressure not to over-prescribe potentially addictive meds so they arent likely to offer it to you. If you get pushback, Id find another doctor but I would be surprised by that. Id ask for muscle relaxers (youll need someone to drive you though). I take then for pelvic exams and pelvic PT, along with ibruprofen. It helps prevent the cramping and muscle spasms that cause the pain, and for me theyre calming as well. This is a good idea and makes sense to me that it would help. Im a physiotherapist myself :) Thank you for being a PT! Ive been in and out of pt for decades. You all are the reason Im a functional human. Yay! I wish more people had access.

Petrified for endometrial biopsy I am 18, transboy (female biologically) never been sexually active and for years Ive been dealing with uterus issues. My former gyno did no tests when I went in for a 6 month long period that was extremely heavy, quarter sized clots, etc. Just listened to my symptoms and put me on birth control for the past 4 years. Only thing Ive had done was a pelvic exam a few months ago and let me tell you, it was equivalent to breaking a bone (and Im an athlete, Ive broken a lot of stuff and have a high pain tolerance) it felt like I was getting pierced down there and my nurse was a kind lady who only used one finger for the exam. I switched to a different gyno recently after having issues with switching insurance and this one is great. She switched me to nexplanon last week and I told her I was curious to know if anything was wrong. I had an external ultrasound (I know I wouldnt be able to handle an internal one) done and found lots of little cysts on my left ovary (right one wasnt visible) and I had a thicker endometrium. My current gyno has said that it could be thick since Ive been taking birth control continuously for 4 years. But if it doesnt go down after my expected breakthrough bleeding with nexplanon she suggests a endometrial biopsy. This terrifies me. I already have trauma of even knowing I have lady parts. Not to mention the awful pain I felt during a pelvic exam that left me sore for an entire week. Ive heard the biopsy is excruciating and honestly I just need support or advice on how to ask for strong pain meds etc. I dont know if I could handle somebody seeing my body again (gender dysphoria) on top of having one of the most painful procedures in gynocology. I really dont know what to do. Im worried I have cancer or Adenomyosis. Has anyone (particularly nonbinary or transboys like me) been through this? I havent been in your particular situation (except for having a bad time with my first pelvic exam as a teen, ouch!), so no specific advice. But if it will give you strength, just wanted to confirm that you are 100% in the right to need pain control and even anxiety meds beforehand. Any doctor who denies you those simple measures is the problem, you and your needs are NOT the problem. Good luck to you. Thank you for the reply, its honestly just comforting knowing Im not the only one whos had extreme pain from gyno exams. Im so tired of people saying its just uncomfortable. Its SEVERE pain, I cant even wear tampons so I think theres genuinely something wrong with me Just tell your doctor you are nervous and worried about pain. You can say how painful other procedures were and that no pain management is not humane. Usually doctors will prescribe a benzo for anxiety but know these are not synonymous to pain meds. Ask for anxiety AND pain relief and your doctor should be able to prescribe a one time dispense of a safe combination of drugs. You can also ask to stop anytime and have a nurse present with you. Definitely ask for pre medications to help manage your pain and anxiety. It might also be comforting to you to have a sympathetic family member or friend come in for the procedure to hold your hand for support. Also if you havent already done so, look in to some deep breathing exercises to help control your pain. I thought they were crazy during lamaze classes when they told me that it would help but in the subsequent years it has helped me get through numerous spinal injections and the implant of a spinal cord stimulator all done while I was awake. Im not trans, but I had an ovarian cyst (they suspected cancer but luckily it wasnt) really heavy periods and clots etc. I was supposed to get a biopsy, but I asked the Doctor what was the point of a biopsy if it was likely that I would probably need surgery? Couldnt they just remove the ovary? And they agreed to that. So maybe you could ask? Sounds like vaginismus to me? Im honestly thinking of asking about just having diagnostic laparoscopy. I have a lot of symptoms of endometriosis along with the ovarian cysts, so Id like to know what really is going on there that the external ultrasound cant see. Im curious as to if they could get endometrium samples while Im asleep during laparoscopy? I wasnt even given any warning that it might hurt. Like, I get my blood drawn once a week for my heart condition, and they said the same thing. A little pinch is more like a tiny stb wound. It hurts like hell but it only lasts about a second or two. I did end up bleeding for the next month because my doctor knew that my INR has were extremely high, but she opted to do it anyway, and I bled so much that I am anemic now

IUD with sedation in Canada To start, I (26F) live in PEI, Canada and do not have a family Dr. I have been to Drs about pelvic pain in the past and have always been brushed off, despite experiencing pain even with a speculum. Im interested in getting a copper IUD, but the above makes me very very wary of insertion and I would feel a lot more comfortable getting it done under IV sedation. Has anyone had success with this in Canada? I cant find any information about it. I would honestly be willing to travel to a different province if need be, preferably Ontario, Quebec, or elsewhere in the Maritimes.

Are pap smears and IUD insertions done differently in the USA?

I might be getting a biopsy and social media has fueled nightmares about this process. Im 24 now and Ive had an IUD for about 3-4 years. Im not sure when it started but I had noticed that I have bled during intercourse almost 50% of the time. Sometimes it happens, sometimes it doesnt. I finally decided to get a pap smear, get my IUD placement checked, get some woman checkups, also get the first dose of the HPV shot. The nurses were shocked when they did my pap smear that simply brushing the cervix with a brush made me bleed. At this point, they suggested I go visit a gynecologist to do a screening for my cervix to make sure there isnt anything cancerous. Ive seen nightmares about this process. Cutting a piece of my cervix out without ANY NUMBING??? When I got my IUD, it was ridiculously painful. I had no idea they used such a medieval pincher to grab, but basically impale, my cervix. So I know this is going to f\*cking hurt. Unfortunately in a year I am due to replace my IUD too. Has ANYONE done a biopsy or IUD and found anything to actually help with the pain? I actually am contemplating trying sex numbing lubrication to see if that helps. Im so mad about how little care we get for pain management in the medical industry and it makes me reluctant and scared to take care of myself. What kind of biopsy are you getting? Ive had both a punch and a LEEP and neither one was painful. The punch was taken at the colposcopy and I didnt feel anything. I was instructed to cough while the punch was taken. My LEEP was done in a surgical room with IV sedation and a numbing shot so didnt feel a single thing with that either. Honestly both of them were nothing compared to my IUD insertion. Just take a deep breath and if you really think youll need something call your doctor and ask. Honestly I am not sure which one it is... I know for sure its for a cervical biopsy. I might actually call and ask because I think the idea of something being cut out of me scares me. Have you done anything for pain management with the IUD? I was super anxious beforehand too so I get it. Absolutely give them a call if thats what it takes to ease your nerves. I only take a couple OTC ibuprofen with IUD insertions. Im on my third and never found them painful, just very uncomfortable. What kind of health insurance do you have? Im wondering if you can have this done under twilight sedation, and even if they can replace your IUD at the same time. I had that done. My insurance covered it. I have GEHA Elevate. Not entirely if sedation is covered until health insurance but it wasnt by both dental and health when I got my 4 back molars pulled, which is kinda sad 😅 My doctor has a nurse anesthetist come monthly to her office so that these sorts of procedures can be done under twilight. I had a colposcopy under twilight at her office, and I didnt feel anything. The worst part was the gross stuff they use to stop the bleeding.

I actually had a painless IUD insertion today. There is hope. I had my Kyleena replaced today and the procedure was painless and smooth. I felt two light cramps, the old IUD being taken out and they new one being put in. Here is how my doctor managed pain: 1. Prescribed pills to insert vaginally the night before to induce some light cramping/contractions to soften the cervix 2. Local anesthetic, an injection into my cervix that I literally didnt feel because 3. I was given nitrous oxide during the whole procedure. I had to pay $75 for the nitrous oxide but it was $75 well worth it. I was planning to be in bed miserable all day afterwards but I had a beautiful day with minimal cramping. Basically, there is hope in the future for humane IUD insertion. (My first IUD sent me to the ER because the pain was so bad). They should give women propofol for this procedure So happy that you were able to experience a painless IUD insertion! From all the anecdotes Ive read and have been told about, Im really nervous to get mine soon. Why were your two experience so different from each other? Did they update their procedure in the time in between you had your first and second IUD? I had an IUD inserted years ago with a local anesthetic. Id never get another IUD without one. Be sure to ask for this option. So my first experience I had absolutely no pain management. This time around I had those 3 things as pain management. [deleted] FYI, Ive had multiple IUDs and zero pain with any of them, no meds needed. Dont let people get in your head - plenty of people have had pain-free IUD experiences, we just get shouted over by those who believe their experience is universal. If you go in expecting pain, youre much more likely to experience pain - see how people insisting that this is always painful are creating a self-fulfilling prophecy? Its pretty misogynistic IMO. Yes, some people do have pain. Its certainly NOT a universal experience and its pretty gross that non-painful experiences are dismissed when they are equally valid. This is the same vibe as people who tell pregnant folks horror stories about birth - it doesnt HAVE to be that way, but it sure seems like some people WANT others to have negative experiences like they had. Its odd. Why would I want that extreme situation for what has been a painfree procedure? They should treat women as individuals, and provide appropriate care for each individual. Have you had a vaginal birth before your IUD insertions? I went in with no expectations at all. It was agonizing and I almost passed out. Then I couldnt walk very well for five hours. I think your no pain experience and mine just doesnt happen to be the majority because a lot of providers dont consider or take womens pain seriously. For most people, having your cervix unnaturally opened for the first time (meaning you havent given birth and had contractions or anything other than your period come through it) it is going to be pretty painful. I imagine the same way contractions are painful. THIS is how IUD insertions were done when they were first invented. Its ridiculous that insurance companies have limited the use of anesthesia or pushed the cost on to the patient. I mean what the hell do we have insurance for? Oh yes, you can have that life saving procedure but anesthesia is extra! For that you would still need someone who can manage an airway as well. In the emergency department when they do conscious sedation, they always have one emerg doc doing the procedure in question and another person administering the anesthesia and responsible for the airway. Discussing negative or painful experiences with things like IUD insertion and birth breaks the silent suffering that has been expected of women for so, so long. I thought I was broken throughout my adolescence because I found gynaecological care so painful. It is \*very\* valuable for me to know that people who dont experience a lot of pain from a speculum can experience a lot of pain from IUD insertion, because it helps me understand how my body might react and how to advocate for pain management if I choose to get one. It was also very valuable for me to hear real, raw stories about birth (including those that were negative or traumatic) before I had a child, because it helped me make decisions while I was going through the process. Its excellent that you had pain-free IUD insertion experiences; Im happy for everyone that does! But that does not erase how important it is for women to share their stories so that they feel seen and heard (in ways they may not have been by their healthcare providers) and so other women are not in the dark.

IUD removal with retracted strings - cytotec, cervical block, and camera I had my mirena placed 2 years ago, a few months after I had my son. When I went back a week later for my checkup to make sure everything was fine, Dr couldnt find the strings. She ordered a scan to see if it was where it should be. It was. She said dont worry about it, the strings are probably right inside the cervix and they can usually get them out easily with the brush they use for pap smears. 2 years ago by, I meet a nice man and we move in together and decide to try for a little one so I go to get the thing removed. I now have a new Dr because my old one left the practice and thank God for that because I was too shy to ask for a different Dr but mine was kind of a brute. Just not pleasant or gentle but thorough and I trusted her ability as a Dr. Anyway, new Dr is very gentle with a much better bedside manner. Pap brush doesnt work. She tries another thing. She tries cervical clamps. She leaves the room to look for another instrument that might work. She finally gets to the edge of my uterus and it hurts so bad I have to stop. The next attempt will be with a camera and she has me insert 4 cytotec tablets into my vagina the night before to soften my cervix so she could dilate the cervix to get the camera inside. I insert the cytotec 2 at a time at 6 and 10 pm. I feel crampy and nauseated. I wake up with explosive diarrhea that lasts all day and more cramping and waves of nausea but the nausea isnt bad now. At my appt I am very tender from the cytotec but she gives me a cervical block to numb the area. There are 4 injections. They hurt but not terribly bad. Very similar to numbing shots at the dentist but in your vagina instead of your mouth if you can imagine that. One thing to note with the cervical block is that the injection contains epinephrine, or adrenaline, which made me super shaky for about 2 minutes, but didnt make me feel uncomfortable. I also got a shot of toradol that burned like the dickens but made the rest of the procedure painless. Stop reading here if youre queasy about body stuff of vaginal stuff or blood. So the rest of the procedure is pain free. But so strange to feel things moving inside your body like that. She inserted a speculum and attached something to my cervix to dilate it. Then there was some sort of irrigation but I believe that was to wash away the blood from the punctures in my cervix where the dilation thingy was attached. (Are you enjoying all my medical jargon?) Then she started poking around in my uterus, within probably 2 minutes she had the IUD out and promptly removed all the other contraptions. The most shocking part was how much blood there was. Not like a horror scene, but I wasnt really expecting any. The aftercare instructions were just no sex for 48 hours and take ibuprofen if sore. Welly holy shit was I sore when the toradol wore off. Like really ouchy. I have a few pain pills left over from my c section that I didnt need at the time so I took one of those and felt nothing and slept like a baby. I kept on the Ibuprofen the next day and felt just fine, but was definitely sore as it wore off between doses. Overall the dread was worse than the procedure. My Dr was very good and also considerate of my comfort. She offered to prescribe me a Valium but I wouldnt have been able to drive myself so I declined. As a non-IUD user, this sounds kind of terrifying!! That little fucker they used to hold your cervix is hell on wheels. Tenaculum forceps.. they pierce the skin. Dont be too alarmed if your pelvic floor muscles are strained from this as well. It can happen, just advocate for a referral for pelvic physio. Im sorry you had to experience this. Yes she said there were punctures and that is what I assumed. Not a fun time. Thanks for the heads up about the pelvic floor. I went to see a pelvic physio after I had my son so I will start to do some of the things she taught me again. Should be something I do anyway. As a former IUD user, I found it kind of terrifying as well.

IUD im terrified, should I take something beforehand? Hey! I have a copper IUD appointment tomorrow and Im so scared of the pain, I couldnt find a doctor that would use any sedation or numbing or what have you. Now, I do have an old prescription for Tramadol laying around from an injury, would it be a good idea or a bad idea to take one beforehand for the pain? I havent been able to stop psyching myself out for this the last two weeks and I mean Im legit terrified because of everything I have read. If this sounds ludicrous to do let me know please. Thank you! I would definitely take it. Also make sure you have some NSAIDs or acetaminophen on hand in case you need it. It doesnt sound ludicrous at all, lots of women find it painful. Tramadol is quite a sedating painkiller and can make you a bit woozy, so if you take that beforehand, itd probably be best to have someone with you and not drive. Paracetamol (acetaminophen), ibuprofen and aspirin are all ok painkillers, but make sure youre not taking them on an empty stomach. Hopefully itll be straightforward and go smoothly for you. If youre taking anything beyond Tylenol or whatever, Id arrange for a driver to help you out. Id say take it, though. It does indeed suck. 800 mg of ibuprofen and ask if they can give you something for the anxiety (like Valium or Xanax). Take the Tramadol and take some ibuprofen it will definitely help. I took ibuprofen before and it helped. I did only feel a little cramping but not really pain Whenever I have any dental work done where the dentist has to inject me with a local anesthetic I always ask for the laughing gas / nitrous (injections in my mouth give me the willies). Five minutes after theyre done and theyve turned it off Im back to normal. I wonder why obgyns havent thought of using this. All I can say is dont take Naproxen, everything I have ever taken it for, it has not worked at all Cus afab people dont feel pain, just like animals and babies /s but seriously there is historic precedent of those beliefs Yes take a painkiller before hand. Also bring a barf bag and have someone drive you home. I snuck an old vicodin in my bra and took it during the urine test. Still hurt but a lot less than it would have! Agree with others that you need a driver. If you decide to take it, make ABSOLUTELY SURE you tell the healthcare team that you took it and how much, bc they may need to give you other medications and you dont want to end up having a serious drug interaction reaction.

Is this vaginismus? Anyone relate? Feeling discouraged, need advice Im 20 and have always had pain when inserting something larger than two fingers, but it always went away quickly when my vagina stretched out. I wasnt too worried about it because it was more than bearable and went away pretty quickly. Ive always felt pretty tight down there, its difficult to get more than two fingers in at all without stretching. Even when it is stretched and doesnt hurt anymore, my vagina will push out anything that isnt held in place. However, today I had a short vaginal exam because I couldnt feel the strings of my IUD. I was under anaesthetic for my IUD insertion so I have never been awake during an exam. I was very nervous so that couldve definitely played a part. When the speculum initially went in it was fine, but when she started opening it the pain was awful and it felt like I was going to pee a little. The pain was strange, it was just like a painful pressure. Once it wasnt in me anymore I was fine and the pain hasnt continued. Im a virgin, but I have a long-distance bf. When he visits, I want to have sex, but now Im worried about the pain. Im a bit lost on what to do because most of the treatments I can see is for all-around vaginismus, like for when it hurts to simply put in a finger or tampon. But mine is pretty specific, like only when its larger than 2 fingers, and typically the only pain is for the first minute or so. But I guess if its someone else inserting something, it might hurt for longer, like with the speculum. My bf is understanding, but Im still feeling discouraged. If anyone has advice or can relate, Id really appreciate it! Thanks That doesnt sound like anything to worry about to me. Its not unusual to have it be initially uncomfortable to insert anything largish, and if its not unbearable pain and it passes quickly, it shouldnt interfere with penetrative sex. Use lube! Try not to let anxiety make a negative feedback loop. I think once you get some real arousal and get over initial penetration, youll be fine! Take it from your more experienced sistren! Talk to your Dr about it. If youre still worried even if they say its all okay I used https://hopeandher.com/ to help with mine. Was able to enjoy sex comfortably after.

Its fucking bullshit that we dont get painkillers for vaginal medical care Colposcopy, IUD insertion, even gyno exam for some women - why are we denied painkillers for these very painful procedures? It makes us more reluctant to get them, so it makes even less sense in countries with socialised medicine. If it didnt hurt for you, lucky you, but for many women these sorts of procedures are very painful. I agree! my wife is always in a lot of pain after any of them, and with mammograms as well. It makes no sense to not have painkillers. Yeah pap smears, speculum insertion, and IUD all hurt so incredibly bad for me. I take Advil before but it doesnt do anything. I also cant get pain meds for chronic migraine as well, which is the fucking worst. Due for another \*punch of flesh\* and Im bitter about upcoming pain. The fact that they call colposcopies nearly painless and call taking biopsies a little pinch is just cruel. All the big medical sites make it sound like its easier than a dental cleaning. Everyone I know of thats had a colposcopy has said they were in horrible pain. I was screaming during the IUD insertion and fainted when they used the sound. Pap smears always hurt me. Its misogyny plain and simple. They act like those of us that are in pain are just overreacting. Have you gone through IUD insertion? … huh? I was given pain killers for IUD insertion? I mean, I took ibuprofen before my IUD insertion and felt nothing, but I know thats not the case for most people. I cant even imagine having a colposcopy done, especially without painkillers. I had a copper IUD fitted about 6 weeks ago now. Im in the UK and can easily have it done for free on the NHS but I chose to go to pay and went to a private provider because their website specifically said they use local anaesthetic for insertion. Their whole website is lies and fallacies. She didnt use anything to numb me even when I asked. When I screamed out and said I was going to be sick from the pain/sensation, she told me I was being dramatic. I was so close to kicking her in the face out of pain and frustration. A friend was waiting in the car to drive me home and he had to carry me to the car after my legs gave out from under me as I was walking out. I was in excruciating pain for weeks after. Even now I feel little twinges but its nothing like it was. Its absolutely disgusting that our pain and discomfort is ignored and disregarded, and were made to feel like an inconvenience. Nothing like this would ever happen to men. Exactly. With the exception of a surprise! endometrial biopsy, those were all uncomfortable for me, but not what I would call painful. I swear with the endometrial biopsy I levitated off the table, but it was over before I could finish my swear (I got to Holy Moth-e.... before it ended). And Ive never had an IUD--never needed one. Things that hurt worse than any gyn procedure for me: popping my rib off of the cartilage (costochondral separation). So far thats the worst pain Ive ever experienced. A shot of toradol (ketorolac, an NSAID) brought that pain down to manageable long enough to switch to Naproxen about 12 hours later. Next worse thing? A severe ankle sprain. I couldnt talk. I could barely stand to point at it. It was bad. But within minutes of getting a little Velcro aircast, I could at least hobble. It hurt. And then, by the time I could look at it, there were purple streaks from my toes to halfway up my lower leg. Everything else was minor in comparison. I only wanted to kill my moms live-in boyfriend after snapping my toe on his damn coffee table. I ran around on two stress-fractured tibias because I couldnt figure out which one to limp on. A laparoscopic tubal ligation only felt like I had done about eleventy bajillion situps. Nothing more than Ibuprofen or Naproxen for any of those, and not much of either to be honest. So thats my pain scale. I know my pain perception is abnormal. Ive measured it. Most people think that 41 C water is too hot in the immersion test. I dont consider it too hot until 50 C. And that means absolutely that women should be entitled to pain medication for any gynecologic procedure beyond No, you dont have a penis. That means normal women find most of these procedures painful enough to justify pain meds. Thats another one that doesnt bother me. The boob-smashing doesnt trouble me at all. Being told to hold still while hugging an ice-cold piece of metal has me yelling my objections. As in How am I supposed to hold still when I cant stop shivering? Again, I am Not Normal. Normal women find mammograms deeply uncomfortable to painful. Once I stop shivering just thinking about it, Ill think about it some more. Its time to actually start kicking them in the face. Thank god for this sub because for the longest time I thought I was crazy for crying and screaming while getting my IUD inserted. I have a high tolerance for pain but that was indescribably painful. Im new to Reddit but I had lurked a bit before joining and had read many experiences from other women who had very painful experiences getting their IUD and I felt very validated. When I was 18 and had mine inserted my gynaecologist told me to stop crying because it doesnt hurt that much and if you dont want to go through this you know what you have to stop doing, ie stop having sex. Excuse me you disgrace of a doctor, first of all youre a man so since youll never experience what having an IUD is like you simply dont get to tell me how much it hurts, and secondly you have no business working as a doctor if youre gonna sl@t shame and tell me to stop having sex. I enjoy sex enormously and nobodys gonna shame me for it. I was literally crying and screaming and he told my friend who had come with me to hold my legs down because I was hysterical and I just told him to get it out and left. Sorry no, you are a doctor a gynaecologist no less, so you dont get to use that word to refer to a woman whos complaining because youre hurting her by not using anaesthesia for this procedure. Im a very strong woman and I up and left (and filed a complaint) but I can see someone else staying through that ordeal while being verbally abused by this PoS. People like him have no business taking care of womens reproductive health. Wait so the excruciating pain that didnt allow me to sleep for 5 days while taking 800mg ibuprofen that almost cost me my job because I couldnt stand long enough to function was just a short term ache? The sharp stabbing pain that caused me to keel over in pain 10 plus times a day and caused me to have an emergency iud removal 6 days after my initial insertion was all imagined? Thank you for mansplaining my hysterical behavior to me, thank you logical man for explaining my pain to me, before you said something I truly didnt understand I was lying and exaggerating. My doctor mustve been completely wrong thank GOD youre here to help!!! /s He hasnt because hes a man. Mate, dont tempt me. I will next time. They should offer it automatically but they will give you pain med if you ask for them say your sensitive you have been assaulted before and its traumatizing idk say what you need to say but they should provide that for you if they dont try to find a different provider. I worded it weird I meant they should provide it but they dont. Sounds like they offer it already but thats not what I meant to say. Its not a little pinch they lit took like 5 CHUNKS from each corner of my cervix outta me. Dude stop trolling I had my first pap smear at 12 and I full on kicked the DR in the eye involuntarily. Ill just start doing it on purpose now. So…I will say that although people should be giving more pain control for colposcopies and IUD insertions and things like that…a Pap smear shouldnt be severely painful. If you already have seen your OBGYN about this then feel free to ignore me, however a very painful pelvic exam or pap is usually a red flag that something may be wrong. Same goes with painful penetrative sex or tampon insertion. Basically…tell your Dr. Lol Im 55F. Have been getting regular paps for decades. Once it hurt like hell - and took weeks to stop hurting. Told the doctor as they did the pap how painful it was. Doc said it shouldnt hurt me. Then told the doc I still hurt after I was dressed. Doc said it shouldnt hurt me. Also told the doc a week or so later there was still pain. Doc said it shouldnt hurt me. Next years appointment told the doc I hurt for several weeks. Doc said it shouldnt hurt me. Theres nothing wrong with me except my pain isnt taken seriously You know the thing that REALLY makes me angry?? They say anesthesia has risks, so they wont use it, yet you know what they DO use it for? Colonoscopies. Theres no reason to be under for that procedure either aside from discomfort, but they have no qualms putting you under for it. Any doctor who uses the excuse of it has risks care to explain why one procedure its acceptable to get anesthesia, but the other is not? IUDs are absolute torture. They LIE to you about any potential pain. Ive had them twice, and both times they seriously downplayed the pain. I dont think I can do it a 3rd time unless they give me some sort of pain management, as I get literal panic attacks at the thought. I go see a gyno next month, and Im already anxious since my IUD is nearing its useful life. Yeah…I mean…its not normal. Maybe get a second opinion? Im a male doc and I hate when people do this because its bad medicine, and erodes trust in male doctors like you experienced yourself. Exactly…it SHOULDNT hurt you…but it does. Why? Lol! Sometimes we may not get an answer (there are limitations to medicine) but we should at least look. Ever had a hysteroscopy? HOLY FUCKING SHIT. If I ever hear the words itll just be a pinch from a nurse or doctor again Im walking the fuck out the door. I had a colposcopy once years ago too and it was one of the most traumatizing experiences of

Feeling violated after a pap smear. TW: SA I [F30] consented to a pap smear at my new primary care office. I explained to my provider that I have a history of SA and might be more tense and uncomfortable than usual during the procedure. She was super reassuring, told me she would make it quick and painless, and would explain every step verbally so there were no surprising sensations. She could not find my cervix. I have had two IUDs inserted and removed, many pap smears, and have never had this procedure be anything but quick. Long story short, I squirmed on the table for TWENTY endless minutes while she tested out different speculums, alternated between shoving the device and her fingers inside of me, and asking me relax. My body literally could not relax, and there were tears streaming down my face. I dont know how else to describe it, but I felt like she was digging around inside of me for so, so long. Im sure me being so tense made her job a lot harder, but again, these procedures have always been relatively quick and easy for me. I was shaking and crying when I exited the room, and thank God my husband was there to drive me home. I feel like Im going to have to request sedation if I ever do anything like this again. Is this normal? Can anyone relate? Is it just something that happens sometimes? I am so sorry. There are plenty who have felt like you and I would probably feel traumatized too. She could have very well stopped the procedure or had you come back another time if there was this difficulty in performing the procedure that it took 20 minutes when typically it should be no more than a few minutes tops with everything included. You dont have to agree with everything in this sub Im going to link, but there are others who share their experiences and feelings like what you have described. Perhaps it could be a resource for you: r/wedeservebetter She sounds either incompetent or cruel. Find another provider. I have a twisted cervix which is weirdly angled so it takes a lot of scooching the speculum around to get clear access. Its not fun but its not usually excruciating, but definitely not comfortable. The pap smear is typically painless. Maybe you can request a different doctor next time you go, or talk with her ahead of the exam how the last visit was extremely painful and what can be done to avoid that in the future So sorry. :( I also have a SA history and paps are hell for me too. Along with my left of center cervix which means extra digging for me too. Best thing ever for me was Ativan to take beforehand. One the night before, one the morning of. It helps me relax during the procedure and I also dont feel emotionally wrecked the rest of the day like I did before I started requesting anxiety meds. Maybe next time see if they can prescribe you some if youre okay with taking them. Its been a lifesaver for me. And a different provider might be a good idea for you now too, because it may be hard to trust her and feel safe and comfortable with her now. Best of luck My very first Pap smear I was fine. Then I was raped. The next one was hell, literally tears. He wanted to get a scraping because the tests were abnormal. That was beyond painful. Yeah. Didnt go back for another 10 years. Repeat with the next Dr, she was extremely impatient and was basically yelling at me to relax, i refused to go back and do the procedure for the abnormal cells. At this point I figure if Ive got cancer Id be dead by now. Im sorry you went through that. I dont have any advice but youre not alone Some people have weirdly positioned cervixes, but if youve never had this problem before then that is likely not the case. Was this person a board certified gynecologist? If not, you can request to see one next time. If yes, then thats nuts and you should definitely go to a different doctor. This person should have asked someone for help instead of putting you through that. What a shitty experience for you. Im sorry that happened. I feel violated after a Pap smear even when it goes smoothly, quickly, and painless. Had a panic attack after the last one and decided Im not doing it anymore unless I have concerns. I know people will tell me thats a bad idea and I should get them anyways because something could be wrong and I wouldnt know it but I truly do not care.

Getting new IUD placed, MD offering cervical block, is it worth it? As the title says, my doc is offering a cervical block for putting in a new IUD since getting my first one placed was horribly traumatic for me. Wondering if anyone has had this done prior to IUD insertion and if it was worth going through getting shots in your cervix or just suffering through. Thanks! Someone on Reddit said they got put under a low dose of general anesthesia and that that worked for them Absolutely Id get as much anesthesia as I can. I had general: felt nothing but couldnt walk for two weeks after. Make sure they also give you adequate pain relief for home. Read more on this sub most ppl who only had local were screaming on another thread they claimed . Also I learned the tools they clamp your cervix with have barbs in them to grasp. ( women dont feel pain right ?) a local wont be worth it do an epidural or block if you cant get real anesthesia If they are using an injection as the cervical block, that can be painful as well. Omg still worth it . Oh for sure. I just wanted to provide that info just in case they hadnt had that done before.

PSA - You can be put under general anesthesia for IUD insertion AND/OR a pap smear [deleted] It depends on where you live, surely? Where I am I expressed the exact same concerns to my doctor and was told the option for women like me is to take the test hoke and perform it myself. These are the two options in my country. Not everyone is as lucky, sadly. It depends on the Dr and women may have to go through quite a few before they find someone to do it. Isnt it sickening that we have to fight to have that? If it was a man there wouldnt be a question it would just be done. Im sorry for what happened to you, and I hope youre doing okay as possible. Im glad you had the option for general anesthesia for those procedures and that it helped you. For my IUD, my gynecologist prescribed Xanax for me to take beforehand, and that really helped me relax enough for it. [deleted] [deleted] How can I get them to do it? They keep saying no, it wont take long, it isnt necessary, things would have to be dire, etc.. I have one scheduled for the 21st and gave up. They said they would have to do it in a different building if I was out. I am scared. The problem is that insurance likely wont cover general anesthesia for a pap smear. My gyno has a nurse anesthetist come in once a month to do twilight anesthesia for painful procedures (I had it for a colposcopy). Insurance covered that because it was in office. Also, general anesthesia for a short procedure like pap/iud insertion is quite an undertaking. Twilight would be a much easier option for everyone involved [deleted] I had general for my iud. It was expensive . Worth it but for sure cost prohibitive. I agree it should be offered and doctors who say they cant I dont trust.

Male OBGYN made a strange comment, but I cant put my finger on why Im a little disturbed. I (38F) was at my first appointment with a new OBGYN for an IUD placement. He was a younger male, probably around my age or maybe a little younger. While he was placing the device (so, Im in the stirrups, speculum in, etc.), hes kinda yammering away about his wife, asking me about what I do, etc., and then he says, I love putting in IUDs. Its weird, right? It made me uncomfortable in the moment, and it makes me uncomfortable on reflection, but I cant tell \*why\*. \*Why is that such a weird comment?\* It is a humiliating situation, and the professional suddenly and uninvited turns personal. That is disturbing. But maybe he was trying to be nice and make polite conversation to put you at ease. Definitely weird, however, if it makes you feel better, I think I can offer another perspective. Knowing doctors (especially young doctors), they can often be the nerdy, a-little-stunted-socially type. Its possible he simply meant it in a medical interest sort of way and didnt realize how odd it sounded whatsoever. I still remember my vet saying that she loved spays and couldnt wait to see my cats little uterus! Even as a veterinary professional at the time myself, who, of course, took a scientific interest in the job, it took me by surprise to hear that! As someone who had to have an IUD removed within a month due to poor placement, maybe hes really proud of how good he is at putting it in correctly? The comment would have given me pause as well, though. Im sorry but that is the creepiest thing to say to a woman regardless of what sex is putting an iud in. Avoiding situations like this is why I usually request female doctor Hopefully, that was just poor judgement on his part. I would be disturbed by that comment as well. 😒 Sounds like he was nervous to me - yammering away as you said and had no filter on. Bet he felt a bit cringey later on. My dentist was doing a root canal on me and got excited when he got the drill depth exactly right on the first try. Apparently normally he measures it based on the x-ray then does a check and has to drill a tiny bit more. This is it. There are certain procedures that some medical professionals geek out over, draining abscesses, performing lumbar punctures, doing skin biopsies - I know, it seems weird - but as a teacher in the clinic, Ive seen this enthusiasm bubble over many times. [deleted] My dentist told me he enjoyed the cutting part of a wisdom tooth removal when j told him I was apprehensive of the little chainsaw-like thing he showed me. The implication was that he was very good at it, and wouldnt end up hurting me. Doctors arent always good with words. My female gynac made the worst comments while the male gynac just sticks to work. Women can be awful at making invasive comments too, unfortunately. 1. That is sexist. 2. Are you implying that women dont make awkward comments? [deleted] Its not a job that we want to hear about people loving, especially men. Other doctors and other professions can love what they do, but it just feels weird hearing about it from an obgyn, probably the same for proctologists.

I dont think men fully realize what we go through for birth control. IUD got stuck in my cervix, 2 hysteroscopies later (one without anesthesia) and its finally out. Im not ok. [deleted] I tried to explain what happened to some of my guy friends and half of them said Im not really sure what youre talking about because I dont know much about female anatomy. How can you be sexually active and not have an understanding of female anatomy. Seriously.

First Pap since IUD Insertion- Im Terrified I (29F) have had about three paps in my life, no issues with them hurting or anything like that. BUT. Here is the current situation: I got the copper IUD 4 years ago and it was the worst pain in my life. Seriously, it was something of a nightmare for me. Thinking of it even now takes my breath away and brings on tears, fast. I have my first Pap smear since the IUD insertion tomorrow morning. I am terrified. I am literally absolutely terrified to open my legs to a doctor now. Its my understanding that the IUD and Pap wont affect each other, but Im still frozen in fear. Does anyone have any words of wisdom or courage? Anyone with experience getting paps while having an IUD? Can confirm there was no difference in a pap after my IUD. I got mine placed 6 weeks after having a baby and was shocked by how painful it was. I thought since I had just gone through labor it wouldnt be as bad, but I was very wrong. The IUD removal was much easier if that makes you feel any better. Im on iud #2 and have had several paps with different doctors, it feels exactly the same as a pap sans-iud. Youre going to be okay. You can take Tylenol before your appt too to help with any potential discomfort for peace of mind though! Also, next time/when you take the IUD out ask your doctor for misoprostal beforehand and insist on getting a local anesthetic. Itll still suck but quite a bit less. Thank you both so much your comments, they bring me great relief. Another kind stranger messaged saying the same. I figured 10% of the female population wouldnt be getting excruciating paps due to IUDs, but I was also told my IUD would feel like a pinch. Lol. Now I can sleep tonight Ugh, why do doctors lie about this??? IUD insertion was exponentially more painful than late stage labor contractions for me. I was absolutely traumatized and still have vaginismus because of my last IUD.

Im afraid to go back to the GYN after a terrible experience. Hello everyone. Im hoping someone has some good advice for this one. So, I (26F) have not been to the GYN since I was 18. The reason is that the last time I was there, I had a horrible experience. I was going in because I wanted to discuss going on birth control and was considering getting an IUD. The doctor I met with discussed it with me, and then before I could leave, she said she wanted to do a pelvic exam to check if my uterus was the right size or something for an IUD. I honestly cannot remember. But she was really rough when she performed it. The speculum hurt a lot when she inserted it, and I started to tighten up down there in response. She yelled at me that I needed to relax. Then she pulled the speculum out, and I swear to god, it was so painful. After the exam, she told me that I would have to man up if I had an IUD put in as that procedure was more painful. I left and never returned. I was terrified. Looking back on it now, I see so many red flags. It was only myself and her in the room. I wasnt told I could have a nurse with me as well. And just how she treated me was terrible. But whenever I even think of calling to make an appointment with the GYN, I start crying and panicking. Ive tried to talk about this with friends and my mom, and everyone just says that the GYN is no fun and we have to deal with it. I want to start a family soon, and I think I may have PCOS... my last period was 62 days long. But I want to get over my fear before Im forced to go in because Im pregnant. You were abused by this doctor and its understandable that you are scared now. Women who tell you that we just have to deal with it are part of the problem. We dont have to just deal with being physically abused, and we should not. However its a fact that many doctors (of both genders) are on a power trip and think they have a right to cause you unnecessary pain. Im not saying that behaviour is acceptable, Im simply acknowledging that it happens a lot. I cant advise you on how to find a good, safe OB/GYN. But I can say that you can insist on having a nurse, even if your doctor is a woman. You also should be allowed to bring a friend- if your friend is standing next to you holding your hand, the doctor can (and should) drape you with a sheet so that your friend cant see your vagina, but you wil still l have a witness if the doctor becomes abusive. Ive learned over the years that the presence of a witness often will cause an unpleasant doctor to behave themselves. If you dont have a friend that you trust, you could also consider installing a voice recorder on your phone so that you have proof of anything that happens in the doctors office. Some locations might require that you get the doctors consent before doing this, but a doctor being unwilling to consent to this would be a huge red flag, IMO. Yes take a friend and ask around for recommendations. Preferably show up with a friend thats already a patient of that same OB GYN so shes familiar with the staff and everything. Look for a new GYN and maybe ask a friend to come with you. Hey, Ive never been to a GYN. My general practical does it. Before this one, my GP had a nurse practitioner in his practice so it. If youre comfortable with your GP, broach the subject with them. Find a new GYN for sure!! Also leave a bad review for the one you went to and look for reviews for a new one or get a really good reference from a friend that you trust. This kind of behavior is unacceptable. Ive had the same OBGYN for 11 years and she is an absolute angel of a woman. Good ones are out there I promise, you just need to find the right one! Oh dear. You do need to see a doctor to find out whats going on with your periods. I am sure its a worry and yet, youre even more worried about going to the doctor - thats a very tough place to be. So: its never easy to find a new doctor, but this is a skill that will help you out for the rest of your life. If you have health insurance, you can start by getting a list of doctors who accept your insurance from then. Look to see who is accepting new patients, who is in a good location, who has good reviews. You can probably arrange a quick visit (not appointment) to meet 2-4 of the doctors you think might be okay. Its possible you can do a video appointment for this, too. After youve chatted to a couple doctors, you can pick one. Also: ask your friends and relatives for a referral if they have a doctor they trust. When you interview the doctor, be sure to tell them you have had such a bad experience that you havent been able to go back. Then, ask them specifically how they approach patients who are much more anxious than usual. Ask whether there will be a nurse in the room for the examination, and whether you can bring a friend. Ask how often you will be going to take care of routine checkups and tests. Good luck! Procrastinating is not your best move here, so I hope youll take the first small step today! You can do this. Depending on your insurance they sometimes have a website and you can look for GYN and sort by rating. I only go with 9.5/10 and above. If your insurance does not have this you have to do it the old fashioned way. Search gynecologists in the area and look at their ratings. Write down a list of 5 of them and what their ratings are. Call them in order of highest ranked and ask if they take your insurance and if so make an appointment. That experience you had should never have happened and Im very sorry. Once I learned and was able to go to doctors based on their rating I never had experiences like that again. I hope this works out for you. Is it an option for you to see a midwife or womens health NP? I have multiple chronic illnesses and have much better experiences with CNMs and specialty NPs. The nursing model of care treats you like a whole person and they have much better bedside manner. She may not be aware of how much pain youre in, which is not acceptable as a healthcare provider. She should realize that youre hurting. I would not expect this from a doctor who is a woman and Im sorry you got the odd one. Here is a list of things you can do to be sure they wont hurt you, because I have been through similar and do have PCOS: Find a new doc, you deserve to have a doc that doesnt hurt you. What I did was ask friends or other doctors. Im an afab trans person and I always look for others to talk to to find a doc because Ive had some horrible horrible experiences too. My GYN is amazing and I love her so much because I asked my student clinic to find one who saw a lot of trans people because i have been through a lot of discrimination and dismissal. Look at reviews if you dont have resources like this. When you make the appointment, ask if you can have a trusted friend, partner, or even a random nurse in the room. If they say no, do not make the appointment and find a different doc. If they say otherwise when you get there, leave and dispute the bill because they lied. This helps keep them from doing it to other women. When you get there, let your doc know youve had a bad experience with a GYN and have a lot of anxiety surrounding coming and pain. Let them know you tighten up because it is painful and feel free to ask them to do things in specific ways. If lube or going slowly may help for the exam, tell them that. If theyre a good doc theyll get it and be extra careful. Also if youre still looking to get an IUD after youve started your family, I highly reccomend it. Theyre great. Bye bye pain and periods sort of deal for most people. Hope some of this helps. I get being mistreated by a doc and these are the things I always do now. Hey, I am so sorry about your experience. That doctor sounds horrible. I am in the same boat as you - really long period, terrified of going to the GYN and was diagnosed with PCOS at 15. My boyfriend encouraged me to make an appointment to go see the doctor and I have an appointment tomorrow. Message me if you want to know how that appointment goes, or you want to talk about PCOS and how it affects my life. I hope you feel better &lt;3 I felt so violated after my first exam that I didnt go back for a good 3-4 years. It helps to do research upfront and find a good dr. I found that choosing a younger dr who was around my age (under 30) really improved the experience. I have thought about leaving a bad review but that doctor doesnt even work at the same office anymore. Someone told me that a few months after my experience she left abruptly and moved away. Its probably not related but I swear this doctor was bad news. Thank you for your advice. The worst part is that I didnt ever expect to be treated like I did by a woman doctor. Not that abusers are all male, but I think that her gender has made people brush off my experience easier. I have talked with some friends to see who they recommend. I may reach out to one who I believe my insurance covers. I just really wish I felt empowered to say fuck it no one is going to hurt me or do something I dont want them to do at the doctor but I end up crying and panicking just thinking about it. And I get incredibly embarrassed crying in front of people. Its like my rational brain knows that I will be ok but there is this fear inside that I cant seem to let go of.

I dont know what to do about my reproductive health Back in September of 2021, I had my first pelvic exam/pap smear. It was done by a Nurse Practicioner who likely had no idea what she was doing. I had come in to discuss some irregularity that was causing pain in addition to the exam. It was the most painful experience Ive had in my life. I was crying, and the student observer had to comfort me while the NP carried on, unbothered. Afterwards she said something along the lines of welcoming me to the traumatizing experience of pap smears. I was too busy trying not to throw up to react. In the months following the appointment, I had extreme pain with intercourse. I emailed and called the GYN, and they repeatedly told me to just drink wine and relax. I wasnt even 21 yet. I had an appointment a few months ago with a real doctor, who confirmed it was vaginismus. Ive tried CBD, alcohol, and the Valium he prescribed, and I am still having issues. You can probably imagine that I am hesitant to go back. The problem is, I need a new form of birth control. The two Ive been on (Nexplanon and Nuvaring) have caused spotting and loss of libido. I really dont want hormones, but it seems like that is the only option. Im terrified of an IUD because the insertion process would undoubtedly reverse any progress Ive made with my vaginismus. I just want to be sterile. I hate kids, but Im 21, and things can change. So, my question is, do any of you have positive experiences with birth control that you care to share? TL;DR: Nurse Practicioner at the gyno gave me vaginismus, I dont know what I should do about birth control. Im so sorry about your completely fucked up experience. It sounds like you, as with me, do not do well with progestin type hormonal birth control. I did great with estrogen, though. So for me, the pill, ortho-tricyclen was the way to go. Id give that one a shot. the research ive done so far points to an estrogen-containing method as well. ill look into it, thank you for the advice! did you have any side effects like weight gain or moodiness? Not with the pill, but with progestin-based BC, I did. If the combined pill is an option for you, I would definitely try that! The patch is also a combined method option if you prefer that to a pill. The hormonal IUD is progesterone only, just like the implant, so its likely that would cause the same problematic spotting anyway, as thats a common side effect of progesterone only methods for some people. The non hormonal IUD is legendary for heavy periods and cramping, so if the spotting was an issue for you previously, that may not be fun. Personally, I know I cant do progesterone only, I need estrogen. And I would never go for an IUD because of my own vaginismus. If you arent on there already r/vaginismus is a really helpful place - the main things I noticed you didnt seem to get recommended are pelvic floor physiotherapy, using vaginal dilators at home, and psychosexual therapy/sex therapy. Alcohol and valium can do a bit for vaginismus, but only so much, and they cant undo years of muscle tension or pelvic floor muscle problems that can come with it like a proper stretching, dilating and physiotherapy regime can. thank you so much for your response. I just picked up blisovi fe, which is a combination pill. when the gyn confirmed i had vaginismus, he said it wasnt severe enough to warrant dilators (i can still have sex, its just painful for the first few minutes). right now, im working on being patient with myself and it seems that im making progress, but if for some reason it gets worse ill definitely look into physiotherapy. much love!! &gt;he said it wasnt severe enough to warrant dilators I have absolutely no idea why he would say that - theres no harm in using dilators, they arent going to do any damage, and they will help even in a less severe case. Maybe he just didnt want you wasting money buying a big set of them where most are too small to be helpful for you, but there are plenty of places that split their sets onto different size groupings, and you can always use something like dildos if you just wanted one or two things to practice penetration with. Hope the birth control works for you!

Im getting an IUD next week, but Im scared about dissociating or having flashbacks due to SA Next week Im (F27) getting and IUD for the first time. So far, Ive avoided any cervical screenings, though was coerced into having an internal ultrasound in 2015. I have a history of sexual abuse, most recently causing an bulging disc to explode in Feb 2021. What do I do if I start dissociating or having flashbacks whilst getting the IUD? Can you be put under anesthesia? I was offered the option, but I dont have the capacity for the wait time, as I travel for work I accompanied a friend in a similar situation. She decided that having a regular conversation about mundane topics would help keep her in the present moment. It helped avoid any triggers. Can you bring a friend with you? I got mine in September and there was still a no guest policy, but the nurse was sooo friendly and bubbly that I felt like I knew her:) Unfortunately not - Im kind of angry at myself for being worries I might ask the nurse if we can do that. Thanks for the advice. Flashbacks are as involuntary as sneezing. Just like I tell the beautician that is waxing my eyebrows that I feel a sneeze coming along so she can protect herself and I dont lose half the eyebrow. I would suggest letting the physician know about this history so you can be accommodated. The good ones help. Im sacred that theyll think Im being stupid. I feel stupid at the possibility of a ptsd response. Two of several resources. [https://healinghonestly.com/self-care/tips-going-gynecologist-survivor](https://healinghonestly.com/self-care/tips-going-gynecologist-survivor) which refers to this [https://www.health.harvard.edu/blog/when-a-pelvic-exam-is-traumatic-2019012915863](https://www.health.harvard.edu/blog/when-a-pelvic-exam-is-traumatic-2019012915863) Thank you so much for these two resources. I read through both and feel a little better about how to approach next week. Honestly, thank you from the bottom of my heart Womens health workers are used to working with survivors who get triggered during exams and procedures. I doubt theyll respond to your reaction with anything other than compassion I hope so. Ive had negative experiences with health professionals (even women) before You are welcome!

How painful is a pap smear? I dont trust Google or doctors on this particular subject. Would love to know everyones experiences with pap smears? I have never had one but been told I should (22F). I have had an iud inserted which was much more painful than Google etc led me to believe which is why Id like to hear from you. Thanks in advance! 😊 I think an IUD insertion is considered to be more painful. For me, Pap smears caused discomfort from the situation and the procedure itself but are not supposed to be painful. Unfortunately, it depends a lot on the provider and some docs just dont give a shit about their patients. I have had one bad experience with a crap doctor and never went back. So be your own advocate and speak up if you are made to feel uncomfortable and/or experience too much pain. Also, take a panty liner to use as there may be some light spotting afterwards. Id say ...Combine IUD insertion with being scratched while being fingered. Your own experience will vary though. I have no issue with the prep but those moments where they take the sample I tense and a few of those oh-gosh-the-pain tears make themselves known. Iud insertion was way more painful than a pap for me. A pap is uncomfortable because of the situation just like with an iud insertion but its just a swab so its not as bad. I carry on with my day after a pap but after the iud I had to cancel my plans and go home because I was in pain I dont think its painful as such. Its not comfortable but as soon as its done its over and I go about my day. Ive had three. None have been painful for me- Id say a bit uncomfortable and unpleasant, but its over within 3 minutes ish. Ive never had IUD fitted so cant compare. I wish someone had told me to wear old knickers/pantyliner though- I had a fair bit of spotting afterwards. I have heard that others have found it painful. Ive also heard that you can ask for smaller speculum and ask for different positions if it is painful. Pap smear felt like a cat scratch for me (weird ik) Could have been worse, but felt like more than just a pinch. Dialation checking hurt more. I dont have an IUD but out of all the stories Ive heard it definitely hurts worse. For me its on par with ripping off a hangnail. Only lasts a few seconds. The most painful part for me is the speculum and its really just more uncomfortable than painful. If you have gotten an IUD before, this should be easier than that. I 100% agree with the cat scratch. I was trying to think of a good word to describe the felling, and thats definitely it. I had an IUD and it was more painful than a pap smear. For me, a pap smear is annoying and uncomfortable but not painful. My IUD insertion wad very painful and I had 3 kids before getting an IUD. I had to try with three separate appointments to get a pap smear done, and it was nearly unbearably painful every time Ive never experienced any pain during a pap smear Maybe Ive just gotten lucky but Ive never found pap smears to be painful. Mentally its uncomfortable because I feel so vulnerable but theyve always been done so quick. I usually have some bleeding afterward but I cant say Ive ever felt pain. Mildly gross feeling lol. Im getting an IUD soon though and I am FREAKING OUT about it. Ive had some that I didnt feel at all and some that were uncomfortable. To me, they were never painful, and Im a total wimp when it comes to pain. You can take some ibuprofen before, though, if youre worried. Im 25 and I just had my first. I was worried too. Its a little uncomfortable but not painful and its over in like 2 minutes.

I am going to write a letter to the Veterans Administration to beg them to STOP placing IUDs in women without pain relief. Does anyone want to include anything? Im planning on adding comments directly from women whove been brutalized. Like the title states, enough is enough. I went to get my IUD replaced at the Denver VA hospital and the male head of gyno, refused to numb my cervix so I walked out. He said We dont do that at the VA. Which is untrue. Ive had female doctors at the VA numb me. I refuse to be traumatized again by this procedure. History will not look kindly at what doctors are currently doing to women. Im going to send this letter to the Denver VA and anyone else I can reach. Im going to ask wounded warriors to help me as well. Give me your experiences and Ill make them read it. The Just a pinch lie is over. Edit: Ive contacted wounded warriors and sent a letter with your comments about your IUD placement experiences. They are going to help me contact the government. If anyone else wants to be included, please message me. If youve got a sympathetic Congressperson or Senator it actually makes more sense to send the letter to them. [Thats doubly true if your Senators are on the Senate Veterans Affairs Committee](https://www.veterans.senate.gov/members). Thank you! Ill be sending it to everyone I can reach. If you would also like to send a copy, dm me and Ill send it to you as soon as its done. And feel free to alter it. Thank you. I hope people continue to take action against this medical mistreatment. Im not sure how effective this particular step will or will not be, but youre amazing for taking initiative. Good on you, and thank you. Male doctors with female patients: is there a more dismissive dynamic? Maybe with cars? Good! I love my IUD but I swear having one placed has to be similar to what a kick in the balls must feel like. Ive had 3 placed. Its worth it for me, but I dont understand why we have to endure the pain when we dont actually have to. Good that youre doing this. Contact the patient advocates. https://www.va.gov/health/patientadvocate/ Ive had 3 IUDs. Two without pain relief and one with a numbing shot to my cervix. Ive snapped tendons, bones, had my face cut open, full days of being tattooed, nothing hurts like an IUD. I almost threw up and passed out and Im not a little bitch about pain. Its literally traumatic. Thank you, I will! I have never and will never understand why men pursue gynaecology as a medical practice. You do not have the parts, you dont go through what we go through on a monthly basis, and you will never truly understand your patients or the medical decisions you make over them, no matter how much you may study. I am sure its worse. Write to them all, but Im willing to bet Bernie Sanders will be the first to reply with anything substantial. Yeah my friend in the AF just had to come back to work. No day off, no quarters, nothing. She ended up having to go home, I was absolutely flabbergasted. Yeah agreed, my IUD placement was significantly more painful than the time I broke three bones in my foot simultaneously. Wow. My worse pain was a week long spinal headache. Now Im scared to even try getting a IUD. I never ever want to experience that kind of pain again. I wonder why its so painful for some and not others. I guess like how birth is so different My dad just had a prostate biopsy, and his lidocaine or numbing agent didnt work well. I likened it to a colposcopy, but he didnt really believe me. But I think we wont get the point across unless we use some kind of hyperbole (even though we know it isnt). Feel free to liken it to testicular torsion, a prostate biopsy... Uhhh anything else that has some kind of reverberating pain that tends to linger. Appendicitis? I can just say, I had an IUD placed and it took her 45 minutes. She was having trouble navigating a curve in my cervix. I had no pain medication and it usually only takes a few minutes. She even gave me misoprostol to loosen my cervix and still didnt work. The internal cramping you feel with someone messing around inside your cervix is so excruciatingly painful Im not sure theres a way to describe it. She ended up having to dilate my cervix to finally get it placed. Id consider my pain tolerance pretty high. It was the worst pain Ive ever felt and by the end I was shaking so bad I wanted to just tell her to stop. But it was so worth it for me I didnt want to go through all of that and quit. To be honest, I didnt even know there was an option to get your cervix numbed. My procedural Dr just told me to pretty much suck it up and when I winced/teared up during the process he rolled his eyes and told me Its not that bad. (Miltary Drs are the best /s) I have chronic endometriosis and PCOS and am prone to blood clots, so IUD is one of the few methods of birth control available to me. Without birth control Im unable to function for about 10 days a month due to severe pain and then blood loss that makes me pass out. Thank you for enlightening me &amp; opening the door for us to pile on and speak up. :) Having an IUD placed hurt me more than my sterilization surgery. As a preamble: I dont complain, and I am always a polite, compliant patient. I was also told just a pinch, but when it was placed I yelled FUCK!!! at the poor nurse practitioner. She turned bright red, finished up, and left. I was in a lot of pain after. Crying in the room, trying to get dressed. Too embarrassed to ask if that was normal. A little cramping is normal. She had said earlier. I walked past the reception desk, pretending I wasnt holding back tears. They all avoided eye contact. I got in the car and couldnt drive myself home. Pushing the brake pedal used my abdominal muscles, which shot pain right through me. I called my husband at work and he came and got me. I cried all the way home. He was very worried. This isnt what I do-- Im used to dumb medical stuff. Stiff upper lip and all that. I called the office when we got home and the receptionist said to call back in 24 hrs if the pain doesnt improve. It improved, and that was that. But I have to do it again in seven years. I will, because I love no-worry bc. But I really hope I can talk a doctor into pain management next time. My wife went through two OBGYNs over the period she was having our children. The first, a woman, was a rough sod with no compassion who kept minimising my wifes pain and complications, ignoring her and saying get over it, thats what we all go through. The second, a man, was an amazing doctor who could not have been more attentive, professional or respectful if he tried. He profided up follow up surgery for the first kid (cleaning up what the first doc didnt bother with), and his attentiveness and listening to my wife quite literally saved my second kids life. I dont mean to minimise, and I know one good anecdote doesnt justify all the bad ones, but there is at least one good one out there. I dont really know his motivations for choosing that speciality - but I am grateful for it! I got an iud last year. I normally have a high pain tolerance, I even lived with multiple back to back kidney stones within a 6 month period. But Omfg the iud insertion was the single most painful thing Ive ever experienced. They said it was going to be three pinches and to take advil beforehand. I almost passed out. Ive NEVER almost passed out from anything in my life. It was utterly unbearable. Im absolutely terrified for the removal. They also didnt tell me they would be dilating my cervix 5cm like….thats halfway dilated to give birth…. I literally stayed in bed for two days after. This is awesome! And, if possible friends, vote with your feet/money, too. Ask when you make the appointment if they numb. If not, let them know youll be paying for the procedure somewhere they do. The gaslighting within the medical profession surrounding the pain with iud insertions is truly abhorrent at this point. Im so sorry you went through that. A female gynecologist who refuses to provide numbing prior to IUD insertion because its not necessary might be more dismissive. The first IUD I had placed my doctor at the time was amazing, she provided cervical numbing and said her male colleagues had no idea what it felt like so who were they to say it wouldnt help. The second IUD was placed by my prior doctors replacement and she did not provide any pain relief. She also yanked out the IUD when she went to trim the strings. That turned into a search for another IUD in the office and yet another IUD placement. I havent been back to her and probably need to find a new doctor at this point. Thank you. And hopefully our stories will give women going into this situation a heads-up to advocate for themselves. Fwiw, Im one of those people who got their IUD placed (and removed) with very minimal discomfort. It wasnt fun but definitely was not traumatic. I just took Advil beforehand. I dont want to minimize others painful experiences AT ALL, I know everyones cervix is different. Just sharing another perspective. Childbirth, on the other hand, hurt like hell for me! Thank you for doing this! Im not involved with the VA at all, but went in to try to have an IUD placed a few years ago and it was one of the most traumatic procedures Ive experienced. I had no idea it would be that painful and wasnt mentally prepared at all. I was given no local anesthetic or general pain meds - the nurse practitioner kept trying as I literally yelled out in pain. She just made a comment like youve never had any kids have you? and just kept trying until I forcefully told her to stop. I was covered in sweat, dizzy and nauseous. They brought me an ibuprofen and I sat curled over an emesis basin alone for 30 minutes until I could finally get up, get dressed, and drive myself home. I truly had no idea it would be like that, it was literally torture. Thanks for sharing your perspective! I guess m

Lets talk about how well things can go if doctors actually care First things first: full disclosure, I am an ob/gyn resident and had the great pleasure of going to a colleague I knew and respected for my IUD. I also live in a country with affordable healthcare. I wanted an IUD bc Ive been on the pill for literal ages and with changing shift schedules I just kept forgetting to take it. And there are seriously few things more annoying than bleeding through the last pair of white hospital issued pants because your uterus chose violence \*yet again\*. So on my search for reliable long term options that dont team up with my endometriosis to make my life more miserable, I ended up thinking about an IUD. I knew the colleague I went to from working under her. Her bedside manner had always been terrific. So when I told her I had a history of quite severe sexual trauma and would prefer taking some diazepam or any other kind of anxiolytic/sedative before the procedure, there was no discussion about whether or not thats necessary. She was sceptical of how well that plan would work though. Instead she suggested we do it as a small procedure in the OR, I get sedated and go home after an hour of observation. And she organised the whole thing. I paid for the IUD, but she brought it from hospital supplies, no running to the pharmacy trying to find one that has it. She made sure (without me even asking) that we had an all female run OR with the least amount of staff possible. Just her, the anaesthesiologist and a nurse. Three people, no one else. She held my hand when they put me under (because I was panicking) and made sure I wasnt present anymore before even doing so much as taking away those hideous green OR blankets. I also didnt pay anything on top of the usual rate for the IUD. It was all covered bc she made sure to code the whole thing as a medical necessity. Because it fucking was. Retraumatising me was never an option to her, and its a shame that I was surprised by that attitude in the first place. When I woke up I was properly dressed with pants and a hospital gown. I didnt have any pain and was moved back to the room assigned to me as soon as breathing properly wasnt a foreign concept anymore. I left after an hour, without any pain and after an abdominal ultrasound to confirm placement. Not vaginal. Bc she didnt want to do it while I was still bleeding a bit. Instead I went back a week later to check placement again. Ive had no issues whatsoever with my IUD since then. With all the shit the healthcare system puts AFAB folks through, its necessary to see that things can be different. That there is a generation of doctors who actually do try. At least for me it took away a bit of the hopelessness that creeps in every time I think about womens\* healthcare. So I hope its helpful for yall as well… And youre part of this generation of doctors! Im glad you had such a great experience and will be able to pass on that compassion to your own patients.