Newly inserted IUD advice [deleted] Maybe try going back to the healthcare provider? Best case scenario is that youre simply having an exaggerated response to pain, but if analgesics are ineffective and the issue is ongoing then consideration of perforation or infection would be warranted. Hope you get better soon Hey OP, Ive recently gotten a Mirena inserted as well. Is it abdominal cramping, uterus cramping, or rectal cramping youre feeling? If its the latter two, I experienced both of those and they were my body adjusting to the Mirena - and they went away in a few weeks. But if its the former, that could mean something has gone wrong with your implantation. If youre in unbearable pain, I think you should call your OBGYN. Its not normal to be in this much pain and you should not have to suffer. [deleted] Its definitely my uterus. Its basically intense period pains coming in waves every few minutes. I spoke to the clinic and they werent overly concerned as its not continuous pain. They said it can be common for your uterus to try and reject it as its a foreign object. It just sucks that its happening at night and I have no idea how long its going to carry on for :(

Honestly, who are the most women who find IUD placement to be a mild to moderate discomfort?! Is that just a ploy to try and lower the pain expectation? [deleted] Every single woman I know who has talked about having an IUD has told me it was painful, or caused issues. Youve met one now, at least over the internet. My IUD insertions/replacements have been pretty much on a par with the mild end of my period cramps; somewhat unpleasant, but no worse than that. Im sorry your experience with them is so painful for you. Edit: in response to your follow-up question, no, I am happily child-free and have never been pregnant. I dont know how pain scales work precisely, but I would rate my first IUD as severe/prolonged pain and my second as mild/barely an issue. So I guess in a sample size of one you get a moderate average. I am a little annoyed by how my first doc undersold the pain factor but not too mad because I think the long-term result was worth it and am glad I didnt let fear talk me out of it. While I believe and sympathize with those that experienced pain, I feel lucky that I didnt. My doctor advised me to schedule the afternoon off when I made my appointment, but, I felt fine and went back to work immediately afterwards. Me. It was not painful. Just a little weird and uncomfortable, but very brief. Not a problem at all. I had one for nine years, got it removed, and had a new one placed. Excellent experience at both appointments, and no other issues with menstrual changes or anything like that. Edit: No vaginal birth, never been pregnant. Childfree forever! I swear you could be getting wisdom teeth removed through your nostrils with a chainsaw and theyd tell you it will just sting a little bit. I had one placed before I had a kid and it was \*really\* painful for a few seconds, with moderate cramps after. The two Ive had after giving birth were completely painless. lol right? 😂 I had very little discomfort/pain both times. Im another one. I also have a tilted uterus and Im pretty sure they always have to measure when inserting an IUD. It didnt feel great, but the real pain was very brief. What followed was some achy cramping, but nothing awful at all. Ive had 3 IUDs placed and removed. Pain is very subjective and individual. Id already given birth vaginally when I had my first IUD placed. That may make a difference as well. I havent had an IUD before but things like pap smears dont bother me/ are pain free. Idk if I just pick a good time of month to schedule my appointments but for me I literally dont feel much of anything. Maybe my nerves are broken. I have friends who absolutely hate paps and have horrible pain, so I think Im literally an exception. If I ever do get one though, Ill have to report back to this sub. I can put another pebble on the not painful side of the scale. The placement was a moment of discomfort along the lines of a mild period cramp. I rode my bike the few miles home after. I had it removed ~6 years later with even less discomfort. But the also told me that I was a particularly easy case due to the uterus and cervixs size/positioning. I find paps to be a mild discomfort, definitely different than clamping a cervix and putting stuff through it 😬 My \*actual\* insertion was fine-ish. But the \*attempted\* insertion years before with an inexperienced doc, who basically tortured me for 40 mins, left me completely fucked in the head over gyno stuff. So even tho for my \*actual\* insertion, I had a super experienced doc who was quick and gentle and awesome, I still had a panic attack and nearly passed out from what I assumed was the pain. So the actual pain level is hard for me to gauge because of all that, but I would say it was probably the 3rd worst pain Ive ever experienced. Or at least in the top 5, my memory is not great. First worst being the attempted insertion torture session, second being the time I used epsom salt as a laxative and thought I was going to actually die. Anyways, 6 more years to hopefully get over the trauma before I have to go through it again 😬 havent had a pap since then, but dont worry, Im going next week. I dont remember it being TOO horrible, though I remember wearing a heating pad for the next day or two. I need to get it replaced soon, so I guess well see. I need to have an endometrial biopsy and Ive been putting it off because Ive had it done twice before and it was excruciatingly painful for me both times. When I inquired about pain management, I was offered a prescription for a valium to help with the anxiety. My issue isnt anxiety. The issue is that it hurts when people rip tissue out of you and I know from experience that popping an ibuprofen beforehand does nothing for me. Depends on sample size and the ads criteria for mild to moderate and discomfort. Yikes, that sounds absolutely awful 😱 Excruciating pain, never again. Felt like someone had put a hook up me and was trying to rip my insides out. And yes I have given birth vaginally. You are not alone. Me? Getting my iud was basically 5 minutes of bad cramps, and Ive had it almost 2 years now and looooooove it because no periods. Re edit: I had not given birth vaginally, I have been pregnant, but had a csection. It was highly awkward and uncomfortable and everything turned green with purple spots for a few seconds but it didnt actually hurt. I had already given birth vaginally and I made the appointment for the end of my period so my cervix would still be kind of open already. My second iud insertion went terribly and it had to be removed immediately. It wasnt painful when they had the sound in but the dr went too far and like pushed the iud into the top of my uterus and my iud was almost upside down and not in proper place. Partner got a vasectomy after that. I am done. Yea, I only have mild pain with IUD placement too. I have a shorter than normal uterus so placement can be difficult but for me, its no where near the worst pain Ive had. The problem is pain is subjective and dependent on your DNA. Did you know red heads have higher pain tolerance? Just a weird fact. I also have cancer, so have had bone marrow biopsy, bone marrow transplant, and spinal taps. Even with intravenous pain medication, those were way more painful, for me. Ive had 2 IUDs. One after my first baby (vaginal) and one after my second baby (also vaginal). First was barely noticable, second was uncomfortable but I wouldnt call it painful. When this one expires I plan on getting another. My experience wasnt horrible, definitely an uncomfortable experience but probably comparable to a menstrual cramp as other described. I did make the mistake of working a full 8-hour work day after insertion, and was so uncomfy as the cramps were setting in, but that has been the worst of the whole experience. Ive had two and didnt have pain with either, I guess everyone is just different. I didnt have much pain, I was on my period so I think my cervix was dilated. Ive never given birth, it felt like a 2/10 quick pinch and cramps afterwards. I was extremely nervous and Im going to try to schedule my replacement during my period next time too Ive had two babies and barely felt anything during insertion and the days after. I definitely think having a child previously helped. Both births were vaginal. It didnt hurt upon insertion, but a few minutes after, I almost fainted. Mine also gave me a pelvic infection. Me. It wasnt completely painless though. It was uncomfortable for the majority of the procedure but painful for no more than a couple seconds. I took deep breaths and counted down from 5 and just like that it was over. Ive never given birth. I struggled with vaginismus so the speculum was the most annoying part for me. I feel really lucky. I worked myself up so much before both my insertions because of horror stories I read from other women. The experience seems to be incredibly variable. Even though I didnt need it, I think pain management/prevention should be available for it. Some experiences sound absolutely horrific. My sister in law actually booked a whole weekend off because its so painful :/ Ive had 3 in and out - first one at 18 and never pregnant. Then out and 2 babies, then in and back out for baby(All vaginally). Than back in and out for vasectomy (vasectomy for the win!!!)I went in with just a couple extra strength Tylenol, and was fine. It didnt feel good, but it was fine. Took a hot bath and rested that night and 100% the next day. Mine was horribly painful too! Since then Ive had another cervical procedure which was way less painful. Not sure what the difference was but my IUD placement was basically inhumane. Edit: I had no kids and got the full size (original) Mirena. Ouch. Its been over a decade and still makes me a little queasy to think about! My experience may not be typical, but my IUD placement was honestly not that bad. I was so stressed about it as I had heard so many horror stories from friends, including one who literally fainted. It did hurt (maybe a 5 or 6 out of 10) but only for a couple seconds. Then it was fine, with some cramping that afternoon similar to period cramps. Disclaimer: I got it placed at a womens clinic in a large metro centre with piles of experience and took max dose Advil/Tylenol in advance. Edit: had never given birth prior/been pregnant, was in late 20s Never pregnant 38f here. I was given a cervix softener and told to take ibuprofen before. I saw an ob/gyn who knew what she was doing. It was discomfort on par with a pap while she was getting set up. Then about 2 seconds of bright WTFFFFFF pain as it quickly went in and was deployed (extended? I dont know the term... when it goes from an I to a T shape). I did walk home from the appointment (about a 20 minute walk... in hindsight Id spring for the taxi lol). I had cramps for about 12 hours after on par with period cramps. So... not great, but also not horrific. I would see if you can get in with another specialist. I had a cervical biopsy 1

Just tried to get an IUD, didnt go super well Basically there is a program in my area that does free IUDs for youth, so after weighing the pros and cons I decided to just go for it. Basically I ended up throwing up and almost passing out midway through while she had every medical instrument ever in there. Didnt even make it to the part where she put the iud in. Just kinda puked and went home. She gave me orange juice though, that was nice. IUDs in the U.S. are typically not designed to fit smaller uteruses. They can be super problematic unfortunately :( Source: https://www.theatlantic.com/health/archive/2017/04/why-america-has-fewer-iuds-than-other-countries/523077/ Not in the USA, and she didnt even get the iud in she was just using a probe. I have a sensitive vasovagal response basically. If you are really determined to get one, you could ask them to prescribe some lorazepam to help you relax and some lidocaine to numb your cervix. What the fuck they still dont use any numbing agent for that procedure? How is that oaky? ok good 👍 She used lido on site and unfortunately it didnt help. They did, its a vasovagal response that doesnt really have anything to do with pain. Maybe its worth considering other options? The implanon goes inside your arm, so you wont have to deal with the sensitive vagina. That lasts 3 years. Also other options like the shot or if youre looking for permenancy theres always a tubal. But I hard recc the implanon Ive had issues with hormonal birth control which is why I wanted to get the copper iud in the first place. Not really sure what to do. I know I read a story somewhere of someone actually getting anesthetic (twilight sedation, I think) to get their IUD. I wonder if that could be an option for you? I actually discussed this with my np, who is going to talk to a gynecologist about this. Cool. I hope it works out.

Funny story from my GYN visit Just wanted to share a funny story from my GYN visit yesterday. I was scheduled to have copper IUD placed. Im currently on oral contraceptive but wanted to have double protection to not get pregnant, so after consulting with my GYN, they okayed me to have a copper IUD placed while continuing my oral contraceptive (love my GYN for this). I was really nervous about the procedure. Ive done a little bit of research about paragard and read that for some, the insertion was really painful. Anyway, the GYN and the nurse were prepping me, and I just got swabbed by iodine. The GYN and nurse were talking to each other, and because I was so nervous, I was barely listening to their conversation. The nurse opened a package for the GYN. All of a sudden, I heard the GYN say this: Oh, its green, huh? I started freaking out and just blurted out, What is green down there?! It was her gloves. She got green gloves. On a similar note, anyone have suggestions on how to deal with the cramping? Already taking ibuprofen and using heating pads. Anyway, thanks for reading! LOL Many years ago, hubby had long blond hair. One got caught in the propeller down below. When my gyn was prepping, she noticed the hair and pulled it. I saw it and said, Geez, its been a while because his back is trashed, but I didnt think Id gotten cobwebs yet. The nurse lost it right there and had to sit in the floor to laugh. She never really recovered and kept saying, Im so sorry, as she kept giggling through the exam. The doctor tried her damnedest not to laugh, but just couldnt stop herself. She gave up and just howled laughing. It took us all about 10 minutes to get back to business. Cobweb free is how I now refer to our sex life when asked. I have no solution for the cramping. My solution was read crappy novels, eat dark chocolate, and scream into the void. Not actually useful for you. Sorry. You can never go wrong with eat dark chocolate. LMAO! Im pretty sure my going green is going to be a story at the office for a while. I even commented I was worried I was going hulk down there or something Im dying laughing right now. Holy shit, but its nice to have funny stories from doctors instead of horror. Thanks for the giggles. I had some leftover hydrocodone from my C-section, I popped one of those for the first day of cramping, but honestly, the painful part was done after that day. Spotting didnt last super long either. Maybe 2 weeks?

How painful is IUD insertion really? Sorry if this is the wrong place to post this. Im in my 20s and have not yet used any form of birth control, and if Im honest, what I really want is to be surgically sterilised. When I try to find information on that process, though, the IUD is suggested more or less always as a possible alternative. The thing is, Ive heard anecdotally (a LOT) on here that IUD insertion can be extremely painful, and I definitely dont want to deal with that. But I dont know anyone in my life who has had one, and online there is pretty much no mention of pain. So I know it CAN be excruciatingly painful, but can anyone give me more information on how likely that actually is? Is pain a common thing? Is there variation in how bad it is, or is it generally either nothing or horrible? I should say that I do not have the pain tolerance or the degree of comfort with that area of my body to put up with anything north of mild cramp. I do not get bad period pain so I dont have a frame of reference for comparisons like that either. 8/10 pain. I had it for 5 years and I was so screwed up when it finally came out. I did Nexplon, and man, that was a BREEZE. People talk like IUDs are close to being tortured, so I went with Nexplon, and aside from mild pain and bruising, I was a-ok. Terrified to get an IUD I have never had one but I know quite a few people who do and yes, its painful to be inserted and removed but most of my friends who have one dont experience pain due to the IUD. Only one has complications and she also has endometriosis. https://vm.tiktok.com/TTPdjMtC6u/ This is a video of the clamp they use to stabilize your cervix to insert an IUD. I have had a cervical biopsy and that was fucking painful too. The point is, no matter what they say - when theyre down there messing around and clamping, inserting, or removing something inside your hoo-ha its going to hurt. Do they seriously tear right into you like in the video?! My first IUD experience was the better of the two. I got the Mirena inserted at a PP. I took some pain reliever before the appointment to help with the cramping. The first thing they do is us a speculum to open your vaginal canal. Then they will use a second smaller tool to open your actual cervix, this is the part that hurts. They recommend going while you have your period because your cervix will be slightly opened already and it will be easier to insert the IUD. It is worse than bad cramps but only for a very brief time. After insertion you feel crampy but it dissipates in a day or two. I know there is also a pill you can be prescribed beforehand they helps with softening the cervix which will alleviate some of the pain. They will give you a huge pad like you get from the school nurse, but you can bring your own of you prefer. The first month after insertion when it was time for my period I had pretty bad cramps, bit that was my last period for 6 years, so I thought it was worth the trade off. I recommend having them cut the strings long so they wrap around the cervix, mine were too short and for a little while after insertion, my husband would sometimes get an unpleasant jab. Overall my first experience was amazing and well worth the discomfort. When it was time to replace my IUD I had a much different experience. Having it removed was okay, it feels like pulling out a tampon from much deeper inside of you. If that makes sense? Not really painful just a little strange and uncomfortable. The insertion for my second IUD failed. My cervix was clamped shut and it was incredibly painful having the doctor try to open it up wide enough for the IUD to fit in. I ended up opting for Annovera instead. Annovera is similar to a nuva ring but is a little bigger and you can leave it in for a whole year. It is safe to take out for 2 hours for sex and you just rinse and reinsert. (you can also just keep it in, my husband says he doesnt usually feel it, but ymmv) All that to say, it really does vary from person to person and each experience is different. If you want to try I recommend reaching out to your gyn with your concerns about pain first. Good luck! Mine was actually near painless. I got mine done at my university health center and the doctor said she does multiple IUD insertions daily, so perhaps she had a lot of practice? 5.5/10 pain for me, lasted five hours, then it was discomfort and then nothing. id suggest taking whatever works to calm your cramps usually, whether its THC, ibuprofen, naproxen, CBD, etc. about an hour before relaxation is key, so if your gyno sucks, and you can afford it, find a doctor who is chill, respectful, kind, and get them to do the insertion unfortunately yes 7/10, below my 3hr migraines. I expected it to go as well as a normal pap and didnt ask my partner to drive me so I walked and took the train back home with my tail between my legs. Definitely asked for cuddles and yummies when I got home. I passed out on the exam table. It was pre-kids. But I also have been through child birth without any pain meds and never lost consciousness lol. I recommend asking if they could give you pain meds (something stronger than ibuprofen.) It was 2/10 for me because I was on my period. Get it done when youre menstruating, it helps [deleted] Ive had 3 IUDs in my life. All 3 were pretty easy with slight discomfort at time of insertion. Maybe a 4 outta 10 on the pain scale. The bleeding and spotting for 2 weeks after was the most annoying part. The day after my 3rd IUD I was in excruciating pain and couldnt walk. I was sure the doctor butchered me. So I went to the ER found out I was passing a kidney stone. That was easily a 12 outta 10 on the pain scale.

Just had my IUD inserted and LET ME TELL YOU I was not at all prepared for the pain that I would feel during, or the cramping Im currently feeling. And I didnt take time off of work because I have meetings... any pain advice? Ive read this can last up to a couple months and Im sure it wont be as severe but for right now, I need help Also: suffering from extreme lower back pain the last 3 days making it hard to move doesnt help. This timing couldnt have been worse For me the cramps were really bad for around 12hours, got a lot better over the next 12hours and havent had any pain or cramping in the year since. But yeah unexpectedly awful Ibuprofen….a lot. My gynecologist although told me to take two before I come for the insertion. Ibuprofen OR naproxen, plus tylenol. Warm (heating pad? Hot water bottle?) against lower tummy and back. Anything that helps you relax. I had cramping only for the day, but it was mild. On the other hand I couldnt stand up because it made me want to throw up. I did the same thing, he said to take some in advance but that it wouldnt be that bad. And lo and behold, it was that bad lol Omg. Ill never understand why they dont fully prepare you for these kinds of things to happen 🤦🏻‍♀️ they made it seem like it was no big Ill give that a shot! Thank you That gives me hope! Thank you No idea really. I had planned to go into work after insertion, but I had to email my manager instead. Hes a man and I spent some time debating whether to tell him the real reason or not. But then I remembered that hes married to a woman and has three daughters, so I emailed him saying Ive just had an IUD inserted and am not well enough to work. He was cool about it. I think this is very individual….for me the insertion itself wasnt that bad but I fainted when I got up from the chair and I had a few days of cramping, which I drowned in ibuprofen. Heat might help….as in a heat pad. It sucks….I hope you get better soon. [deleted] [deleted] Sorry I dont have advice. But when I got my first IUD I nearly collapsed in the lobby and the nurses brought me right back to the doctor and he gave me a painkiller IV. It was that bad. It was bad a couple of days after, but then it was fine thankfully. In hindsight I had many problems because of it, weight gain and depression / mood swings. Dude, yes! I had mine replaced and it was HORRIBLE! The initial pain was way worse than I remember, but the first time they gave me a strong ibuprofen 30 minutes or so before. I was back to lifting weights and riding my bike within 12-16 hours without pain, but I did feel some pressure for a couple days. I did also spot a bit for several days, which I did not expect. Did they numb your cervix? They did for mine and I think it made a big difference He did tell me to take Advil before I went in but I feel like it did nothing. Or I guess I would have hated to know what I would have felt if I didnt take it. Plus my bf gave me an anti anxiety pill. This shit is no joke! Us women are hella tough! I was also told it would be mild cramping and maybe light spotting but its not mild whatsoever Thats something they do?! That was never brought up as an option for me. It was just a lot of jabbing and extreme pain that I felt every second of. THEN he left the bloody tools in the sink so of course I got more freaked out after seeing the metal torture devices lol Omg that sounds awful!! .. Ive already had weight gain from the pills but they dont mesh well with migraines apparently so thats why I switched. And my mental health isnt in a great state as it is so hopefully it doesnt make it worse Ill definitely take all of this advice! Im almost 12 hours after my appointment now and its still bringing me to my knees so Ill try anything at this point. I cant rip a bong in the shower because Im not alone in my house but maybe an edible! And definitely non stop heat and pain killers. Thanks friend! [deleted] It is, but I guess a lot of places dont offer it. I went to a female clinic and I cried my eyes out begging for it so maybe they just took pitty on me lol. For me I felt a sharp sting when they applied the cervical block and then a sharp cramp when they inserted the IUD. I had some medium to mild cramps and some spotting for a few days but that was it. It also helped that I was on my period when they did it. Im sorry your experience was so rough Many women have pain at and after insertion. Its normal even though its often minimized by doctors. [deleted] Thats exactly why I had general anesthesia for that. Too many horror stories and doctors are known to lie regarding pain Oh I was down for a week they only prescribed Tylenol 3. The cramping and pain was horrific I hope they gave you meds at least. You sound take a few days off to recuperate. If I felt discomfort Id call them or go back in and complain loudly . What?! I didnt even have the option of that! Im in Canada so I dont know if that makes a difference at all. I also wasnt given T3s or anything. I was told Advil is all I need. And Im now 3 days in and still have god awful cramps. They calm down for like a day, and then it knocks me back on my ass I had mine done In California and I got t3 and was in SO much pain ( I insisted on general I would not have done it with local I seem to have a nerve pain disorder where I experience pain unexplainable) I had to go to several doctors to find a gyn/surgeon who was licensed for the procedure. She told me Id be fine with t3 and just get a hot water bottle and stay home for 3 days. Uhh I couldnt walk at all or sleep bc I felt labor like cramping at least a week. Sorry youre going through this

Has anyone replaced their mirena iud early due to periods returning/hormones lowering? [deleted] Ive had mine replaced early due to dislodging at year 3, they put a new one in the next day and I experienced no changes. Ive had others replaced at the same time as removal. It gets easier. Im getting my 5th one replaced next week; I went a year too long with it and no doctor seems concerned (one told me they actually have enough hormone to take you almost 7 years). The level of hormones tapers off the whole time, not just at 2-3 years. I dont know if youll run into insurance problems having the replacement ahead of schedule, but it would certainly put your hormone levels back up. My period started coming back at about 4.5 years and I did the replacement at 5.5 years. After a couple days recovery from the insertion, I was period-free again. Oh I know it tapers over time, I just mean Ive been having issues with the hormone level recently i guess! Thanks for the info! My insurance covered 2 iuds in one month when I got this one (ouch) so im sure Ill be ok here!

Need Advice About Birth Control Hello! My girlfriend is getting an IUD tomorrow and wanted me to drive and be there for her. Can you guys give me some advice on what to do to help? Maybe some heating pads or past experiences that can help us prep physically and mentally? Any advice is really appreciated! Pack some painkillers. Ive heard it can be very painful and a local anaesthetic is only used sometimes. They dont tend to use any anaesthetic, but she can ask for some gel anaesthetic and SOME may do this for her. So make sure she takes painkillers about 30mins before the appointment (the stronger the better). Also dont tell her this because it will freak her out but Ive seen a number of insertions so bad the woman has passed out, because their body cant handle the pain. Usually they just swear under their breathe but I have seen it get bad enough they pass out. Just an fyi so you are prepared for that level of comforting if it happens. And if it gets anywhere near that get her to say no, so many women grit their teeth, there are so many less painful options so if its gets to bad she can ask them to stop! Also prepare for her to be in pain for a few days minimum afterwards (some people find they bleed and have pain for a few weeks, but for some its under a week. Varies hugely). Stock up on painkillers, heating pads, make sure she has loads of pads/sanitary towels (she will probably bleed after). I wish her luck, shes braver then me. [deleted] I got terrible cramps &amp; chills for hours afterward - bring a blanket for the ride home &amp; make sure she has a comfortable spot if she needs to rest and recover.

IUD Strings too long? Hi folks, I did a quick search and it seems like this is the opposite problem most folks have. I had a copper IUD placed yesterday (side note: easily the most intense pain of my life, barbaric that theres no analgesia offered) and the NP that performed the placement told me she was leaving my strings long, but that they would soften and curl up over time. Today as Im moving around, Ive realized she left them so long theyre poking out of my vagina and I can feel them. Its not painful, just uncomfortable at this point. Is this common? Like 3 to 4 inches and outside of your body? Like poking out of my vagina, but not my labia, if thats not too graphic of a description? My IUD strings are about a centimeter long from my cervix. Any strings leaving the vaginal opening seem entirely to long. My strings were left a little longer and then about a month later I went back and had them cut down, but this was scheduled and I had unique circumstances. Your situation seems abnormal. Ah, I was afraid so. Thank you for your input. Get your doc to trim them as short as she can to still be able to remove it. Theres no need to have them any longer. Theyll soften over time. Agreed. That long sounds very strange. Sometimes they leave them long because the uterus and vagina will be swollen after insertion and once everything settles down the IUD may sit a little higher and if the strings are very short they cant get it out again. But practically hanging out? Thats definitely wrong. Right? Seems weird to me, but Im not a doctor and know nothing My cervix is really low so it doesnt matter how short my IUD strings get cut they still poke my vagina in the same ways yours are especially during my period Im on my period, that might be contributing. Thanks :) I spend my entire period shoving those fuckers back in 😂 Mine they cut too short, which almost rendered normal removal impossible (the doctor who didnt give up, and managed to pull on those few millimeters: thank you so much). But like it should be 2 or 3 cms out of the cervix. The lenght they left OPs in sounds weird, cause theres more possibility of something or someone accidentally pulling on the strings.

Ive had two IUD expulsions and I didnt notice both times I got my first copper IUD roughly 4 years ago, and about 2 years after having it in, it fell out. I only found out after getting it checked. The doctor couldnt find it anywhere and told me it probably fell out so I had a new copper IUD put in. Recently I decided I wanted to get my IUD removed so I made an appointment. The doctor couldnt find the IUD so I had to get an external and internal ultrasound and was told once again that there was no IUD to be found. I had an excruciatingly painful menstrual period 2 years ago where I bled nonstop and cramped like crazy. I realize now that that may have been when the first IUD expulsion happened. Never noticed it though… and even tampons can be sometimes uncomfortable to insert and remove for me, so I figured I \_should\_ have felt it fall out. This time around I havent experienced any bad cramping or overly heavy flow. Also never noticed the IUDs fall into the toilet. I read online that expulsions are extremely rare… and yet its supposedly happened to me twice. How accurate are the internal and external vaginal ultrasounds? Is there a chance the IUD is lodged somewhere deep inside my uterus? kinda freaked out :( Although uncommon, it is possible that he iud has migrated. As the copper iud is extremely radio opaque you should have a simple abdominal x Ray taken, so that your doctor can search for it. The ultrasound is excellent for searching things in the proximity of the probe, but if it has migrated a few centimetres away it can escape the exam. Edit: if it is inside your uterus it can be seen in the US. Sometimes is migrates through other paths and into the abdominal cavity. For me the inflammation was so bad that I didnt even feel some parts of my abdomen as I was touching my skin from the outside. Not saying your inflammation numbed you as much as it numbed me, my point is inflammation can mess with senses. So its not necessary that you feel it falling out. The monthly string check is supposed to help prevent staying without protection when it accidentally falls out. Ultrasounds are very accurate, but they have limitations. I think you would have issues if it didnt fall out, eg. IBS or back cramps or bladder issues or something. If you dont have any random health issues in the area, it likely really fell out. But... I mean I did hear of people getting MRIs and whatever just to be absolutely sure. I dont think its necessary unless you have unexplained weird issues, though...

8 months after IUD, never stopped spotting [deleted] I had a TERRIBLE experience with the copper IUD. I got it removed after about 8 months because I was having 2-3 week periods and debilitating period cramps. Ive heard of few women who have good experiences with that one. I think side effects are under reported for most birth control in general.

How soon after IUD insertion can I take a bath? Hey there! I recently got my first IUD placed Wednesday afternoon (Mirena). Ive been having some pretty bad cramps since then. Baths are usually my go-to for pain relief and relaxation, but I read online that they should be avoided for a couple of days due to the increased risk of infection. The nurse practitioner who put my IUD said nothing should be inserted (tampon, toys, sex, etc.) for two weeks due to infection, but she never addressed baths and I didnt think to ask at the time. I would appreciate any advice! Google says 24 hours, I think I remember waiting 48. Mine said only showers for three days, but I did get the gynefix its probably a bit more strict

Story time: I gave birth to my Mirena Yeap you read that correctly. I really wish I was joking. I got the Mirena inserted on a Tuesday at around 7 p.m. The nurse said I would feel some slight discomfort - thats like calling the Ukraine invasion an argument. It was the worst pain I had ever experienced in my short life…worst pain yet, it was only downhill from then. I had to lay on couchy thing for a few minutes whilst waiting for my legs to work again until I called an Uber and took my poor self home. I decided to go straight to bed so I could sleep off the pain. Thats when the contractions started. Like proper labour contractions as if my uterus was preparing to give birth. There was barely any time between each contraction - about 30-60 seconds. I spent 5 hours tossing, turning and crying before I gave in and called 999. Which was a waste of time because the lady politely told me that the emergency service had bigger problems to deal with. I hung up and video called my boyfriend who had to helplessly watch me crying my soul out for a few more hours in the middle of the night. Finally my body became so exhausted the pain could no longer keep me awake and I blacked out. The next morning I was greeted by the device sticking out my vaginal cavity :) Fun times. Im genuinely traumatized. The clinic did not warn me that something like that could happen. Didnt even offer some ibuprofen or tell me to have some handy. Gosh we shouldnt have to go through so much pain for this. Ever tried the patch or pill? Injections? Omg. Your IUD came out too quickly. I would definitely call the office and demand to know what couldve possibly gone wrong. that sounds horrible. My sister had a device before too that ended up coming out but her pain didnt sound anything like this. I hope youre alright. If this happened to my Fiancée I would be demanding answers. I went on the combined pill the very next day haha. Im never trying something like the iud ever again! Jesus wept. You poor love. I suffer from PMDD so the plan was to get the Mirena to ease the pain from that. Ironically that may be what caused the instant expulsion. Im alright now🥺 Ive started the combination pill and hopefully that helps too I love the NHS (assuming youre British from 999?) but Jesus they really REALLY underestimate womens pain. Women never seem to get proper pain relief for procedures like this. They gave me \*one paracetamol\* when I was in hospital with a suspected ectopic pregnancy and Im still annoyed about it Okay - this happened to me but after I had it for 4 years. Hurt so bad I threw up as it came out. Still love having one so much I got a new one a few months later. Yes it was traumatic giving birth to my IUD but overall its the best birth control Ive ever been on. Yeap, Im in Britain! No idea how the NHS is simultaneously the best and worst thing ever The benefits of having the Mirena looked really good but my ordeal has scarred me for life haha I had such bad pain when I got mine and I got it for the same reasons, easing pain and periods. I had it for maybe a month and I was taking probably 800+mg of ibuprofen a day. I finally got it taken out and within two minutes I felt fine and didnt have pain and could function again. Im doing the shot now, which unfortunately hasnt done much aside from make my periods irregular, but its a huge upgrade. It makes me so angry that you can have that much pain due to an iud and nobody offers pain relief or advice. Im glad youre alright. That sounds like a genuinely terrible experience and Im sorry you had such a terrible night. Take it easy the next couple days. Maybe get an opinion/procedure from another professional. I would be freaking out. Im so sorry this happened to you!! I didnt experience it ejecting, but they truly TRULY do not prepare you for whats to come for many women. I understand that for some women its whatever getting it inserted, but I also had to stay laying for a while because I was so light headed and pale they were worried I was going to pass out... Then they told me its fairly common to pass out!! I dont understand why theres literally no pain relief for such a procedure! My wifes body rejected 2 Mirena in less than 2 years, the first one only lasted for a couple months during which she complained of bad period like cramps. Neither came out but were both dislodged enough to be considered less effective. She said the first one was the worst pain she had experienced at that point and I see a lot of similar stories on here of doctors not properly preparing patients for the experience Its obviously invaluable and Ill take flawed healthcare over no healthcare at all. But they seem outdated and frankly archaic in some areas (especially concerning women), understaffed, badly managed, underfunded… Im sure it could be much better if anyone in charge was willing to give them what they need Its stories like these that make me glad I didnt ask about iuds.. idk if I can deal. Same thing happened to me, twice. First time Dr assumed they didnt place it properly, so they used an ultrasound to check the second time they inserted it. Second time I ended up in the hospital when my uterus pushed it out. Horrific pain, and I can confirm the pain is exactly like going through labor (Ive gone through labor twice also). :( I feel you. When I had mine put in they told me it would just be some cramping. My kidney stones hurt less. If you get it put back in you should demand pain relief. Not to diminish OPs experience, or anyone else whos had a bad experience, but mine went relatively fine (had it for 6 weeks now). It wasnt great in terms of pain, but worth not having to worry about birth control for a couple of years. I just got mine in and I was warned that this could happen. Including the fact that if I had excessive bleeding or was doubled over in pain for cramps that I should call the office or go to the ER Im so sorry this happened to you and that supposed medical professionals dismissed your pain and didnt prepare you for the possibility. That 999 responder was not doing their job properly. This happened to my old roommate (also the NHS in the UK). Horrifying, Im so sorry for your pain and trauma. &gt;understaffed, badly managed, underfunded… Im sure it could be much better if anyone in charge was willing to give them what they need Yeah you hit the nail on the head. Its intentional. The Tory party does the same thing the GOP does insofar as gut government programs and then say see? Doesnt work well. Gotta privatize. I wish I had an award for you, because this is EXACTLY what theyre doing and we should all be aware and terrified! My GP has been trying to push me for months in to getting an IUD, and its cases like this why I refuse! I hope youre okay now. Having been through labour twice I cant imagine trying to deal with contractions with absolutely zero pain relief This doesnt really help that HORRIFYING thing that happened to you.... But I just wanted to recommend the arm implant if you havent considered it. Ive had mine 5 years and love it. No periods at all. Very similar benefits to IUDs. And you cant birth things out of your arm, so... This happened to me too! I had been super apprehensive about getting one but finally decided to do it.Got one placed and it immediately came out. The Dr then put a new one in right after. Several hours later I was sweating profusely, getting chills and hot flashes with pain that was making me nearly pass out. Called the Dr thinking theres no way this is what they meant by some light cramping after the procedure, they sent me to ER. A few hours and an ultrasound later we found out my body was just trying to get it out and it was now lodged in my cervix. Er Dr came said he could see the string and could just remove it. Just like that the pain was gone. 12 hours, two iuds, and a trip to the ER all for nothing. That sounds absolutely horrifying but at least you didnt have to pay for the experience? Im from the US and I can almost guarantee you it would have cost you several thousand dollars for the same experience. American version: this all happened, but you owe $3000 and are arrested for the murder of Mirena. I made a post about this recently as well. The way we are treated is absolutely unacceptable. I am so sorry to hear about your experience. I was blissfully lucky getting my Mirena, brief pain during insertion and mild cramping like a period the next day. I have seen that many gynos are now offering lidocaine injections to the cervix for IUD insertion and I am stunned that this wasnt presented as an option until 2 decades into the 21st century. It reminds me how gynecology was invented by a man who despised women and honestly doesnt seem to have developed much since using a chainsaw to cut open women during childbirth (look up the invention of the chainsaw if you want more gruesome details). We deserve better, and hopefully youve found a good BC option! Same exact thing happened to me with Paraguard. My contractions started at work. THAT was fun. This happened with my Mirena as well. It was the most painful, bloody experience of my life, and I gave birth to two babies!! This happened to me as well! But I had mine inserted at the same time as my abortion, so I just figured I was still too dilated and it was never secure. But god was it miserable. Sorry you had to go through that OP! And you still get very flawed healthcare. Its been over a month since I had a horrible car accident, a d still do not know the extent of my injuries. They said I broke bones that I did not, said I didnt have head trauma when I (very obviously) did, said Id need more surgeries when I would not, and have yet to have my PT orders sent anywhere (Im now three weeks behind on PT and have heard nothing). They also allowed me to walk unassisted out of the hospital with a concussion and a severely broken arm after going through zero discharge procedure, and provided me no af

A positive IUD experience Hi folks! I see a lot of horror stories from folks about iud insertion, and also posts from folks who are scared to try. I wanted to share my positive experience, in case it can help or reassure anyone. My first couple insertions were very painful. It didnt last very long, but I wont lie, it hurt. This time I was seeing a different doctor, and I told her that it had been painful in the past. She got a numbing injection, and used that to numb my cervix first. It feels like a tiny pinch, not bad at all. She did four injections, at the top, bottom, left, and right of the cervix. By the time she was doing the last one, I could barely feel it already. Then we took a break! We chatted about any other issues I might have been saving for the end of the appointment, and gave the injections time to really work. It was so easy. I kept expecting the pain, and it just didnt happen. The insertion only took a few seconds, and felt similar to poking your arm with a finger. While its true that it can hurt, it really does not have to be horrible. You can ask to be numbed if that is what you need. I recognize that Im only one anecdotal data point, and some doctors suck, but I also remember being the scared girl searching the web for reassurance. If my experience can reassure someone else in that position, that would make me very happy. [deleted] Bud, Im a trans man. A man with a uterus+cervix and two X chromosomes. This isnt a man-hating forum, its a place women often vent their troubles. Like it or not, men tend to cause a lot of those troubles. Just because there are a bunch of posts angry at specific men, doesnt mean this is a man-hating sub. Whining in the replies like this is a bad look. Right, yeah, we all hate men. Thats why we keep sleeping with them, dating them, putting ourselves out there for them, etc. All these situations women here are posting about, where they love a guy who is treating them terrible and cant leave because they dont want to hurt him? They totally hate men. Makes perfect sense. For the record, I love men. The men in my life rock. If youre looking for self improvement, there are a bunch of subs just for men that you might enjoy! r/malefashionadvice r/malehairadvice r/malelivingspace r/everymanshouldknow r/FrugalMaleFashion r/MaleFashion This was very similar to my experience too. Thank you for sharing!

IUD Insertion Experience I (f19, no kids) got my copper IUD put in yesterday and I wanted to share my experience. I was honestly terrified to go in because I had heard nothing but horror stories, and whilst I am by no means trying to invalidate another womans experience, I want to provide my perspective: I took 800mg of advil about an hour before my appointment. The entire procedure took about 10-15 min and my doctor had to actually re-start because she couldnt fully push through my cervix the first time she did it. If anything, I felt more pressure than pain, but I still felt hot, uncomfortable, and a bit dizzy, though that is generally how I feel with any kind of cramping. I was given no pain medication or numbing, but she did offer me a lollipop midway through (lol gotta love how ludicrous female reproductive healthcare can be). It ended, I was given a pad for bleeding, and I felt completely normal. Drove myself home, and once the advil wore off, I had some very minor cramping kick in. I didnt take any more medication that day, and I went to bed with no issues. I woke up with no issues, and have been going about my day like nothing ever happened. I have already forgotten its even there. I have always been told I have a very high pain tolerance (for everything but tooth pain lol), but even I was surprised at how smoothly everything went. Did anyone elses experience go like mine? Happy that it was a bearable/complication free experience! Welcome to the copper club 🧡 Had a similar experience, but Ive also been told I have a high pain tolerance lol. Even my doctor was a bit surprised on how well I took it. I can see how others have bad experiences. I have pretty bad cramps, so to me the insertion wasnt too far away from that feeling but didnt match the level that would incapacitate me. Thank you for sharing. I really want an IUD cause hormonal birth control messes up with my depression and anxiety, but I am super hesitant too. I cannot believe there are no numbing options, especially like lidocaine or something. I want to ask my OB-GYN for numbing or other pain relief options. Oddly when I had mine put in it only twinged with a little pain when she said she was measuring my uterus. I guess there are different sizes or something 17 year old family friend had a similar experience a month ago. She was shocked that it went so well and was expecting a lot of pain. She took 400 mg of ibuprofen beforehand and also misoprostol. Glad it went well for you! Glad it went so well for you! Was similar for me but with bad cramps after the first one (then mid-20s, no kids). Ive now had two copper IUDs for almost 20 years and am hugely grateful for them. I was thinking about the insertion feeling as more a feeling I very much dont like rather than pain exactly. It feels weird and like pressure and i have to grit my teeth through it, but its more of a physical nails on the chalkboard than pain, exactly. And that part passes quickly, yay. For me, the increased peace of mind is massively, overwhelmingly, life-changingly worth it. Im at the tail end of fertility and had a Liletta inserted on Monday, as I have no desire to play perimenopause chicken and end up with an oops pregnancy in a swing state a hairs breadth from turning red in November. And related perimenopausal uterine shenanigans were wearing me down. I also took 800mg of ibuprofen. The insertion was really uncomfortable, but not painful. I had severe cramping for two days that no amount of painkiller could mitigate, but Im on day 3 and feeling really good aside from some intermittent cramping. [deleted]

Getting mirena removed in an hour how and is it ? [deleted] My Dr told me to cough when he pulled it out and I didnt feel a thing. I put off getting it taken out because I was so scared but it went smooth! Depends on the person removing it, I think. First time? Abysmal. Second time? Briefly intensely painful but quickly dropped off. Different people removing, though. The first time was a PA and she was just not good with IUDs \*at all.\* For me it doesnt hurt, but the sensation is just gross I didnt rven realize theyd got started. I thought she was still positioning the speculum. And it was a resident too. My OBGYN just supervised. Just got home from Having it done. I had zero pain from removal just felt it move but no pain or anything thank goodness

Pain after copper IUD insertion [deleted] I have no real qualifications, not a doctor and Im a male. But I DO know that copper allergy is possible, either caused by over-exposure, or just random? Idk, you could probably test this at home holding copper against your cheek to see if it burns. This seems VERY serious, though, and i recommend getting more help. My copper iud insertion was horribly painful. I had bad cramps for about three days, and then two weeks later my first period with the iud was by far the worst pain Ive ever felt. So much Advil and heating pads. I found that my next two periods were a breeze as long as I started taking Advil the second I felt my period was coming on- so usually two days before I actually bled at all- it was better at stopping the cramps before they happened than stoping pain after cramps had started. A constant Advil regimen kept the cramps manageable. Good luck and I hope you are able to take some days off to stay in bed! Ibuprofen 800mg every 8 hours on a schedule (if you can take NSAIDS). You can also add on Tylenol 1000mg every 8 hours to that. Hopefully it will calm down soon - but some peoples bodies just wont tolerate an IUD! For most people, it will get better over time. Give it your best shot but if you keep suffering for weeks get that puppy out and try something else! I had the IUB, the ball thingy. The insertation pain lasted about two weeks. For me, the bleeding almost never stopped after insertation. It paused for like two to four days and varied in strength, but I hadnt had a week straight no bleeding as long as I had it. The cramps picked up after two or three months and became gradually worse. After a year I got I taken out because there wasnt any improvement, it only was painful and irritating. My obgyn told me that that had been common for her patients (not as in every woman experienced it-common, but as in for a part of the women it is like that-common). The copper is irritating for the uterus and it wants it gone is how she explained it. Most uteri get used to it, but some just say nah, that thing has to move!. And I got tested for copper allergy beforehand, so that doesnt explain it. I had a copper IUD for about 2 years and recently switched to the Mirena. I believe my cramping post-insertion lasted maybe 3-5 days, and I bled for just over a week. Try and take it easy, take pain meds and keep your abdomen warm (wearing thick clothing and using a hot water bottle helped me ease the pain)! As an FYI, many people experience extremely heavy periods after getting the copper (myself included). If your periods dont lighten up after 3-6 months, consider having it removed! I wish I hadnt decided to tough it out because the idea of no hormones appealed to me! While a copper allergy is a real thing, its unlikely thats what is at play with this. Its fairly common with the copper IUD for women to see an increase in both bleeding and cramping after placement. While it is a miserable side effect that should be taken seriously by medical professionals, it isnt something that is obscenely serious or dangerous given that OP has had the placement of the IUD checked and it is fine. OP, its normal for this to happen and you can expect more severe bleeding and cramping for up to six months. If your pain continues to be this bad, I would honestly consider having it removed and trying another method, maybe a hormonal IUD? Thats what I have and Im happy to talk about if you have any questions!

Im getting an iud inserted on Friday and Im nervous. On Friday my mom is taking me to the doctor to get an iud and Im nervous. I want this, Im starting to get more sexual active with my partner and Im young I dont want to get pregnant. Im just nervous. Ive never gotten a medical procedure done before. Hey! I have had 3 IUDs over my life, I recently got sterilized so I dont need them anymore! Have you had a regular pap? Basically getting an IUD inserted is like that, but a little more extreme. You can get an optional injection of pain relief - get that if you can. Yes, that does mean they will stick a needle into the side of your vagina and that will pinch, but I had my last one implanted without it to try it, and I would say it is 45 seconds of extreme nausea and pressure, followed by the rest of the day will be a laying on the couch eating chips kind of day, maybe similar to having a period (as far as after cramping) for the rest of the day. Just dont plan on doing anything like work/laundry/bending, and give yourself plenty of time to sleep and sit, it will be worth it! Even if they dont want to give you the pain killer, it is worth having 1 day of discomfort to have literal years of zero stress about pregnancy- so I dont want it to seem like I am trying to talk you out of it! Depending on if your doc got you some meds to help with the pain, I think your making a very smart move to prevent pregnancy. It took me a year to get adjusted to the flow change and cramps but its manageable and i love mine! Well wishes friend! Make sure to ask the doctors any questions you have, too! They answer patients questions as part of their job. They are usually nice about it. It can help with any nervousness. I really didnt think it was as bad as people say. Its a pretty big cramp at insertion but only lasts a couple seconds. The rest of the day was like menstrual cramps but nothing I havent felt a bunch of times before. It was very much worth it to me. Im on my 3rd Mirena, and while - for me at least - it hurts like a motherfucker, its a temporary pain that gives years of payoff. Ive had miserable luck with drs (especially women) refusing me pain meds, so \*if youre old enough\*, might want some medical cannabis or something. I go for an afternoon appointment and write off the rest of the day completely - comfort food and feel-good movies/shows. NGL, an IUD for your first medical procedure is a doozy (surely thats not literally true though - I assume youve had a PAP smear already?). No I havent had a PAP smear, Im 18. The appointment is at 3 so Im taking the entire day off to sleep in to calm my nerves Get the injection if youre able to - yes its a needle going into your cervix but when they clamp down on your cervix to hold it in place for insertion, the clamp actually pierces it from each side so youre getting stabbed either way. Why do they say clamp when they are actually piercing through your cervix? Oh because men decided that the cervix doesnt have nerve endings and thats what doctors are taught. And if our cervixes didnt have nerve endings, labor wouldnt hurt until you start pushing but yeah, thats not the case. Labor starts hurting once the cervix starts getting stretched open… Getting a IUD hurts, but youll be fine Ask for numbing or pain relief. Trust me. No it can be bad and theres no reason not to offer pain relief/ numbing if requested. Im not trying to discount others experience. I was just offering my own Ah. I like to warn people i guess

Whats your experience with hormonal IUD? Tomorrow Im going to be examined and potentially given an hormonal IUD due to my severe period pains. I am however quite scared of the procedure and side effects. Im 23, no kids and in a stable long term relationship. Im afraid Ill lose my sex drive, become depressed, gain weight, feel it during sex or bleed for months on end as those are the things I keep on hearing about from forums and women I know. Whats your experience with a hormonal IUD? What got better and what got worse? Are you glad you got one? Thank you <3 13/6: thank you so much for all your responses! I feel a lot calmer about my decision. I got mirena today and will have it inserted next week. Lets hope for the best! Mine was fine. Hurt a bit to insert but I was back to normal the next day. 5 years of no periods. I could occasionally feel it when I ate too much, but that was it. I got a Mirena earlier this year. Heres what Ive learned: 1. Advocate for pain relief! In advance if possible, so that you can take a strong painkiller beforehand if they wont offer much pain relief. 2. Maybe take someone with you? I was in so much pain I felt really sick, and had to sit outside on a bench taking deep breaths for some time after the appointment. 3. I do still bleed, but very, very little. 4. The emotions are still going to happen around your period, but maybe a little bit less severely. 5. I have never been so horny on my period as I am these days. Its insane, this never used to be a thing for me, Ive never wanted sex during my period before this. I dont know if Im glad I got it, since I wanted it to stop my periods, and it hasnt (yet). I do know that I was so shocked that a procedure that painful comes with a recommendation to take a paracetamol (acetominophen) before, and no more effort at pain relief. I wrote them an email about it, and they sent me this document about what affect various methods have on the pain: fsrh-clinical-statement-pain-associated-with-insertion-of-iut-jul-2021.pdf Apparently the doctors read that nothing helps very much, so they didnt bother trying anything! I thought, if nothing helps very much, why dont we combine a couple of things and see how that goes? Good luck! Ive had 3 (2 hormonal and current copper). Insertion sucks but its forgotten about by the next day. Ive got mine for close to a year now. I got mine inserted with anesthesia because I didnt want to deal with the insertion, Im quite tight and even the first few months of putting in and taking out my period cup was a struggle while I got used to it, so I was scared of the pain. At first, for the first few months I had very intense cramps on my period, had to go to the er once because of the intensity of the pain. That on the con side. On the pro side, I dont have premenstrual symptoms anymore. Id often have back pain, nausea, diarrhea, mood swing, heavy bloating and lots of gas accompanying my period, that along the painful cramps that Ive with my period since I was a child made my periods very unbearable. With the IUD I just have to deal with the cramps. Before the IUD Id bleed heavily for 3 days, were talking emptying my menstrual cup every hour and a half on my heaviest day, to not bleeding a lot for like a week. I can leave that same period cup for 12 hours straight and its like 1/3 full. Overall Ive had a good experience with it. I do hope that my period goes away completely eventually, but after a year that hope is kinda small. Thank you so much, this calmed me! [deleted] Nice to hear the PMS disappeared, thank you! Theres actually a study that shows that tramadol and naproxen significantly reduced pain for IUD insertions. https://pubmed.ncbi.nlm.nih.gov/22766124/ As far as I can tell there havent been any follow-up studies done (big surprise), but this does show significant results. If I were you, Id advocate for pain relief and if they say theres no studies that show adequate pain relief, use this one to refute that claim. There are ways to help reduce womens pain for gynecologic procedures but it seems theres very little being done to actually implement them. I had it for three years and enjoyed the convenience of never getting pregnant or having a period. However, during that time I gained thirty pounds (ten a year!!!), because I was super low-energy and hungry all the time. I had it removed and my exercise tolerance went way up and Ive lost ten pounds since having it removed. I switched to the Caya diaphragm which was a bit tricky to get my hands on (ended up getting it through the Costco pharmacy) but I like it a lot more than hormonal birth control. Oh thank you for sharing! Being tired and hungry all the time doesnt sound very nice though 😵‍💫😵‍💫 To be fair I am 17 years older than you, and everybody has a different body, maybe you would have a different experience. But I definitely slowed down a lot and had to take it out. Im on mirena number two and I will continue to have one for the rest of my life. I have not had a period since getting the first one inserted and intend on never having a period again. The first one was done when I was under, having an abortion and the second one I got late last year. Getting it inserted was pure hell, I would take a broken bone over it but it was 100% worth it. Make sure you take the day off and have someone drive you. I was so shakey afterwards that I could barely stand. Pain aside, I was back to normal the next day with a tiny bit of spotting but otherwise fine. Im horny, skinny and happy. No moodiness, if anything weight loss instead of weight gain. I highly encourage anyone to get a mirena. Havent had a period or had to think about it in like a decade. No other side effects that Im aware of. The insertion was painful, not gonna lie. But its over in a minute, followed by 5 glorious years of no babies and no periods. I did not gain weight or lose my sex drive. Got a Mirena at your age and had it for three years. Love it! Barely get anything resembling a period any more, so I barely get any symptoms. Only major side effect has been some alopecia (not total, just general moderate loss of hair density). Its the docs best guess, since I havent had it out to confirm. But again everyones different. And you can always yoink it out if its not working for you. I had 3 Mirena, over 14 years. The only time I had 4 or 5 very light periods in that time. Install was painful, but not enough where I wouldnt do it again. I didnt get a new one installed because my husband got a vasectomy. I adore my mirena iud. It kinda hurts when they insert it, but it is usually fast. You will spot bleed for a long time sometimes even months. But just be patient because it will stop eventually. then you wont really have a period anymore. I havent had a period in about 9 years thanks to my iud! Just make sure you go in when they tell you to get it removed so that the strings dont get lost. I didnt gain any weight either, so I am thankful about that. Youll be fine! I got mine after a baby so a lot of my experience may not apply to you but I did kinda regret it for a while because it made me bleed and cramp for like 4 months. Not a ton but enough to be annoying and mess up my underwear. Its stopped since though and Im glad I got it. If you do get it, get one of those packs of pregnancy test strips from Amazon. Its nice to be able to check since your period changes/disappears and theyre way cheaper than the ones at the store. If it is an option, I would recommend a cervix softener for insertion. Yes it made me feel like I had a mild flu (crampy, miserable, achy, bloated) but it made inserting the IUD pain free for me. I had 2 kyleenas. Best birth control Ive ever been on (currently in my early 30s). Ive done pill, depo shot and fleet close to zero side effects from the IUD. No periods or spotting. No weight gain,mood swings, none of that. I was able to conceive about a month after having it removed. Insertion was painful but very much worth it honestly. Ive had a Mirena for 2-3 years and that was a replacement for the prior one I had for five years. Not gonna lie, insertion (and this go round, removal + new insertion immediately after) SUCKED. My uterus started spasming when the first was removed which was not fun. I did forget to take any alleve or anything, but next time Im definitely asking for something. However actual pain was gone very shortly after I left. Mild cramping for a few days but really nothing. That is literally the ONLY downside for me. My period all but disappeared, I might sporadically spot for 1-3 days every 4-6 months but for someone who could bleed thru a tampon in a matter of hours, this is great. I dont have to do anything to avoid pregnancy (also married so Im not worried about STDs) for years. I had issues with some oral bc messing with me, but not this. I didnt gain weight because of it and when I made an effort to improve my diet and exercise, I lost weight (honestly thinnest Ive ever been in my adult life at 44). I understand everyone is different so YMMV, but Im a fan. Personally I think this option should be available to all teenage girls who want one. I had the kylena pre child for 3 years and just got mine replaced 2 months postpartum. I have migraines with aura so this was my only option for birth control other than the minipill or the implant (my friend had horrible experiences with that one). Its great! I was one of those few which didnt have issues with pain on insertion. Mild cramping like a period for a day or so after inserting the first one pre-child, but never had issues with it. I always still had a period every month, but it was super light and just really needed pantiliners. Unfortunately they dont suggest using cups with the IUD because the suction can displace it, but I also never used one before and didnt want to risk having to replace the IUD to try. Could you describe the pain more detail? How long does the insertion take? Im

To those who have had an IUD taken out What were the first few months like after? Is there pain/bleeding etc? How long did it take to get pregnant if you were trying to? Im trying to research when the best time to take it out would be right around my wedding/honeymoon RemindMe! One day Do you have particular plans around when youre trying to get pregnant? Is there a significance with that timing? Took like 9mo to get pregnant. You should really be asking your doctor about it. No significance really, I was just wondering if I got it taken out before the wedding/honeymoon, would I be in pain or bloated or bleeding, or if I should wait till after we get back. I figure were not going to try or not try on the honeymoon, but if it happens itll be awesome and if it doesnt thats fine too I was just wondering what the general feeling was after someone got it taken out. I will be talking to a doc about it but they also told me when I got it put in that it wouldnt hurt much and that was a giant lie I would wait until after, why mess with the big important moments of your life the removal of my first mirena didnt hurt, but ive seen other accounts of some pain. I agree with this entirely. Its different for every woman, but with the potential there I would definitely postpone shaking up the system until after youve gone through one of the most hectic yet most photographed days of your life. And you deserve to feel great on your honeymoon, so unless its bothering you now Id wait until youve returned home and things are pretty much back to normal just to be safe. [deleted] Relief Oh thats horrible Im sorry you had to go through that Depending on what kind of IUD you have it could change your hormone levels to remove it so I would wait until after the wedding. You might be bleeding for a few days/weeks after removal, you might get some acne if your hormones are changing, etc. Id wait, but neither choice is bad. Thats a fair point, thank you I had to have mine removed due to it not deploying correctly and it was a bit painful to remove but it was nothing compared to the insertion. And the pain doesnt last longer than a few minutes. I had some heavy bleeding with minimal cramping for like 2 weeks after but Im pretty sure that was due to my uterus being irritated from the improper iud placement.

Advice on getting the mirena coil Ive been plagued with extremely heavy and painful periods for years. Ive had scans, tried the contraceptive pill, etc. and have now been referred to a consultant, who thinks the next step for me is to try the mirena coil. Ive heard a lot of people say the mirena has changed their lives, and Im excited, but Ive also heard that having it inserted can be extremely painful, especially if you havent had children (which I havent). Thankfully, theyd said theyll do it under local anaesthetic as they would like to put a scope up there to have a look at my womb lining while theyre in there, but Im still pretty nervous. Does anyone have any experience of having this done, and can you offer me any tips? For example, did you need hot water bottles after? Or need to take time off work for a few days? Thanks! \*\*EDIT:\*\* Thanks for your responses, everyone. Im feeling a lot better about it and definitely leaning towards excited more than nervous. And its good to know that I can just have it removed again if it really doesnt suit me. Thanks so much! I have had three mirenas and it is the best thing that ever happened to me. I have never taken any pain meds other than a couple advil before the procedure per my doctors recommendation. I never needed time off, and never had any pain worse than period cramps. I do not have children. I know it varies for everyone but I see SO MANY POSTS on reddit by women who have never had an IUD inserted saying that they are so worried its going to hurt so much. But for a lot of us, it is not that bad at all. Dont be nervous. It doesnt matter because theyre going to put you under, but for all the other women thinking about getting an IUD but worried it might hurt: DO IT. A small amount of discomfort is well worth the peace of mind. The United States has some of the [lowest IUD numbers](https://www.motherjones.com/politics/2012/09/why-are-iuds-unpopular/) in the western world, and its no coincidence that they have a ton of unplanned pregnancies there too. In many countries, 1/4 women have IUDs! They are safe, inexpensive and EXTREMELY EFFECTIVE at preventing unplanned pregnancies. They are as reversible as the pill, you just remove it. TL;DR Get an IUD everyone! Im on my second Mirena. I love it. Initial insert was painful for a VERY short time. I didnt have any kind of an aesthetic and I have never had children. I went to a little party that evening after my insert. I took a couple ibuprofens and was fine. The short amount of pain is worth it for me to not have periods anymore. I feel great! I am on my second Mirena and have never had kids. Its seriously one of the best things Ive ever done for myself and I cant imagine ever using a different birth control method. I had it done in the US and it was a regular office visit. No scope/ultrasound for insertion and the only pain relief was that with my second insertion, I took 4 ibuprofen about 40 minutes before. It hurts but it is 1000% worth it. On a scale of 1-10, I found the worst part to be about a 6. It only lasts for a few seconds, though. After that, I had normal period-like cramps. FWIW, I have PCOS so Im pretty familiar with heavy, painful periods. Insertion doesnt touch the most painful of my periods even though insertion is more painful than I assume most peoples periods are. No periods is hands down the best part of my Mirena. Im in a monogamous marriage so not worrying about accidental pregnancy is great but still doesnt compare to the relief I feel about my periods. I sometimes forget that periods are a thing at all and its AMAZING! In the nearly ten years Ive had an IUD, I have had spotting for a total of three days. Ive had some occasional cramping. If it sticks around for more than a day, I take a pregnancy test for peace of mind. Take the day off for insertion and plan to just hang out at home doing normal rough period day activities like eating junk food and watching movies. I was fine the next day to do whatever. I was slightly crampy but nothing a normal dose of pain reliever couldnt take out. I also had some spotting the day-of. Some people bleed a lot during and after insertion. Some people dont bleed at all. The doctors office gave me a panty liner which was fine but when I worked in a health clinic, some women needed actual pads. I wouldnt use a tampon. Your body is upset internally. No need to add to it. (If you have a period with Mirena, you can use cups/tampons. I just wouldnt immediately after insertion.) Removal also hurts a bit but not as much as insertion. When you get it inserted, dont stop breathing at any point. Even when it really hurts. The tensing up will make it worse. Try to stay as relaxed as possible. Wear comfortable clothes. EAT! Anecdotally, people who dont eat are more likely to not handle the insertion well, at least when they dont get a local anesthetic. tl;dr: Yeah it hurts but its SO WORTH IT! Yes, Im really that emphatic about how much I love my Mirena. I have the mirena and will need to replace it soon. For me there was barely any pain. I got it inserted in the morning, went home to rest and then later that day I went out to a party with friends. To me it felt slightly more uncomfortable than my period (by the way, my period cramping is usually maybe a 3 out of 10 normally). The insertion was very fast, it took the doctor less than a minute to insert and the speculum was inside me for maybe 3 to 5 minutes at most. For heavy periods the mirena would be great because it lightens the flow. I havent had a period in, like, 5 years now. My period gradually disappeared a few months after insertion. The only negative thing that happened for me was after I got it inserted I developed a slight yeast infection. I had never had a yeast infection in my life before I got the IUD but since then Ive been more prone to developing yeast infections. But despite that the mirena is totally worth it to me. I had a mirena put in under general anasthesia (tilted womb and wonky fallopioans - reckons hed need a while) and the recovery was easy peasy, no more uncomfortable than a heavy period feeling. No children here either. However, I get somewhat emotional on progesterone, explained this to the obgyn and he assured me it will be way less intense hormones than the pill. Cost $2,500 out of pocket. 4 months down the track, all the hair at my temples had fallen out and the rest was so thin, I cried about 2 to 3 times per day and I had persistent suicidal thoughts, all which were new and unusual for me. I went to a GP after one month and he said I just needed to wait 3 months and my hormones would settle down. At that 4 month point I booked into a GP, insisted female, and basically started crying straight up and said please take it out. She asked if i was sure i didnt want to wait as it might still settle down. I was a very meek, non-theatrics person back in my late 20s, but I said something along the lines of if she didnt take it out Id likely jump off a roof by the end of the week. Up on the table, speculum and she yanked it out. Felt instantly better. No pain either thank goodness. Anyhoo, TLDR; if you think it makes you crazy, you might be right. Listen to your body, thats not your new normal. I have a Mirena and have never had kids. It was briefly uncomfortable during insertion, which was without anaesthetic - less painful than my period cramps generally were. That was three and a half yers ago. I no longer have periods, the moodiness is much less, no breast pain any more, and it helped with some other endocrine bullshit I had going on. Im never going back. I have never been pregnant and got a Mirena 2 years ago at 38. It was VERY uncomfortable... for maybe 30 seconds. The only thing I did was take some ibuprofen beforehand. I had fairly heavy periods and I still get one 2 years later, but now I get by on only pantyliners instead of multiple tampons and pads every day of my period. Just dont be afraid to remove the Mirena if it makes you unwell. I was one of the 5% of Mirena users who experienced depression/anxiety, cystic back acne, and eventually had 0 sex drive within 6 months. I was not believed for a long time but felt so much better after taking it out. I now use a different IUS. Everyone else I know loves their Mirena though. I (38F) have mirena too. Definitely recommend. Not much to add to whats been said already, except that Ive noticed a drop in my sex drive. Im not in a relationship and (perhaps relatedly) Im training for an Ironman in a couple months so its not a huge deal, but when the race is over I might ask my dr about it. This wouldnt put me off the idea though.

Ive only heard IUD horror stories. Could those who have had POSITIVE IUD experiences share some? Got a copper IUD inserted in 2016, just before I moved in with my then boyfriend. Had it removed this August. It gave me absolutely no fuss, was pain free other than during insertion, had light period, and no pregnancy scares. I had a copper iud inserted a few months after giving birth. I was very surprised it did not hurt, I had heard a ton of horror stories too. I took 800mg ibuprofen before hand and requested a nice, calm nurse to hold my hand. I felt some dull, deep cramps after but no pain during insertion, and nothing sharp or debilitating at all. My cramps have been worse with periods but its totally worth the peace of mind for me. Have not had it removed yet. Getting my IUD put in was horrible. Each time. BUT outside the appointment, I appreciate my IUD very much. I dont get a period anymore, which after years of horrible, painful, long, and irregular periods, this has gained me days of each month back. Ive had two IUDs, now combined for about 10 years. When this one turns into a pumpkin, Ill get another one, and now Ive found a gyn who will give me proper pain relief for the procedure. I dont have one, but my 17 year old daughter got one a few months ago. Her periods sucked, and pills werent really helping. Doctor suggested an IUD, as there was a good chance it would stop her periods altogether. And the years of dont-have-to-think-about-it birth control is a bonus. But she had heard horror stories about IUD insertion, so she was afraid to do it. Were in Texas, and after Roe, she decided to do it because she was afraid (and rightfully so) that she may not be able to get one, or any hormonal BC, at some point. Let me preface this by saying, our doctor is AWESOME. Find a good doctor. It will make a difference. Our doctor gave her all the meds for insertion and nitrous oxide. It was quick and my daughter said she barely felt it. She had spotting for the first month or so, but after about three months, she stopped bleeding altogether and her periods stopped, which was the goal. She loves it. She got the Mirena. Getting my IUD was uncomfortable, but bearable. Take some extra strength pain pills before, I had to stop on the way home, and I also used a heating pad. Not having to remember pills or rings is great and I dont have a period anymore either and I have really enjoy that benefit. I wish I had done it sooner but I let a provider talk me out of it in my 20s. Ive had my Mirena for about 3 years now, and its the best thing I ever did. It was uncomfortable when it was inserted and a little spotting afterward, but other than that its been a breeze. I had a super light period maybe a month after getting it, but its been gone ever since, which is heaven because I always had really heavy flow. I love not having to remember a pill and not buying period products! I sincerely love mine, 3 years strong. It took a full year to get used to heavier periods but the relief that Im that much more not pregnant is worth it. Im on my second one, Mirena. I got it primarily to stop what were becoming periods so heavy I was perpetually anemic and ill (whooo perimenopause). Insertion wasnt fun, but Ive had way worse days. Mainly I was cranky about how I was expected to do this terrible thing to my insides, then go back to work/childcare immediately, when my husband got everyone pampering him for a week post-vasectomy (and actual painkillers!). My advice to everyone is to expect for 6-8 weeks that you feel that youve made a horrible mistake. Then you get 5 years of the easiest uterus care ever. I plan to have a rotating supply of IUDs until I am fully menopausal. Im on number 2 (technically 3) of the copper one. First one I was out for insertion, so no pain. Woot. Second one 10 years later definitely hurt. BUT - it was brief and didnt last after I was done. When I went to my follow-up, the insertion wasnt right so after an ultrasound we realized my uterus tilts back instead or forward. That makes a difference apparently, lol. No issues after replacing it, though it still hurt. Im absolutely satisfied with getting it, and would get it again but hopefully I wont need it in another 10 years. I couldnt handle all of the hormonal options, so this is just wonderful. This! The first week after insertion I spent curled up in pain and could barely work, but I havent had severe cramps since the first week and I used to get disabling cramps every month. Im over 3 years in on my second Mirena. I had some mild to moderate pain with both insertions, but nothing I couldnt handle with some ibuprofen in my system. I had a couple weeks of minor bleeding and a few days of cramping right after. The removal was no big deal, I can barely remember it. In over three years, I have had ONE DAY of very very light bleeding, no cramping, and no unexplained emotionality (that was how I experienced PMS). To me that is very worth the initial pain. They are good for 7 years now (used to be 5 quite recently), so I still have another 3.5 years to not think too hard about my fertility. Personally I am very happy with it. Thank you so much for sharing! So happy youve had a great experience. So glad youve found a good doctor! Thank you for sharing your story. If you are/were sexually active, did you have any pregnancy paranoia? The pill is the WORST for me. Not only remembering to take it, but even when Im consistent, the side effects are BONKERS. Thank you for sharing your story! Ive had multiple Mirena IUDs. I think Im on my 4th one? Ive had one for 18 years now. Insertion/removal have been uncomfortable for me, but it never hurt. My first one was inserted 8 weeks after my second kid was born. Slight cramping for a day or two after insertion. I love it - having no period is the best thing ever! Insertion was awful for my paraguard, but had it for 8 years without issues/no real side effects. Got sterilized, so no longer need but if you find an obgyn who will do some pain meds 10/10 would recommend. Im on my third IUD! I absolutely love them. No more painful cramps, no hormone side effects, and my period is so light a few panty liners is all thats required. That and all the cheetos in my immediate vicinity. They can be a little painful to get inserted but a good doctor will offer to numb your cervix to make it more comfortable. Ive done it both ways. The first one will be the most uncomfortable because its such a weird sensation but by my third its no big deal. I do Mirena by the way Had a Marana (dont know how to spell it) and loved it. I had no pain, no more discomfort on insertion than a normal pap, and after a few months, no periods or just light spotting. I loved it and never had a problem. My sister has had a simular experience and is on her third one. We both highly recomend them. The insertion was a shock to the system for a few minutes. Then it was over and I love my IUD. Its awesome. No pregnancy scares. Periods stopped. It helps reduce the chance of cancer in the organ thats no good to me and will only act as a tumor basket. No complications or issues. Im happy that the Mirena is approved for 8 years now, extending my expiration date. When its expired, Ill be getting another one unless the whole thing gets taken out. Have had two copper IUDs for a total of almost 20 years. Never given birth. Was on the pill before, struggled with it, and had to plead for the IUD the first time. Having an IUD changed my life significantly for the better: much lower anxiety levels around possible pregnancy, much lower stress about maintaining/remembering the pregnancy prevention side of sexual health. My IUD makes me feel safer. I think about losing regular health care, about living through the pandemic, about moves and relationships ending, all the ways things can turn upside down, and I am relieved I have my little buddy IUD. Insertion isnt fun but was fine for me, just a passing unpleasantness. A couple days of cramps after the first insertion. Replacement was easier. Im lazy about checking the strings but its always there when I do, no issues with it. Menopause is on the horizon and Im so glad Ive had a set it and forget it kind of birth control to ease my mental load and keep me safer the past decades. I got mirena 4 years ago and it works like a charm. Havent had kids before so the insertion was extremely uncomfortable on just ibuprofen. It was the cramping in the hours after that really sucked but since then its been smooth sailing. I have my second gynefix right now and I love it, I especially love not having to worry about it becoming misplaced as it is impossible with this one (after the first month). Due to medical reasons I was lucky enough to get it placed under anaesthesia. The first doctor made some mistakes which let me to bleed for a month, but the second one was great, no bleeding, no pain, nothing. Ill keep this one for as long as I can. I think the most important thing is to have a great doctor, one who cares about your wellbeing. I had Mirena, after my then-boyfriend and I had a pregnancy scare. They last for five years, and I had a replacement one put in after 5 years. Over those 10 years. I had not a bit of trouble. Mirena also stopped menstruation for the most part, too. I was so happy to not have to remember the pill! Ive had mine for a year and a half. I didnt feel any pain when it was inserted and then had some bleeding/discharge for a couple months and then Ive had very light, regular periods ever since. I would highly recommend it!!! Im on my second Mirena IUS. Having it put in was painful, but the gas and air made it tolerable. I had bad period cramps for a day or two whilst it settled, but havent had a full period since, only occasional spotting every 3-4 months. I still have a sex drive, I havent gained weight (in fact Ive lost some), my mood is stable, my skin is fine. It helps suppress my endometriosis and dysmenorrhea

IUD while high? Im planning on getting the IUD but I am terrified of the pain. I have heard horror stories. I dont smoke or use any sort of substance really but I was wondering if anyone ever took some THC gummies or something before the procedure and did it help? As a stoner this is a really bad idea. Cannabis makes your body more sensitive which can feel great if you are relaxing but medical procedures, tattoos, and piercings will all hurt more. Especially if its your first time. It is not good for acute pain like this. Darn I was really hoping to find something to help Agreed. Weed makes me feel sensation much more than I do sober I got an IUD (copper) many years ago and recall not having that much pain \*during\* the procedure. However, I had a lot of pain and cramping that night and couldnt sleep. If youre gonna use THC, Id recommend using it \*after\* My GP gave me script for like 10 Ativan pills (anxiety medication) for things like this, flying (Im afraid) and going to the dentist. They really help. Do not experiment with drugs DURING a medical procedure CBD may help, but THC just makes everything more intense. Ask your doctor for something as soon as you get there. If you decide to take anything, make sure they know about it during the procedure so they dont give you anything that might jeopardize your health (or life for that matter, mixing drugs can lead to death) Ask for something like Ativan or Valium. If you take that or something similar about an hour before your procedure, it should be kicking in at about the right time. Your clinic may want to administer it to you there, though, so make sure you have a ride (you cant drive yourself under the influence) and plan to get to your appt a bit early if they prefer to give you a med there. Also take a high dose of OTC painkillers beforehand. It wont make it not hurt, but may take the edge off just enough to be bearable. Ask your doctor for pain relief. You dont want your first experience with THC to be during a medical procedure you are apprehensive about https://clinicaltrials.gov/ct2/show/NCT02219308 https://www.cosmopolitan.com/sex-love/a21350348/iud-insertion-pain-management/ Can you call ahead of the appointment and ask what your available options may be ? Side note, but you should get your uterus checked for abnormalities if you didnt already do this. They dont always do it. Uteruses comes in a few different shapes, and some cant actually use an IUD. It wont cover the whole shape, and you will easily get pregnant. Something like 5-10% of women have an anomaly but many dont notice. I always tell people since I miscarried a month after getting an IUD since my uterus is heart shaped. My doctor prescribed me one dose of Ativan for my IUD insertion because I was so anxious about it. You could try for something like that. Note: youll need someone to drive you to and from the appointment if you have a prescribed medication most likely.

Im so scared for my IUD appointment after how it went the first time I have an IUD appointment tomorrow, I have one in now but my period symptoms started comming back so Im switching it out to get rid of them, because thats why I have it in the first place. Im. Terrified. The first procedure was absolutely terrible. It hurt so bad after my doctors said itll only be a pinch. I screamed, threw up, and then fainted. They couldnt find my blood pressure levels and I had 3 or 4 nurses come in to try and wake me up or something, I dont remember its blurry. But the entire experience aparently lasted 2 HOURS. I couldnt walk for 2 weeks after because the pain was so bad. My appointment tomorrow is with a gyno I trust more, but my doctor isnt the one doing the procedure. I was told at my first appointment with her ( a year ago) that I could be under anesthesia but now the doctor doing the procedure is telling me theyll use a local anesthesia and I should take ibuprofen before the appointment. After my experiences, I dont feel like I can trust any doctor fully and its a 90 min drive home. Im so fucking scared Ive had to stop myself from crying throughout today. Im so close to canceling my appointment but I know I need to do this because my period is worse and more often. I want to be knocked out. I dont want to deal with this again. I was crying on the phone with the doctor when talking about the appointment last week, I cant help it. She said that the anesthesia is too unsafe for the procedure and the local anesthesia will help but getting a shot down there??? I feel like Im going to pass out just typing this. I have to do this all alone this time and Im so scared. My first experience was like this too. Definitely the most excruciating pain Ive felt in my life. I too am at my expiration date lol. I have to have mine taken out and another put it. Im so dreading it to the point I cant sleep some nights. It hurt so bad I dont care what anyone says. I also have a tilted uterus so they said that couldve resulted to some of the pain. I wish you well my friend. Also Im a grown ass woman and still had my mom in there holding my hand..about broke the thing from squeezing so hard. As much as it sucks we have to go through this..Im glad to know Im not the only one who had the same reaction as me. My first iud insertion was also a excruciating nightmare, and I put off the replacement because I was so terrified of going through that again. But I talked with my gynecologist and she prescribed me an Ativan and a Percocet to take 30 minutes before the procedure - one to take take away the pain, one to make me not worry about it. And my god what a difference: I floated through the procedure, took a glorious nap at home afterwards, and woke up feeling right as rain. So if you can, my recommendation is to try and get the good drugs (and someone to drive you to and from the appointment), it made a world of difference. I called the office to move the appointment and ended up crying on the voice-mail (ugh but i hope she gets how fucking scared i am atp). I tried telling her before how bad it was the first time but I think we need an actual conversation and I need \*actual\* drugs because I cant do that pain again. Ill ask her about the ones you mentioned tomorrow but Id rather be knocked out so I dont remember it :l one time was enough Good luck! Have you thought about switching to nexaplon, I have the older version and its honestly great, its in my arm and it barely pinched when inserted Would that have the same effect? The reason I have the mirena is bc of heavy and abnormal bleeding. I got mine for the same reason and I havent bled since I got mine back in December Ok thanks. Ill have to talk to my doctor and see if thats a viable option. Thats cool because I got mine for the same reason. My periods are so bad I get anxiety attacks if I feel cramping now (rip my mental health). Ill ask her about it. I do really like the Mirena, its just the procedure that is mad terrifying

Having my IUD changed tomorrow, how should I prep for aftercare? Im having my IUD removed tomorrow, and a new one put in. Obviously we dont do this every day, what can I prepare in advance to make recovery comfier? My anxiety is high, and last time I was in no way prepared. Get some painkillers (advil or whatever works for you) and take them before you leave. Have heating pad and more meds at the ready. I would take 800mg of ibuprofen (motrin, advil) half an hour before the appointment - thats probably the best preparation! Ask for anesthesia (a paracervical block) if possible. At home, more advil and a heating pad. Good luck. Set up where you plan to relax for the rest of the day before you leave. Have a comfy change of clothes already out, blanket and pillows set up, remote or laptop near the spot for entertainment, snacks, really anything so you can just crash as soon as you get home. And take an over-the-counter pain killer before you go! thank you 🥰 thats great advice, thank you! thank you 🥰

Nitrous Oxide (Laughing Gas) For IUD Placement I just had my third IUD placed, its a Paraguard. I got a Paraguard when I was 18, it was expelled for an unknown reason, and I got a Kyleena after the expulsion. Ive had the Kyleena for 3 years, but its been the main cause of my acne and I couldnt take it anymore. I wanted to try the Paraguard again and they agreed to do it under ultrasound to be extra sure of the placement. I took 800mg of ibuprofen, 1000mg of acetaminophen, and was given nitrous oxide (laughing gas) for about 5 minutes before the procedure began and during the entire procedure. Heres that experience: IUD placement hurts but I have always known that it is really the only option for me. After having two previous IUD placements I was nervous, but I did want to know how the laughing gas would help. It was strange, I definitely still felt the pain but it was almost as though I was observing my body as it was in pain. Its hard to express, but it helped. I yelled and cried at the end, as usual for me, but all-in-all, it was the best experience Ive had so far. If you want an IUD, the best advice I can give you is to advocate for yourself. I had to ask for extra pain treatment before they even told me the laughing gas was an option. It took me a while to build my confidence to this point, but please ask as many questions as you can at your consultation and insist on more than ibuprofen and acetaminophen. You deserve to have a non-traumatic IUD experience. IUDs are one of the most effective forms of birth control. In this post-Roe world, I encourage you to have a good conversation with your doctor about long-term forms of birth control, placement, and pain management during the procedure. It sucks, but Im glad I did it. Temporary pain for 10+ years of protection is worth it in my book. Laughing gas is so underrated!! I used it during labor and experienced the effect much how you describe. I could feel pain but I was kinda just ok with the pain. It makes so much sense for them to offer this for IUD placement and other similar procedures and Im glad it helped you!

How to get iud My periods are ass, Ive had birth control 2 diffrent times. Most recent my mom didnt get a refill, like last time I was on, and I was sortive just bleeding lightly all month and then it got heavy again then ended. Im 16, I know it hurts a lot but the cramps I be having and all the pain Ive had in the last 3 years added up is worst than that. Do u go to your doctor and just say u want that or do u gotta go to like a planned parent hood or something and get parent consent. I can pay aswell You can go to your doctor, with or without your mother and tell them you want an IUD. Most likely theyll refer you to a gynecologist who will examine you and place the IUD. Oftentimes you have to buy them from a pharmacy with prescription and bring it to your appointment. I have never had an IUD but I have many friends who say their cramps actually got worse with an IUD. Maybe those here with experience can speak to their own pros and cons of an IUD. Ive had multiple iuds and you can get them at planned parenthood or from your OBGYN. The copper iud actually made my periods heavier while the plastic one made my period eventually stop. I did stop that one and stuck with the copper one because I had other side effects as well. I had really intense pain when I was around your age Id also get pins and needles/numbness through my limbs to the point where I couldnt make a fist or hold things properly I got implanon and these symptoms along with a few others drastically reduced, if youre getting cramping Id suggest reconsidering getting an iud because they can sometimes make the pain worse if they contain copper, this is because it can be an irritant which causes inflammation. This was the advice given to me by the gp I saw and the implant has been really great for me because its a very simple procedure thats non invasive. Just a local anaesthetic and then the bigger needle for the actual implant which is about the size of a match stick and lasts for 3 years. You can also feel it where it is with your other hand but you cant actuallu feel it sitting in your arm just statically if thats something that puts your mind at ease

Just got home from getting my IUD put in... ...and I just wanna give you all a couple tips if you decide to do it: Have someone drive you, and bring trash bags. I ended up puking in the car on the way home. I knew to expect cramps since Mom had told me ahead of time, but I didnt expect to get sick. Anyway I just wanted to let those of you who may get an IUD know ahead of time, just in case. Take care of yourself. Feel better soon! I also had a pretty painful experience, some dizziness, and lots of severe cramping for a few hours afterwards. At least the hard part is done and its one less thing to worry about! Rest up and treat yourself :) I got my IUD today as well. It was the worst pain I have ever felt. Had to lay on the table sweating and faint until I could drive home. Ahhhhh yeah, pain and shock can cause intense nausea; When I broke my collarbone (sports), I didnt feel pain initially, but I went into shock and I felt incredibly nauseous. I am sorry it happened to you. Thank you for leaving an FYI for the next person! Broken collarbone here too! I dont think I felt it for like a day or so, according to what my family told me. I was just a kiddo when it happened. Playing in my tent in the bed of my uncles truck, saw a spider, freaked out, and fell. I had cramps from hell before going on the pill and nausea was part of it. One time it was so bad that I wound up dry-heaving. I (correctly!) assumed the cramps would be that bad lol so luckily the only thing that surprised me was getting sick. My mom was a fucking saint about it though. The pain meds kicked in! My dogs on the bed with me and Ive got my feel-good book, \*Howls Moving Castle\*, in reach. Oof. Hope youre feeling better, and happy cake day! According to my friend, the first insertion is the worst and then after that its not as bad. Thank God, I had no pain meds, was not on my period and have never had kids, so it was bound to be bad. Hope you have a speedy recovery and good outcome! While I absolutely sympathize I will also reassure you that labour is still far more painful!! Painkillers, heat pads, if youre in a different kind of legal state some edibles (dont smoke, coughing sucks!). Pamper yourself tonight and you should be fine in the morning. If not, call the doctors office and tell them you dont think its sitting right. If youre particularly sensitive to pain and/or used to heavy cramping maybe give it a second day if the painkillers and heat is working. Good luck!! I am very glad your mom was so awesome :D Not a fun mess to clean up lol Luckily there was barely a mess! She had just done laundry and had a reusable shopping bag in the car so I got sick in that lol. It started to leak a little so I put my stuff in the back and set the bag on the floor mat. Thank you! Ive been on the pill up until yesterday and have never had kids. The pain meds kicked in so my cramps arent as bad. Now Im nibbling on saltines and drinking sparkling water. I went to get an iud recently and I warned my doctor a bunch of times that I cant withstand pain at all and have had bad experiences from some botched procedures in the past. I asked multiple times for additional medicine for numbing. Naturally they ignored my request but I paid for the appointment and felt like I didnt have any options. I was prepped and when the doctor started the dilation I yelled because I was in the worst pain Ive ever felt besides my appendix nearly bursting. The doctor got mad at me for being in pain which in my eyes was super unprofessional and shows a lack of empathy and told me that if I cant deal with it she cant help me. Needless to say Im getting an iud placed by a different doctor in the OR. I think everyone should know they can have one placed under anesthesia if pain is a problem because I didnt know that going in. Im extremely upset over my initial experience but hopeful for a better and more caring experience coming up. I am so sorry you ladies have experienced so much pain with an IUD insertion. This is not okay. We need to hold medical professionals to higher standards of care. Doctors have been ignoring our pain and concerns for too long. This has been going on forever, and this needs to change. I hope the dialogue here starts change. This is not acceptable. Im in the UK and on my 3rd IUD. About 45 minutes before the fitting appointment I take 2 paracetamol and 2 ibuprofen (you can buy these over the counter at the supermarket or pharmacy). This will really help, as will a few deep breaths and making sure you get to lie down for 10 minutes after. I think paracetamol is called Tylenol in the US. PS Dont believe Doctors who tell you you cant have IUD unless youve had a kid. Its bullsh\*t. They just think they know your mind better than you do (oh shes only twenty-something / thirty-something, shes bound to want kids soon and Ill have to take it out again Urh, nope. Nopety nope). Also the procedure tanks your blood pressure. Make sure youve eaten something light an nutritious that day or you increase the chance of fainting. Pee before you go in too! You dont want someone poking around in there when you have a full bladder! My OBGYN told me I should get Mirena because I have fibroids that bleed like crazy because I take blood thinners. I also cant take painkillers so Im kind of terrified of getting it put in I regretted not taking pain meds beforehand lol. My doc did ask if Id had kids before, and I said I didnt, so luckily she doesnt buy into that bs. My IUD is good for 7 years and Mom was telling me that if I wanna have kids before then, they can just remove it. My doctor is a woman and she was amazing. She was upfront and was letting me know what she was doing as she was doing it, and that not all IUDs are successfully inserted the first time. Luckily mine was, but I still appreciate her saying that so I could at least mentally prepare myself for the possibility. Mom let me know ahead of time about the pain, and when Dad learned that i was getting an IUD put in he advised me to have some tylenol on hand. He also asked me if I needed him to come visit for support. I let him know Id be fine. Earlier today he texted me to check in and see how I was feeling. The only time Ive had bad luck with doctors was with a couple of my therapists that didnt work out. Im on antidepressants now and havent seen a therapist in about a decade, but theres been times where Ive needed to because of my work environment. (Libraries arent as quiet as they seem, sadly, but thats a systemic issue and a shitty management issue.) Holy shit fuck that doctor. Im so, so sorry. I had some leftover chinese food before going in and they took a urine sample for a pregnancy test so my bases were covered lol! Ive got the mirena. It was like a consistent pinching feeling with everything up there, especially since they also gave me a pap smear before the IUD was inserted. The worst of it, aside from getting sick, were the cramps. Hopefully theres other kinds of birth control thatll work for you because this is not fun. The upside is, according to my friend, the initial insertion is the worst, and then its easier after that. Also, the worst of the pain is on the first day. My cramps today are much milder, basically on par with how my cramps have felt while on the pill. I am so happy that you found an awesome doctor to do your IUD insertion. That is amazing that she let you know what she was doing, as the procedure was taking place, and your mom informed you of the pain you might feel for this procedure. I feel that doctors should be 100% honest about the pain, and what is going to happen for each procedure. If they lie, we dont trust them the next time we go in for anything. That is if, we go in for anything else... I hope you have better luck with your therapists! Take care! Thanks for the reply! I get hellacious cramps so that would definitely be a plus in my book

Medical references online or pamphlets for IUDs are not accurately explaining how painful the procedure is When I got my IUD, I was told my both my doctor and the medical documentation for the IUD that I should feel some light cramping when in reality, it was the most painful experience ever. I heard from so many women on this sub and others on their experiences being similar to mine. Whenever I look up some formal documentation on the matter, all it says is that you might experience some cramping even though that cant be farther from the truth Now I am about to get my IUD removed and I dont trust what the pamphlets or documentations have to say about the pain since they have already proved to not be accurate. So instead, I would like to turn to you ladies For those of you who have gotten your IUDs removed, was it as painful as getting it inserted? Getting it removed was literally painless. Especially when compared to the insertion. My doctor had me cough as she pulled it out and it was over. [deleted] Ok thanks, my mom told me it was also painless for her. She however has given birth in the past, obviously, so I wasnt sure if that would play a part in making it easier for her For removal, (Ive had 3 iuds) all the Drs did was pull it out. Didnt feel anything. Its the insertion that is a monster. I havent had any children yet, if that helps. Ok phew thats a relief, Ill still take some pain medication before hand Thanks! Although that is very true, I feel like they shouldnt compare it to child birth pain scale since not all woman have given birth Just got my Mirena removed last month and I was literally crying and jumping off the table. Getting it inserted was painful but getting it removed was a whole different level of hell. Worth noting - I had to get my cervix manually dilated too and also got a Paragard IUD inserted in the same visit, so that definitely didnt help. If youre just getting it removed, the pain would be a lot more temporary. But I would still recommend asking your provider if they can prescribe anything for pain or anxiety. I shadow an OBGYN who routinely prescribes toradol and Valium for IUD appointments, and she was shocked that my doctor wouldnt give me anything for the pain. Ask your doctor! And if they wont provide pain management, find a different doctor 👏 Cool story So women should have to endure any and all pain without complaints or assistance, as long as it is less pain than literal childbirth? Is that your stance? Having it removed HURT but only for like half a second. Its hard to describe what it felt like other then to say that it felt like something big going through something small and that it made me afraid for childbirth. But it was over before the pain hit and Id have happily endured much worse to get that horrible thing out of me. I also felt weirdly empty for a few days. Dont hate me but I didnt think insertion really hurt that much, but removal hurt even less. The main difference was that there was a lot of cramping after insertion and none at all after removal. Getting it in involves a lot more faffing about (measuring your uterus by poking right into it before they even insert the IUD, holding the cervix still is literally piercing each side with a device called a tremaculum.) Hurt but not in the same ballpark as insertion. Have had 2 x IUD total, 11 years altogether. No kids. Tried for a 3rd time and they messed it up so now my other half is getting a vasecotomy. I am in the minority of women where my IUD insertion was totally fine. Popped two Advil before, they put it in me, and 5 minutes later I left and drove myself home. Had a weird pressure I could feel for a couple of days before I couldnt feel anything anymore. Had it for 3 years then decided to get it out bc it was making me spot every day for months. Didnt take any pain meds for the removal. Couldnt even feel them pull it out, I had to ask if they were done. Put my clothes on and drove home just fine. I do realize Im in the minority though, so my experience more than likely wont be yours. My wife had hers fall out twice. Didnt even notice one of the times. I hope Im an outlier, but mine had shifted lower and hurt horribly on removal. I think I screamed; I know I was loud. When they were done, my husband looked horrified. The doctor turned to me and said, They were supposed to tell you to take some ibuprofen before the appointment. He didnt have anything to say after I told him Id taken FOUR (the max safe dose). If you can have someone there with you to hold your hand, it might help you relax and hopefully yours will go better! [deleted] Never had a removal before - I very wisely chose to go with a copper one so that I hopefully would never have to get it replaced before having kids, which was a smart decision. I suspected based on how Pap tests feel that it would be a lot worse than light cramping and asked my best friend to drive me to and from the insertion appointment, SO glad I did. Its definitely way more painful than they make it out to be (although still SO worth it for anyone wondering). However Ive heard overwhelmingly from people I know that the removal is absolutely nothing in comparison, fairly easy. I wish we knew what the actual incidence of degrees of pain is. The people who comment here are more likely to have had hard experiences. My impression from the limited medical literature on this is that the experience is at most moderately painful for most people. But its also clearly horrific for a substantial portion. Im glad it was easy for you. Ive never had an IUD myself, but can confirm that every single one of my friends who have or had one, said insertion was blindingly painful. Medical professionals need to be thorough in their explanations of risks and side effects. Its not fair. Insertion is way worse! Doc went in, told me to cough, and pulled it out while I coughed. I was heated up for much worse. I wouldnt say I didnt feel \*anything\*, but it was NOTHING like insertion. They literally just pull, its not like insertion where they keep inserting various instruments and clamping your cervix and whatnot. \\*This is if your IUD is still in place. If you cant feel your strings, prepare for a very unpleasant experience and an introduction to the IUD hook... Honestly I dont really like how everyone says its so painful. Its been more than fine for me, a little uncomfortable at most. Everyone is different. I ended up being scared because of posts like this but its honestly been a completely fine experience with my doctor taking literally a minute to insert it. I love not having to bother with painful periods and that I finally dont have to remember about pills! I just got my first IUD inserted last month, and I really didnt think insertion hurt at all either. I had read so many horror stories online that I was waiting for 11/10 pain, and it was barely a pinch. She said she was done and I was like wait what? This is why doctors need to be honest with pain. If they keep telling patients oh, its no big deal at all, then anyone who suffers more pain is going to feel like an outlier. Which leads us to now, where we rely on anecdotal stories from friends and strangers on the internet. Pain is not something doctors should shy away from discussing with their patients to spare their feelings. If it hurts, we should know \*beforehand\*. Ive never had an IUD but I know someone that did. She said when she got it taken out they just ripped it without anesthetic &amp; it hurt 10x worse than putting it in. I just had mine replaced and removal was painless I didnt notice it almost. Honestly insertion wasnt that bad. I think this may differ across different people - insertion the first time was not that bad for me, and my recent replacement was even less painful. This is definitely not to invalidate or discount the experience of all the women who have had a different experience - Im just saying its possible that it does vary. Also I had a new OBGYN this time and I kinda think she was just better? Same here, didnt feel any different than a pap smear for me, no Advil. Curious to know if youve given birth? Wonder if thats the difference? Sorry to hear so many of you had awful experiences. So greatful for you all for sharing, otherwise Id be telling everyone IUDs are no big deal. Ive been scared off from getting one, partly because of these stories and partly because I have a very low pain tolerance in general. Hoping my boyfriend will be willing to get a vasectomy instead since he already brought it up. Some women have babies. Seems pretty fucking irrelevant to the post at hand? The people Ive talked to irl about it almost passed out from pain. I think moderar/nbd is certainly the minority. Nope never given birth. I got my IUD before I was really sexually active. I think its just boils down to pain tolerance and cervical sensitivity. I wish there was a study to test the variance. Okay, weird, but...have you ever accidentally eaten string or hair and have it...not come all the way back out? Like where its sticking out a little and you have to just give it a tug to get it all the way out? Thats a lot like what my IUD removal was like. I vaguely felt it coming out, but just kind of an odd sensation, not pain. But, the insertion process wasnt really painful to me- just like a pap smear. Oh boy. Thats gonna be me in a few weeks. No strings to be found. Cant wait. Like a lot of others have said, getting it out was a breeze in comparison. The insertion was so incredibly painful and the nurse had to come back twice to check on me bc I couldnt get off the table to get dressed. I dont even remember much from the removal appointment or how much pain it caused if much at all. It probably did hurt some, but in my experience the removal is nowhere near the pain of insertion and you should be fine. First IUD came out relatively painlessly. The second was implanted in the wall of my uterus and they tried to take it out

IUD pain when laying down [deleted] Its been awhile... But Id say thats pretty normal. It lasted about 3 days for me, if I recall. Im sorry. They dont tell you how much it actually hurts.