Post-IUD Insertion Bath? Hey friends! Random question... I got an IUD put in last Friday (its now Thursday). I was super lucky that my OBGYN was amazing and gave me a pill to take to help dilate my cervix and gave me numbing shots before inserting my IUD; I barely felt a thing and I feel super lucky. I am loving it so far! My question is this: Im a huge bath girl, they are my biggest ways to relax. I had a hard week at work and want nothing more than wine and a bath. I didnt know if that would be bad so soon after my insertion? Has anyone here taken a bath post-IUD? Should I wait a little longer to heal? When I got my IUD they didnt mention anything about baths. I did some googling and the advice ranges from no restrictions, to waiting 48 hours. You should be well in the clear. Which IUD did you get?! Also you should be totally fine with the bath, usually they recommend 24 hrs after insertion nothing going in to prevent infection but thats about it. I got Mirena!! Thank you for your advice!! Youre fine for a bath the only thing my doctor recommended when I got mine was dont insert anything for a couple of days ie no tampons/cups etc Just commenting to say Im so jealous of the dilator and numbing shots!! Dang where do you live? Youre going to think Im lying, but believe it or not, Texas!!

My NP wont put my IUD in until Im on my period! I went for an IUD consultation August 11th and decided on the Mirena. She said since I just had my period the previous week to call and make an appointment during my next cycle and they would put it in. Okay... I didnt have a period September, October, or November. I went to see her in November and they gave me a progesterone pill to start my period. Finally! I started my period on a Monday and called the GYN to get my IUD. Im a nurse and my only day off was Wednesday and that didnt matter because they didnt have anything absolve until the following Wednesday but wouldnt see me bc I most certainly would not still be on my period. Why wont they put my IUD in? Ill never be able to schedule my irregular crazy period around my days off. I cant take my narcolepsy meds until Im on BC. Also I work with Gyn surgeons and residents and they said an IUD can be inserted anytime. Get a new gyn, this is ridiculous. Thank you. That is what I assumed would be the answer. Do you know if an IUD is more painful while not on your period? My NP said shes never had anyone with issues from an IUD and I wonder if its because they only do it on your period. Some offices prefer you to be on your period because your cervix is slightly open, but it should not be a requirement. They can give you dilating medication and/or pain meds. It can be done at any time in your cycle. Im sorry your gyno isnt working with you to make it an easy time. I had mine put in a few days before my period was supposed to start. They certainly can put it in at any time. They do it on your period because its much easier on your body with your cervix being slightly dilated. I was on a different birth control method that didnt give me a period at all so I had no choice but to get it inserted when not on my period. Im not going to lie it was an extremely painful insertion and I think me not being on my period contributed to that. But theres no reason other than that which would make it not possible. I feel like they are giving you an unnecessarily hard time If youve never had a child, it will have a higher chance of being painful. Hence why they prefer you to be on your period due to the reason @campb159 mentioned. I was in the same situation for my first IUD, the first planned parenthood said no since I wasnt on my period, but the second PP i went to (i called ahead to make sure) did it. HOWEVER, my first insertion was so painful and traumatic compared to my second insertion (which I was on my period for). But the differing pain levels could be due to many other factors too, like different doctor, I knew what to expect, I took painkillers prior the second insertion, etc. Hi. I have narcolepsy and had an iud for the same reason as you!! I am also about to be a veterinarian. Have you had children? Women who havent had children have a very small opening at their cervix into the womb. Childbirth stretches everything out a bit more and makes it easier for a doctor to insert an iud through that opening. If you are like me, and have never had kids, the only time that hole is naturally relaxed and open is when it is allowing blood to pass during your period. Its the best time for a doctor to see and to insert an iud just because it is HUGELY less painful for you. Your doctor is just trying to make the process a little less unpleasant, I am sorry they didnt take the time to explain it. I hope this clears up their reasoning a bit for you, I hope it makes sense. I have had a crazy long day in clinics and am not sure if i am making sense anymore haha I have had 2 IUDs never on my period, making it more difficult to get birth control should be illegal I wish I was able to wait till I was on my period. It reduces the pain significantly as your cervix is already open slightly. However in your circumstance I can understand you needing it done sooner rather than later. Yes, but Ive never given birth and have had two IUDs put in without being on my period and had zero trouble. It wasnt painless but it was truly not bad. It is a nice extra to try to time it, but for someone who doesnt have regular cycles I think its ridiculous to require it. It is completely possible to insert an IUD at any point and multiple pain management techniques are available. At best, they should have just explained to OP that it might be more painful and let OP decide. In my personal experience it doesnt make much different at all. I had two attempted IUD insertions, both got as far as the sounding. First time I had taken misoprostol and I was on my period, second time no med and on my period. They both hurt an equal amount (metric fuck ton). There is limited evidence in support of either but if it worries you get the prescription and go get a new GYN. The cervix is meant to be a bit more one-way, there will be some degree of pain regardless of if youre on your period or not. The only way there wont be any degree of pain would be with a cervical block which most places dont offer. My body would clearly not accept an IUD, and thats okay too. If the IUD doesnt work out there are other options. Im also calling BS on your gyn saying they never have issues with pain. How would they possibly know? They arent the one getting each and every procedure. Its a strange claim to make. The only reason to wait would just be to make it easier/more comfortable. I just got a Mirena a couple weeks ago, and they told me that theyd try to put it in, but if my cervix was too hard, theyd have me come back on my period and put it in then. But I wasnt on my period and they got it in (still insanely painful) successfully. So yeah, go see a new practitioner. Im also a nurse and currently on my third IUD… never have been on my period for any insertions. Get a new NP!! Thats crazy. Id definitely go somewhere else! My NP had no issue putting my Paragard in without me being on my period. My NP prescribed me a few pills that softened my cervix. I just made an appointment then started taking the pills a couple days before I was suppose to go in. My first one I was not on my period 7/10 pain, bleeding and discomfort for months until it fell out at months 3. Second one on second last day of period - 4/10 pain. No bleeding and discomfort at all after my period ended. Go on your period it helps a lot. Never had kids so if youre on the same boat it hurts less. [deleted] I had mine in not on my period (Im super irregular) and it was like a 5/10 for insertion. To be completely fair I have a decently high pain tolerance but it wasnt anything I couldnt get through with a couple of deep breaths. But the cramping in the aftermath was really bad. Probably a 8/10. I got the copper so Im not sure how normal that is. Some practitioners wont do it because your cervix is supposedly softer on your period, therefore the procedure is less painful. Theres research to say the more comfortable you are during the procedure the less likely perforation and insertion complications are. Your schedule sounds crazy busy- perhaps get another practitioner who will do it when your not menstruating. Best of luck! That doesnt make sense, I got mine put in while I wasnt on my period and no problems See a new doctor. I was skipping periods on continuous BC and switched to the IUD so I never had periods. My gyno assured me it really doesnt make \*that\* much of a difference if the HCP is experienced. It wasnt that bad for me, personally. The panic attacks leading up to it were worse than the actual experience. Find a new NP/gyno. You dont need to be on your period for an IUD insertion. Many doctors insert on period days because the cervix is softer and allows easier introduction of the tools and IUD. But you can get it inserted on other days too! Everyone is different, some patients need meds and others dont (I didnt use meds and yes it was painful but not unbearable). The time of your cycle has very little to do with IUD rejections. If youre prone to lose an IUD, your body will reject it no matter what time of the month. I got my Paraguard on days I wasnt bleeding twice. I had to get it replaced because I was an idiot and pulled it out with my menstrual cup 🤪. I got a new one again a few days later. Heres to year 3 of an amazing iud This is so dumb! For my first IUD, I was recommended to be on my period. It expelled so I went to another gyno. She said I could get it in at any time. I got my second Copper IUD any other time before my period. No ibuprofen, no period, just IUD insertion and vibes. Best of luck! Oh I mean I totally agree the NP is being ridiculous with trying to time it the way she is, Im not defending them at all. All Im bringing up is typical reasoning for trying to do this sort of cycle timing thing. I was also someone who experienced little to no pain, but Ive known many others to describe it as excruciatingly painful. I also bring it up as someone who has a primary physician who, out of her own nervousness, will not insert an IUD for anyone who has not had a child. That is ridiculous but I still suggest you wait until youre on your period. I got mine the week after since Im irregular too and really regret it. Your cervix dilates while menstruating but mine wasnt so they had to manually dilate it. It was incredibly painful. From what I heard its not as bad during your period. Good luck!

IUD anxiety Im currently on the pill and its just not working for me. Im really excited to try an IUD and im currently setting up an appointment at my doctor to get one. However Im incredibly scared and anxious. Im not worried for when I have it in, im just scared of the process of putting it in. Ive heard really awful things from alot of women and I was doing okay until I saw a tiktok yesterday of these claw like things they apparently use to stabilize your cervix?? ouch. i honestly dont know how to link to the video (sorry I dont know much about reddit haha) but heres the link from tiktok: https://vm.tiktok.com/TTPd2nS1yV/ now Im rethinking getting one.. and it has to do with nothing besides the insertion process. does anyone have any tips or experiences that might ease my anxiety about this? :( thank you all so much! I would not pay attention to the TikTok. I saw it too. Ive had two IUDs put in and it did not hurt much at all. Everyone is different but the best thing is to remain calm. I was completely calm when I had both inserted. I think that helps a lot. [deleted] thank you, Ill def try to be calm :) thank you! Im actually bringing my mom haha, 20 years old and still having momma help me at the doctors haha Ive seen the same tiktok—ignore it. Theres a chance your doctor may not even need to use one. I took three tylenol before getting mine done and the worst part was the speculum they use to open your vagina. Even then it wasnt that bad. They used the tenaculum (the tool in the video) on me to aid insertion and I didnt even feel it. Its a scary looking tool but dont let the negativity of tiktok influence you. You can do this! Im getting mine tomorrow morning and am really nervous too. Good luck, fingers crossed for both of us! Im waiting for an appointment for one. I dont get on with the pill and condoms feel a bit plasticy. Weve been a bit irresponsible and being doing the pull out method whilst tracking my cycle, using condoms during fertile week. Im 40 so less likely to accidentally get pregnant but not impossible so Ive requested an appointment. Avoiding reading too much about it so I dont worry too much. I have never used forceps like the ones in the video you linked while fitting an IUD. The ones we use arent sharp and do not pierce the cervix. The procedure can hurt for some people, but not all, and if you are concerned about pain then you can ask your clinician to numb your cervix with an injection of local anaesthetic. When I had my own IUD fitted I didnt have anaesthetic, and the procedure was painful for about 20 seconds, but bearable. Got mine 3 weeks ago and insertion felt like cramps nothing some ibuprofen cant fix tbh Hey, Im 32 and I sent my mom a text from the parking lot saying I would call her if I needed a ride home after my IUD insertion! Hahaha You can ask your doctor what to do to reduce pain. There are options to take ibuprofen beforehand, meds to dilate your cervix, anesthetics they can use. Discuss it fully with your provider, and Im sure theyll be able to help make the process as easy as possible for you. Ive had three placed so far. The first one was the one that is probably the most typical. The part that hurts is the part where they measure your uterus. It takes less than 10-20 seconds, and thats not an exaggeration. Everything up to that point is \*very\* similar to a PAP smear in terms of being more awkward and uncomfortable as opposed to painful. I had two other placed after that, both after a traumatic delivery, and that added additional layers that we struggled with, but the most painful part is still the sounding. It passes so quick, they place the thing immediately afterwards, and its done. Youll be a little uncomfortable for a few hours, but nothing that Advil cant handle, and possibly not as bad as your usual period cramps. Best thing you can do is remain calm and take pain meds before the procedure. Its really not too bad, the whole process is maybe 5mins or less. Every woman is different, but for me it wasnt anything more than some temporary discomfort and cramping. Well worth it! Trick is to close your eyes or look away, try not to look at any of the devices that theyre using (except for when they show you the box to confirm which IUD youre getting) that way you dont build anything up in your head Just a reminder that bad iud stories go viral on tiktok and people know that. They will always get more attention than good iud stories because theyre more intense and not boring. Not saying that the persons iud was not painful or that they work for everyone but the majority of stories on tiktok will be negative and terrible experiences because of the algorithm. Edit: i got my iud almost two months ago after scheduling and cancelling three times because of horror stories. My only regret is that I stayed on the pill so long avoiding the iud Ugh i seen that video as well. I had no clue thats how they did it either but ive had 2 iuds put in and once my skyla expires i will most definitely get a 3rd one. The insertion wasnt painful in my opinion and while that video looks terrifying, it felt nothing like that. I had a small pinch and then a cramp and then it was over. Some cramping afterwards but nothing unmanageable. Some women might have felt more but for me it was worth it. I will never go back to pills or a injection again. the stabilizing is the least painful part surprisingly it honestly didnt hurt at all. the insertion was the worst part by far. So I psyched myself tf out too and when I actually got it I asked have you done it yet? Lol so youve got this!!! I had one put it, it did hurt a lot for me. Everyone is different though, it may not hurt at all for you. I will say this though... even though it hurt I never regretted getting it. I always felt that the pain from my IUD was worth it. IUDs are a really reliable form of birth control and they last for a long time. It makes sense to be nervous. Try to stay away from watching these videos. It is important to talk about reproductive health and the issues with it. But if they are impacting you to the point of fear then maybe its time to cool off on watching them. Just had Mirena inserted today. I was prepared for a painful experience, but tried to remain calm. Took 800mg ibuprofen 1 hour before. Yes, it did hurt (verbal ouch! Ow! and heavy breathing through pain) but all of that lasted maybe 1-2mins. Once equipment was removed my body relaxed. And I didnt feel any pain or cramping. Hours later I am having mild/dull cramps but not even as bad as period cramps. Body just feels sore and tender. Overall it was a positive experience, and Im hopeful for the benefits (birth control and stopping my awful heavy periods) Your comment was removed as it contains a derogatory term (which is commonly used to describe / demean women). Please review, redact, and repost comment if appropriate. Repost - not editing previous comment. \*I am a bot, and this action was performed automatically. Please [contact the moderators of this subreddit](/message/compose/?to=/r/birthcontrol) if you have any questions or concerns.\* Hi! I was literally you the past 48 hours :) I had booked my IUD insertion after just a brief convo with my doctor and not really haven done much research but she sold me on it with the whole set it and forget it. Plus after years on the pill Ive I think it lowered my libido so I wanted a change. My doctor wanted me to be on my period and prescribed 200mg of misoprostol to take 6 hours prior. Then 600mg of ibroprophin 1 hour prior. So I scheduled for next week. Fast forward to Thanksgiving and I start my period a whole week early so I call the office yesterday to reschedule and they can only get me the next day (today) and suddenly all the time I thought I had to do more research was gone haha So last night, I go down the rabbit hole of both positive and negative experiences about the insertion process and pain. I have a decent pain tolerance but I read stories about people who felt the same but then really suffered. Soooo I had some anxiety today. I took the pill this morning with some bread and coffee, got nauseas but I wasnt sure if it was because of the misoprostol or anxiety but my motion sickness bracelets helped immediately. I decided to keep them on all day through the appt. Fast forward to 1 for my appt and they do the typical stuff like urine test. After doing the whole pants off drape on situation, the doctor gives me time to ask any questions and go over things. I told her I was mainly nervous about the pain and how long cramping will last and she was honest that every woman is different. Legs up, lay back, duck bills go in, she swabs the back a little to clear up my period, she uses another swab with iodine to disinfect. Thennnnn the painful part: whatever is used to open the cervix a bit more. OOF thats a bit of a pinch, stronger than a pap smear but hey not too bad. She tells me, ok one more pinch and youll have an IUD my dear. And a second later, if my uterus was a toe, I just hit the corner of a coffee table in the middle of the night. Very painful, a bit of a shock, and lasted enough time for me to think if childbirth is like this or worse I dont think I want kids. So, the cervix pinch followed by the actual insertion, seriously maybe 10 seconds tops. She pulls everything out after cutting the string and has me lay there for 5 minutes with my knees together and still bent. I can use my phone and she offered me a cup of water which I gladly accepted. The cramps set in but didnt feel any worse than a bad period cramp or when you eat bad food. I was able to leave with no issues and after walking to the car, the cramps were already becoming milder. When I get home I dont feel like moving, Im lucky enough to WFH during this so I put a hot pad on my belly and work on the couch. Fast forward to this evening and I dont have any cramps. 6 pm rolled around and thats when I could take mo

has anyone used Ovira with the copper IUD? Im sure its fine but wanted to see if anyone had some kind of reaction or if it helped with cramps. I think since there are electrical pulses I got nervous with the copper 😅 [deleted] I would love to try this but am in the same boat!! The cramps are horrible from the iud! [deleted] It says on their website its safe! Im tempted to order one right now. Id love to try vagisil I didnt use ovira, but did use an off brand tens machine while I had my copper IUD. FYI ovira is the same as a regular tens machine. You can get equally as portable belt loop tens machines on Amazon for 1/3 the price. Electrical stim definitely helped my cramps! My tens machine had a heat setting as well. Alternating between heat and electrical stem was a lifesaver!! Good luck My husband bought me Ovira and honestly its amazing. So easy to use And even in public you can hide. I have PCOS and when I use the ovira with my paragard i have 0 issues and dont have to take any pain meds. Can I ask which one did you got? Having a hot water bag in my belly helped incredibly. I had cradling myself in fetal positions kind of cramps. Thought life would never be the same. But after a week it all went back to normality. Loads of pain but worth it for 10yrs worry(pregnancy not stds) free sex. My bf got ovira for me as a surprise however sadly it didnt work. I had to return it. I felt like it intense my cramp cause I could feel the vibration as well as my cramps I honestly cant remember. I found it at Walgreens or CVS and it was the cheapest one that had a heat setting. I moved out of the country and have everything in storage now or else Id find it and check! It was just an off brand one with reusable sticky pad electrodes Didnt even think about it, Ive been a TENS unit these past few weeks for back pain and not gone up in flames :D Try magnesium - its worked wonders for me! I tried an off-brand TENS machine whilst I had the copper IUD, and honestly the cramps felt worse when it was on, - but they do have different modes so you could try all of them and see if it works! I read some good reviews though, so hopefully it works for you. Bro I think my uterus commits suicide once a week. But hey. No baby for seven years. Yayyyy. I paid $400 for the damn privledge I stg I used a regular tens unit with much success. As it turns out, my cramping was very severe due to my iud being displaced and partially embedded. Sad face. No more iud for me. Yep, I used a TENS unit during labor and only paid $23 for it on Amazon. I had the copper IUD and the cramping and extended periods werent worth it for me. Wait, what is ovira? Can someone explain this to me? Ive always felt that if I flex around my period it brings on a wave of cramps and this is a muscle stimulator. I have another, cheaper brand of TENS unit (Omron, I think) and Paragard. It really helps, but I would be super careful how quickly you turn up the settings. I think I turned it up too fast one time -- I was in a rush before work and trying to get as much relief before I put my uniform on, and I turned the machine to a higher setting right off the bat. I could visibly see my abdominal muscles flexing and I got a burning/stabbing sensation on my right side that lasted more than a week. My dr was pretty useless, she had never even heard of using a TENS unit for menstrual cramps and basically told me to stop when it hurts. Awesome!!

Should I get an iud or an implant like nexplanon? \*advice needed\* So I went to get an iud yesterday, but I stopped it before my gyno even put it in because the speculum was so painful and uncomfortable for me. It was some of the most discomfort Ive ever been in, it literally felt like I was being split open from the the inside out. I dont know if it makes a difference but im a virgin and havent ever given birth obviously. Before the appointment I took 800 mg of ibuprofen and i believe she had me take a misoprostol. So Im considering other birth control options and any advice would be really helpful and greatly appreciated!!! Im still open to getting an iud but I dont really know what my doctor can do to make it any less painful for me. Some doctors do offer sedation, both full and partial. Others offer cervical blocks. Unfortunately, this is largely region and doctor dependent. I tried to get the IUD three times and couldnt make it through either insertion. I opted for the nexplanon implant instead. That insertion was a total breeze. Have a chat with your doctor about pain management options and consider the arm implant if you dont want to try the insertion again. Yeah I did talk to my doctor about local anestesia and she said that the best she can do is give me a benzodiazepine and some type of numbing cream? Dont know how helpful that would be but whatever. Anyway, this was very helpful to hear of someone having a similar situation because Ive only heard complaints about cramping and not the insertion which made me worry that there might be something really really wrong with me lol. Other comment is right, whether you can be offered sedation is very hit or miss, where I am sedation isnt offered at all AFAIK. If you were given misoprostol to dilate your cervix then theres honestly not much more they can do if they dont offer sedation. Ive had two IUDs inserted and being completely honest, if the speculum was enough pain to not be able to carry on, there is absolutely no way youll be able to handle the insertion itself. But keep in mind I was given nothing for but numbing cream for both of my insertions, so it may be easier with misoprostol. Id definitely opt for something else if I were you though, sorry. EDIT: Just saw your comment, theres nothing wrong with you at all for being in pain with the speculum in since youre a virgin - thats 100% normal so dont be worried about that. The benzo should kill any anxiety or nerves you feel during the insertion but youll still feel everything with numbing cream as it only numbs the outside of the cervix so I still felt all the pain of it going in and the sounding instrument they use inside your uterus before (my pain tolerance is high but I can see how people pass out because of this).

IUD removal unsuccessful due to strings not visible I went to my OB/GYN to remove my Mirena IUD and unfortunately, my strings werent visible so it wasnt the quick turn and cough most people experience. It felt as painful, if not more, than the insertion process and I had to request to stop because I couldnt handle the pain. My doctor essentially has to open my cervix to look for the strings to pull them out and it was not successful. She said she will give me anti-anxiety medication and something for the pain the next time I come to remove it, but I am really nervous and wondering if anyone who has experienced anything similar can share what the process was like for them? I dont want to keep avoiding the situation because I cant leave it in there forever. Please share your experiences! Have you eventually been able to get it out? Im curiuos &amp; in the same situation. Yes! My dr gave me numbing cream and looked again using ultrasound. It was MUCH easier the second time with the numbing cream. I didnt have the anti anxiety medication because she didnt fill that prescription for me before I came. But it took less than 5 minutes the second time.

How was your IUD placement experience? [deleted] I love my IUD but \*hated\* insertion. I went to Planned Parenthood. The first time they couldnt get it so I went back on my period when my cervix was more dilated. They didnt offer pain management so I took 2 midol 1 hour before and one more 30 mins before. They were useless. The pincher hurt, the measuring hurt, and the IUD HURT. Id rate it 8/10 pain but it was quick. Immediately after, the pain was a near constant 7/10 and with cramps it would go right back to that 8/10 every few minutes. I was a complete mess on the car ride home. I felt like I was going to throw up for a bit. I took another midol which did nothing. When I got home I popped a FAT edible and then I was fine. No pain. No cramping. Cured. The next day, I was fine. No symptoms at all besides some spotting. My insertion was positive. I already have chronic anxiety so I took a xanax before. I only felt them measuring my cervix, that was it. I also did not get it when I was on my period. Cramping the day of was pretty intense. I got it placed in the morning so the whole day I was sleeping the pain off. Now im a month into it and i still get occasional cramps and the spotting comes and goes Got it on my period. Took two ibuprofen beforehand. Got a prescription for the pill that you stick up there and it softens your cervix. Felt like an intense pap smear. Not much pain but a lot of pressure. It took me a while (a few months, US-based) to get the appointment, but that was in 2020 so that could have been a reason. I had a great doctor who explained everything. I have a pretty high pain tolerance but still found it quite painful (maybe a 7 out of 10) and was on my way. I had zero bleeding afterwards. About a half hour after I got it in, I got an increase in pain and that lasted about the rest of the day. I stayed busy and active (being up and moving about, not actual exercise lol). The second day the pain was normal period cramp-like for me and then it was smooth sailing from there :) I loved my IUD while I had it and while it was painful it was a quite positive experience for me.

Weird IUD side effects? I just had my 2nd IUD put in and even though Ive done this before I had some side effects this time I didnt have for my 1st IUD. Right after the doctor put it in my hands cramped up and completely froze. I was holding something in my right hand and I couldnt let it go! They cramped up like that for maybe 5-10 minutes right after! I have never experienced anything like this and I was wondering if it was normal?

First IUD tomorrow (aaaa) Hello! So Im getting my Kyleena tomorrow morning... Ive just read a bunch of posts about it, and I havent really found an answer to a couple questions: 1. (This ones more specific to my situation-) How bad could cramps realistically be post-procedure if I never experience cramps? Like I couldnt tell you the last time Ive gotten cramps, but that might be because Ive been on a couple different pills (combination/minipill) for several years now. I read that insertion isnt as painful for people who do experience pretty bad cramps because its a more familiar level of pain. Sooo since I never get cramps, am I going to feel like Im dying? 2. How does the amount of hormones in Kyleena generally compare to that in pills? Im just wondering if any of the side effects Ive had from the pills, both good and bad, are going to get better or worse based on that ratio. But maybe it doesnt work that way. Thanks in advance to anyone willing to share their thoughts :-) Hi!! Best of luck tomorrow! 1) So I recommend taking over the counter pain relief if you can before the procedure to help, but it ultimately just depends on your pain tolerance. I have historically had awful, extremely painful periods, so when I got Kyleena inserted the first day of my period, all was good. There was definitely more cramping than normal, but I had no issue going to work that night. However, my sister was not so lucky, and despite having an easier insertion she was in too much pain to walk about two hours afterwards and another friend needed someone to drive her home after the insertion. Just plan to rest, but assuming the doctor is good, the insertion at least should be smoother. 2) Im not too knowledgeable about the science of anything, but compared to pills Kyleena definitely has a stronger affect on my body. I had taken BC pills for years, and never did I have any crazy side effects or noticeable symptoms from them, but the IUD still affects me and my period (much longer periods initially to no period now) and appetite. Nothing too crazy though, and for the first 6 months at least its supposed to be this way (Ive only had mine for about 4) and then things should mellow out Thank you! Im hoping I dont keel over because I was planning on going to work after, but I guess well see lol. Very interesting to hear Kyleenas had a stronger affect on your body–I dont know why, but that made me realize Ive been expecting the opposite. Ill definitely need to monitor myself for the first 6 months because the negative effects I get from the pills are not cute. Regarding your appetite, has it increased or decreased? Yes! Just be mentally prepared to not work tomorrow afternoon and rest, but I definitely did push myself and still work anyways because I really wanted the money and I could handle the pain. From what I understand, after the first while from the IUD you adjust and theres normally not so many issues as time goes on. I know a lot of people are concerned over weight gain when getting the IUD (but thats just a birth control issue in general), but I have not have had any issues. The first week after my insertion I was hungrier than a horse(still didnt cause me to gain weight despite eating multiple large meals a day) and after that it toned down. This past week Ive felt the same, but its likely due to the hormones once again as theyve stopped my period as well I have had a Kyleena IUD for 4 months. 1. My insertion procedure hurt like a mofo. It wasnt a quick in/out. There was some concern that it wouldnt fit so she tried a couple times, which I consented to. I bled more and had additional cramping because it was a difficult. I was able to function same day, but was told to take it easy and rest. My doc requested I take the day off before I had the procedure so I planned to rest afterwards. Not trying to scare you. Just sharing my experience. I suggest follow you doc suggestions. Mine was mild pain reliever, heating pad, and rest. Also, your vagina is off limits (sex, fingers, tampons, etc) for 48hrs 2. Ive had some I with my skin, nothing major. I spotted on/off for 1-2months. Im fortunate because I bledfor the first 2 months and then stopped having a period. Good luck you too!

i have an appointment for tomorrow to get my mirena removed and replaced with something, trying to decide what to do. please help ive had my mirena for five years and my experience has been meh. i get spotting pretty often and lately ive had a loooooot of discharge, i have no idea why. im 22 and i have severe anxiety and depression as well as PMDD. i take wellbutrin xl and cymbalta for my mental health issues but it doesnt work that well. my appointment with my OBGYN is in less than 12 hours and im panicking because i dont know what to do. im also terrified of the pain of IUD reinsertion, it was hell the first time and for a few days after. my OB clinic doesnt have a surgical center, so they cant sedate me, all they can do is a paracervical block with lidocaine if i choose to. my options are basically get a new mirena, get the nexplanon implant, or try depo. i feel so lost and all i want to do is get my mental and physical health back on track. What about a copper iud? And is it an option to reschedule when you know what you want to do? Ive also heard Xanax really helps with both the pain and anxiety of iud insertion/removal, so maybe you could ask your doctor about it. tbh i havent heard the best things about copper IUDs. i cant really reschedule because my doctor is damn near impossible to get an appointment with :( would they be able to give me xanax in the office or would i have to get a prescription beforehand? Valid- my sister has a copper one and it works for her, she doesnt want to risk pregnancy and shes not willing to take hormones but it did make her menstrual cramps worse. Most likely theyd have to prescribe it ahead of time. But hey, maybe if you call and ask first thing when they open, you could go pick it up before your appointment? I dont know how the actual fuck we dont do more in terms of pain management for IUDs. im glad it works for your sister, i couldnt deal with worse menstrual cramps than what i already have though so i dont think thatd work for me unfortunately :( its beyond infuriating that theres barely anything they do for the pain and theres so many ridiculous side effects regardless of what you get. it feels like we cant win Yeah, I dont have periods anymore but thats why I never got one! I hope things get better and in a decade or two we can look back in horror at how womens pain is ignored, dismissed, disbelieved, or invalidated. I hope tomorrow goes ok for you and in the future, maybe you can look into doctors who do better pain management. Theyre starting to exist! For example, my sisters doctor gave her a drug to soften her cervix (she took the pill the night before her insertion procedure) or I know some doctors will now sedate you- but I heard its hard to find. Edit to add: I just realized you could look into valerian root- its an herb, it smells pretty strong/not great but I dont burp it up lol. It acts on the same/similar receptors as benzodiazepines- Xanax is one of the most notable benzos. I take it 2-7 days a week for anxiety/ptsd. A lot of people take it for sleep. If you have time before your appointment, you could check your local grocery store and/or health food store to see if they carry it. It would be in the herbs/supplement area, maybe in sleep aids. If you want to try it, make sure you Google for interactions with any other drugs you take and do a little research on dosage and safety. (Good practice for all herbs.) and Id tell your doctor you took it. It should help you with the anxiety, but it wont help the pain. Def have them do all the numbing stuff they can though! I take 2-4 500mg valerian root capsules depending on my anxiety level/ptsd triggers. Occasionally I take 5 for scary doctor appts because I have medical trauma. If you get you dose too low it wont help your anxiety, but if you take too much it could make you sleepy. Def be careful if you have to drive home after, maybe someone could drive you and maybe even go in with you and hold your hand if that makes you feel better? My best friend used to do that with me for scary appts and it helped a lot. Most doctors understand if you explain youre really nervous and having a friend there helps you feel more comfortable. Implant :) I have the nexplanon and I love it! Its my first form of birth control and Ive had no issues

IUD experiences with perforation/embedding? [deleted] Well, its incredibly rare, like 1:1000. But I was the lucky one. Mine was embedded in my pelvic wall under my left ovary for 11 years. I had no symptoms (which is even more rare). They procedure to remove it was super easy and a fast easy recovery (they took out my tubes as well). So it was a crazy experience, but it was really not a big deal. So as far as being worried, you shouldnt. It rare, and when it does happen its not a super invasive procedure to get it out. Thank you so much for sharing! Sounds crazy but glad you are ok :)

Changing birth control method Hi made a post a few days ago about issues Im having with my current birth control. Im thinking of either totally stopping or maybe getting a non hormonal copper iud. I would really appreciate if any of you who have or experienced a copper iud could let me know how it was/is in the comments. Not sure if youve tried but if you search copper IUD on this subreddit a lot of folks have asked about them before and/or written about their experience so you can get some extra info! Thanks!! Ill look into that. I tried the copper IUD because I was having bad brain fog/mental health problems and decreased libido on my combo birth control pills. Insertion was not bad; I thought I was going to faint because I am prone to it, but I was able to breathe through it and the nurse put a cold paper towel on my head which helped a lot. The pain was sharp but quick. I stuck it out for 6 months because I really wanted the IUD to work for me and the nurse said to try it for 6 months... but the cramps were absolutely awful. It was so painful that I had to stop in my tracks, grit my teeth, and/or lay my head down or curl up in a ball. It would come in waves and honestly felt like what I imagine contractions to feel like. I wouldnt be able to do things for a couple hours when I had cramps, I couldnt sleep or do work. I also had to pop around the maximum amount of OTC ibuprofen the week BEFORE my period and also the week DURING my period, and sometimes it still wouldnt ease my cramps. If I wasnt remote or able to stay home, I would have had to take it out sooner. I also had really heavy bleeding (like a super tampon every 3ish hours) for 3-4 days, but I was able to deal with it. At the 6-month mark/at the time of my period, my cramps were obviously not getting better and I started soaking a super tampon every hour so I took it out. I didnt feel the removal at all, it was a piece of cake! I wish that it worked for me, but Im going back on birth control pills/trying a different one

my experience getting my first IUD Its been about 12 hours since my appointment so heres my experience. I got the Kyleena hormonal iud after over 3.5 years on generic Seasonique (levonorgestrel-ethinyl estradiol). Around a year ago my sex drive took a hard nose dive and its been causing some issues in my relationship. There have been a few other problems from the pill but thats been the biggest one. I also havent had a period since being on the pill so that was a big factor in not wanting to switch to something else, as well as the pills being a big help in managing ovarian cysts. My doctor and I agreed that I needed something without estrogen because my system was overloaded and it had caused my testosterone to drop too low. Pain was my biggest concern since I dont have the best pain tolerance. My doctor said to take 800 mg Ibuprofen beforehand, and she prescribed a single .5 mg xanax to help me relax and said to take half of it. In hindsight, I probably should have taken the whole thing so Id be able to relax more and the procedure might have gone a little faster. My boyfriend came with for support and I was SUPER grateful to have him there! I was also told I could put on music if it would help distract me so I went with Rainbow Kitten Surprise. I was warned thered be some moderate discomfort and two really ouchy parts, the first where they measure my uterus and the second with the actual insertion. Not gonna lie-- it really hurt. Mostly sharp pokey pain from the measuring and insertion, and from the tool used to hold my cervix in place. My boyfriends hand should have been bruised from how hard I was squeezing lol. There might have also been a little bit of AHHHHHing on my part. They cleaned me up and made sure I was okay and said I could stay in the room as long as I needed. The most noticeable thing other than the pain was being SUUUUUUPER crampy and it came in waves so I got right into bed after we got home. The cramps were consistent and weirdly sharp feeling? But I guess I was lucky since I fell asleep soon enough thanks to the Xanax. I slept for nearly 4 hours and was feeling MUCH better after my nap. The bleeding has been more than I expected but normal pads are doing the job, and aleve has been perfect for managing pain and cramps. Fingers are crossed that everything stays mild over the weekend and into next week!

POSITIVE coil insertion story! Today I got the Nova T (copper) coil inserted. I was terrified leading up to this procedure, I spent the night before crying reading horror stories about IUDs (not my brightest idea) so I was fully prepared to be screaming in pain. I am 19 and have never given birth. My nurse was very friendly and she bought in another nurse to talk to me while I had the procedure done so I would be distracted, she also let me play music on my phone too (Tattoo by Loreen made me feel like a bad bitch. I cant lie, it helped). I got about 5 mins in and it wasnt awfully painful but I was wincing a fair bit so she gave me a local anaesthetic injection in my cervix which really helped. From there one it was just intense pressure which made me feel a bit queasy but I settled down after the anaesthetic. For me it just felt comparable to day 2 of my period where my cramps are the worst they will get. Prior to the appointment I took 2 Anadin Extras (thats paracetamol aspirin and caffeine) and then one ibuprofen/codeine (200mg/12.8mg) The painful bits were the forceps on the cervix as it made me jump but didnt hurt a massive amount, then when she measured my uterus, and then whatever she did between measuring and insertion. And it was all manageable. And I was not on my period for insertion, I was on about day 16 of my cycle. Post-insertion I felt completely fine. Occasionally an ovary will have an intense jab in it but theres just a dull background ache like a minor continuous cramp and minor spotting. Probably rate it about a 6/10 with 1 being nothing and 10 being hitting yourself in the shin with a scooter full speed. I know not everyone has good experiences and mine was certainly uncomfortable but it was nowhere near as bad as I expected. I hope this will help someone :) Remember ur a strong independent woman.

Mirena IUD experience! I just wanted to come on here and talk about my experience. I know when I was getting mine, I was scouring the internet for this exact post. This is also my my first experience with birth control and the only method Ive used. 1st IUD: I got my first IUD in December of 2016. I was 19 years old with extremely painful, heavy, and irregular periods. Because I had no idea when my period would come and the circumstances, my doctor prescribed me misoprostol to make insertion easier. Insertion is a different pain than Ive ever felt before. To preface, my pain tolerance is very high after the years of cramps that had me passing out and half my body going numb. The only way I can describe it… its a visceral pain. One that you want to eject yourself off the bed from. That being said, please dont take that as means to not pursue the Mirena! Pain was only temporary for five years of bliss. I know some doctors also provide some kind of topical/local anesthetics that help. Bring it up with them and ensure your doctor has some degree of compassion lol. I bled/spotted for around a month, cramping for the first few days. All manageable. I lost my period completely, maybe spotting 1-2 times a year. Ive had no adverse effects, no alarming symptoms. I dont think my mental health issues have any correlation to the IUD as Ive dealt with those issues for years before. Also, condom-less sex has been the norm for me and Ive had no pregnancies with the IUD. 2nd IUD: I had my IUD removed and replaced two days ago. I dont know why I had so much anxiety going into this, but I had my doctor prescribe me a single dose of Xanax to calm me. It definitely helped me tremendously and would recommend asking for it if the procedure itself is causing you a lot of mental dread. No misoprostol this time! The removal of the IUD was painless and quick. I personally was scared of removal, but dont be. The worst part is the clamps. Insertion hurts but the clamps are definitely the most uncomfortable part of the entire procedure. My doctor also knows about a pressure point on your wrist that makes all the pain and cramps go away almost instantaneously. That was the wildest part of the procedure for me because as an MD myself, I never wouldve expected a simple pressure point to get me through it. Two days post, Ive experienced some spotting. Red on insertion day, now almost black. A panty liner is all Ive needed this time around. Ive had barely any cramps but I think my uterus is just used to having the Mirena. Overall: I adore the Mirena. Ive had an amazing experience with it and have had 3 friends switch to it after my recommendation. I know this isnt everyones experience, but I remember only finding horror stories before I had mine inserted. Id like to reiterate that the pain was brief but it was entirely manageable. My doctor mentioned (from her own experience) that pregnancy, if it were to happen, is more likely in the first few years after insertion. Since I dont have my period, me and my partner do a test every 2-3 months just to be sure. Just because its 99% doesnt mean it cant happen. Being 24 now, my pharmacist also recommended that I stick to the original 5 year schedule, opposed to the new 7 year recommendation! Hope this interests someone and maybe even helps them. Open to any and all question! Im truly an open book. OH!! I also got to take home my first IUD 😂 My doctor was a bit surprised when I asked to keep it, but she wasnt opposed to handing it over haha. I am on my 3rd IUD (first 2 Mirena, and my current one is Liletta). I took about a 4 year break in between 2 and 3 since I was single and focusing on school at that time. Also so I could let my body have a break and get back to a natural cycle. I went in thinking insertion was gonna be a breeze bc my cramps and periods were much like yours. Unbearably painful and would have me in bed for days and I would bleed through an overnight pad in just a few hours. I just about flew off that table from the pain. BUT I reminded myself that the next 5 years would be totally worth it and it has been!!! My first few months Id have periods but nothing like they were before. Around month 6 they just went away and once or twice a year since then I have some spotting to where Id have to use a liner. I have always recommended the hormonal IUD to any and everyone who asked about BC options (and even to some who didnt ask 😅). Im due for a replacement March 2023 but since Im going in for surgery due to endometriosis in just a few weeks we are going to go ahead and replace it during that time so no insertion anxiety this time around. Thank you for sharing your positive experience! These are always a nice change of pace. 🙃☺

Copper IUD placed 3 days ago, bad back pain? Hi! I got a copper IUD inserted on Tuesday morning. It wasnt pleasant but it was OK, I had taken an Ibuprofen 1h before and my Gyne numbed my cervix prior to inserting it. She prescribed antibiotics for 3 days and some pain killers. The rest of the day was fine until the evening when I experienced super bad back pain on the left side. I took another round of pain killer and went to bed. Wednesday morning I felt much better and lived my life as usual. In the afternoon though the same back pain on one side started again. I took more pain killer. This morning, it was fine as well and I thought it was done. But after cleaning the house (nothing too mad) the back pain started again. Is it normal? Should I be worried? I had a copper IUD placed 5 years ago. I remember the pain from the insertion was quite awful but the following day I had no pain at all. It was a short model and this time I think I got a standard one because thats all they had. Anyone experienced the same? I am not cramping, I dont have fever or any other problems but the back pain is quite bad 😢

IUD removal... Feeling fragile Hi all. Im feeling shaken up after going to get my Mirena coil removed and a new one fitted. If anyone has had a similar experience, please let me know! ❤️ Ive had my current Mirena for five years. The last time I had the IUD put in, it was fine. Apart from some period pains on insertion, it was over quickly. The doctor was gentle, had excellent communication and there was even a nurse there holding my hand! It was great. I cant fault them at all. Today, was traumatising in comparison. The GP seemed like she was in a rush. Instead of explaining what she about to do, she started the procedure. Obviously, it was okay before, so that didnt bother me. She struggled to open my cervix, so changed to a different speculum. When that was in, she started really quickly dilating. She was going so fast, that as soon as she started poking around in my cervix, I burst out crying. It was SO painful. I would say Im not an overly dramatic person, and I have a high pain tolerance but this instantly reduced me to tears. She gave me a minute before pulling the coil out with serious force. I said I couldnt continue. I left the surgery feeling like a failure and cried on the street like a crazy person lol. I had amazing results with the coil before, so I do want it in again... Im surprised this happened. Does anyone know why this could be? I had a (kind of) similar experience. I had the kyleena and I went in to get the placement checked, my gyno was unable to see the strings (after digging around for a while, didnt hurt but wasnt comfortable) and then she non chalantly said how I should go for an ultrasound sound and if the strings are not reachable then I may need it removed with a special tool or surgery, and then she sent me on my way. I was terrified. I went for the ultrasound and I had no idea it was a vaginal one which Ive never had before, the tech was a student so she took 40 minutes to complete it until the main one said she will finish as it wasnt fair for me to be laying there with a full bladder and a giant rod in my vag. Anyway, when it was finally done I went into my car and started bawling uncontrollably. I didnt even really know why, but I think the whole experience (IUD insertion, removal, check ups, ultrasound, etc) is extremely invasive even if youve got a high pain tolerance or have had a hundred pap smears before. It leaves you vulnerable, youre not alone in that feeling! Its so valid. Thank you for sharing your experience and thoughts on this so well... I, and Im sure OP, appreciate it. Hey! Please dont feel like a failure. I had my Mirena removed this Tuesday and thats exactly how I feel too, fragile. I had a similar experience has u/banjosalem where my strings were not visible, and the doctor told me I might need surgery to remove it. He did a quick ultrasound (with a portable machine) and was able to find it and remove it but holy... Ive never felt pain like this before. Ive also been very lightly bleeding (more like spotting) since then, and its adding to my anxiety. Has anyone had spotting 3-4 days after their removal? (Mine was done like 1 week before my periods so that might be why Im bleeding, I dont know..) Its unnerving hearing you may need surgery as if its just another Tuesday. Im glad they were able to remove it manually though! I didnt really care how much it hurt as long as they got it outta there hahaha. I think with the timing of the removal that spotting would be normal, as the hormones are leaving the body at the same time your period is expected soon. Also, I feel like the removal process can cause some friction which could cause bleeding as well. My iud wasnt hormonal when i had it removed! It had a 5years life (it was the mirena) and I had it gor longer than that. Thats why I think I might not have the hormonal imbalance that some experience wgent hey remove theirs! But yes since I was right smack in the middle of the luteal phase, that might explain the spotting i guess! Im starting to have very muld cramps so I think the periods are def coming. Ugh, Im sorry you had that experience. Maybe your gyn wasnt familiar with the mirena applicator (at least I think thats what happened with my situation…it sounds like we had similar experiences), or your body didnt react well to the stress of feeling rushed and poked and pinched (why would it?) and thats why it was so painful. I dont really have any helpful advice, but just wanted to say I can completely empathize. Feel better soon, get a heating pad, and know that you certainly arent fragile or over dramatic. You are not a failure! Its an invasive procedure at the best of times, let alone when the doctor doesnt communicate with you. If possible take some time to do some self care: bath, hot water bottle, face mask, take out - whatever it means for you. Look after yourself, you are doing great!

First time getting a T copper IUD [deleted] [deleted] What helped for me was asking my doctor to go slow and tell me what was happening. Also having a very empty bladder. It did hurt but wasnt unbearable for me (the speculum was the worst part) and I took no pain killers before or after. Good luck with your insertion.

Going to get my IUD placed in 2 days and feeling nervous Im (F18) really worried right now cause ill be putting in my Kyleena IUD in just a few days. Anyone got tips on how to get through it? Ive never seen a gyno before so im a bit scared of it being awkward. Also the pain is said to be super bad (I freaked myself out watching too many videos about IUD placements). I know it only lasts for like 5 minutes but does anyone have any tips? I really want to bring headphones and just blast music to distract myself, but i doubt ill be allowed lol. Im also on my period right now so the combo of cramps and putting in the IUD will most likely suck ;-; Ive had Kyleena for 2 years. The insertion was swift and only felt like having a moderate cramp. I scared myself reading everyones reviews more than anything lol. I was told to take 600mg of Ibuprofen beforehand. The only thing I had for a few days afterwards was minor cramping and spotting. Everyones experiences are different, but I wouldnt worry too much!

IUD nightmare I just want to rant about my experience a bit I got the paraguard copper iud in 2017 and at first I love it no complaints. I recommend it to everyone but this has turned into an absolute nightmare. First I was having pain so my doctor did an ultrasound and told me it was out of place. I said thats okay Ill just take it out and get a new one but this doctor wouldnt cover that with my insurance so I found a new doctor that was covered. Before the new doctor would replace the iud they wanted to do a regular check up on me. During this check up the doctor said she could physically see the iud sticking out of my cervix so she decided to just take it out then and there. However once she took it out the arm of the iud broken off and was stuck inside me. Now she wanted to schedule a procedure to get the piece out. I had the procedure today. They gave me benzos and put me to sleep with anesthesia. They did the whole procedure and could not find the broken arm. They told me it probably fell out on its own so this whole ordeal today was for nothing and it still cost $1000. Now Im in pain and woozy from all the drugs. I am so frustrated. After this whole unpleasant and painful thing I think Im just going to switch back to the pill. Ugh this sucked so bad. Omg that is so awful im sorry you went through this. You could always contact Paraguard and ask to be reimbursed somehow 😣 Oh gosh that sucks :( sorry you had to go through the this ! Its definitely possible that the arm just fell out on its own, as Ive read on these threads. Did you get an ultrasound beforehand to see if it was still in there/where it was? I just had a hysteroscopy today, which was just in office and using local anesthetic. They couldnt find mine either, though I have doubts about the aptitude of the OBGYN I went to. I get your frustration! I plan on finding a new OBGYN and telling them to take me straight to the OR with my ultrasound images and their own scope to get it the hell out. I dont want any complications when wanting to conceive.

getting kyleena tomorrow I havent been on birth control since I went off the pill in 2017 or 2018 I believe. Im hellllaaaa nervous about everything. The hormones, the pain of the insertion. Hearing the horror stories. Whew its alot. Ill update once the precedure is over. Maybe my experience can offer some insight for someone who is in the same boat as me. Send some positive vibes please! 😬 Post precedure edit! So the insertion went really well. Honestly, I know everyone is different but I think so much of the pain is just anticipating the discomfort. I had a great Drs. Assistant to keep talking to me to distract me and feel more comfortable. My doctor did not sugar coat it she said its uncomfortable and does hurt but its quick. So going in expecting terrible pain helped actually as awful as that sounds because it really wasnt as bad as she said. But I do understand everyone has a different pain tolerance when it comes to things down under. I will say I was feeling pretty good until like 3 hours after the cramping started kicking in. Wooo they are rough. Id argue worse than the insertion. Any tips for managing those would be lovely. Hope it goes great! Positive vibes being sent towards you lol!

Elbow pain while Nexplanon healing process? Almost one week on nexplanon super great! Still healing. Soreness but everyday Im gaining more mobility and less pain. Whats come to my attention is my elbow pain? Its not really painful but its a bit discomfort. I told my friend and she wonders if its nerve damage however Its not numb, tingling, or weakening. The best way I can describe it is when youve bumped your elbow into something kind of pain. Just wondering if anyones experienced the same ? Im giving it a week and a half to get better before I let my doctor know… please let me know any thoughts or experiences. I wanted to add also dont know if its just because I had my arm tense from day 2-3. I tried not to use my arm at all which caused pain by my neck/shoulder (which is also getting better as Im using my arm now) so I dont know if it could also have spread to my elbow area.-. I would occasionally get pain like you are describing in my elbow, lower arm and lower tricep area. It was never painful directly on/around the implant just surrounding areas which was a bit weird? Ive had my implant since the end of February this year with no complications, its fully healed and I havent had any pain or weird sensations for at least a month. I would occasionally get pain like you are describing in my elbow, lower arm and lower tricep area. It was never painful directly on/around the implant just surrounding areas which was a bit weird? Ive had my implant since the end of February this year with no complications, its fully healed and I havent had any pain or weird sensations for at least a month. Thank you so much for sharing !! Im almost at 2 weeks and the pain is so minimal. And healing good. Im glad youve healed great 🥰 Coming from someone that got nexplanon like 4 days ago, thank you for commenting this (currently typing with pain on the outside of my right elbow lol). Ive had the same pain, and even pain in the armpit. Yet just like you said never around the actual implant even if its itchy.

Upcoming IUD insertion - pain poll Hi all, For those of you who have had an IUD insertion (mirena, in my case), did you feel pain afterwards and, if so, how bad was it/how long did it last? I ask because I have a pretty serious interview the day after I have it... uh... implanted? inserted? whatever... followed by a 5 hour drive to have a PET scan done three days after that. Then a dentist appointment. Within all of that time, I have to spend 5 hours on a bike trainer. ...Thoughts? I got kyleena about a month ago! I didnt take any ibuprofen/advil before so basically rawdogged the whole thing. the insertion was like two seconds of the weirdest pain Ive ever felt (probably an 8/10) and then it was over. I was spotting and cramping for a few days after but it was all pretty manageable. I wouldnt stress too much; just stay armed with some painkillers and a heating pad and u should be fine! Mirena insertion was worse than getting my outer labias pierced, or breaking bone, solid 9/10. It was brutal and took way too long - performed with ultrasound and she couldnt seem to get the position just right and kept readjusting (still maybe only 5 mins tho). I took Aleve and ate a good meal an hour before insertion, and practiced breathing exercises during. Seriously awful. Spent the rest on the day in bed with a heating pad, crying. I eventually had to get on with my life, although I bled heavily and was in miserable pain for months until it expelled. Some uteruses just dont accept them, and I think it helps to have a skilled physician. God that sounds horrible... The clinic told me itd be 15 mins, most likely. Maybe this means the guy is skilled... Fingers crossed? Cant lie, getting it inserted is fucking painful (8/10) but the pain is very brief. Ive heard it isnt as bad if youve had a kid, but cant speak to that. When I had my first one inserted, I had horrible cramps for the next 3-4 days after insertion. Like, stop what youre doing, brace yourself, and focus on not passing out. However, just had it swapped out for my second one and only had mild for about day afterwords. I dont regret trying it though. Like at least now I know. Good luck! super painful insertion, but pretty much felt back to 100% by a few hours later. low level cramping for about two days after, but nothing unmanageable I got the Mirena and it was 10/10 comparable to the worst pains Ive ever had (and Ive had blood clots in my lungs.) it was terrible. It wasnt quick either. She couldnt get me open to get it in so it took a minute. Even with a pull inserted beforehand. Just be ready. I can be really painful and crampy the first day I agree with the other people saying the pain is 8/10 during insertion. It is VERY brief though. Just DONT FORGET to breathe and communicate any and all nervousness/anxiety to your doctor. Afterwards I just had cramping that wasnt necessarily severe, but definitely wasnt something I could just ignore. Sorry if this response isnt specific enough! 4/10 insertion for me but it made my blood pressure drop so i was light headed for 10 days after wirh blurry vision, i wouldnt recommend getting it that day if you have so much to do just rebook it imo 10 days!? Holy shit... I have kyleena and took 800mg ibuprofen, insertion pain was 7/10 for ~20 seconds and 3-5/10 crampy pain for the rest of the day. Right after the procedure, I told my dr it wasnt as bad as i expected. She told me that she gave birth without pain meds and her IUD insertion was worse. Unfortunately everyones pain experience will be different, I would strongly recommend taking the rest of the day off.

Nexaplanon insertion I had a failed painful liletta IUD insertion the month before with my gynecologist and he didnt give me good alternative options so I went to my pcp. I got the arm implant yesterday. It was relatively easy. I had to provide a urine sample even though Im on my period. The numbing agent stings going in but it wasnt too bad for me because I had allergy testing done recently and that was multiple injections to the same arm (that was way worse in my opinion). My pcp was nice and talked about gardening with me so Id be relaxed. She checked twice to make sure the numbing agent took effect. I didnt even feel when the implant went it. All I heard was a click when my pcp put it in. So far my arm is a bit sore and bruised but nothing unbearable. I do think I may have an allergy to the adhesive in the bandage my pcp put on my arm though because its itchy and I can see red marks where the bandage was. Overall its not that bad. I just took ibuprofen and acetaminophen yesterday (alternating it not all at once). Ill update how it affects my periods later on. Update: the next day after getting the implant my period stopped. one month later and Im getting light spotting but its way better than what my periods used to be like.

Prepping before IUD? Hi, Im getting an IUD placed for the 2nd time in my life in a few days. Last time I got one I was 16 (6 years ago) and blacked out the memory of the day of (I just remember the cramps in school a few hours later that had me bedridden for days). Does insertion hurt badly? Should I ask them to numb me? (Im getting it done at PP and dont even know if they do that). Should I take some over the counter medicine before or just after? Im just super nervous and want to know everything beforehand. Search the sub, this gets asked daily. I searched the sub a bit but havent been able to find anything concrete, do you have any posts in mind that you remember?

mirena insertion i got this done about 7 hours ago. i was taking the pill but with my ménières disease. my new primary doctor said i should switch the the iud to stop some symptoms. i would like the record to show that i have a very high tolerance for pain. my periods have been awful since i was 11 years old. that was the reason i started the pill. but the second this lady put that weird duck tool inside me and started poking around. it literally feels like ive have this gigantic poop sitting inside me for hours. the shooting pain that gets sent to my butt feels like im gonna explode. the cramps are killing me. ive been reading around this reddit group and everyone says it should get better in a few days. everything hurts and idk if i could handle this.

Prescription pain meds for IUD insertion Tomorrow I am getting a copper IUD placed and I am extremely nervous. 6 years ago I had a Mirena placed and it did not go so well, I passed out from the pain. This time, my doctor prescribed me misoprostol (cervix softener), .5 mg Xanax (for anxiety beforehand) and 5-325 mg oxycodone (for pain). Does anyone else have experience taking a prescription pain killer before insertion? I am wondering if it helps with the actual procedure or just the cramping afterwards. Thank you! I took oxycodone before my insertion a week ago and it helped with the pain and the cramping afterwards. Id had some left over from a gallbladder removal surgery. My gyno recommended I still take paracetamol in addition to ibuprofen or naproxen. So that combination of the 3 took the edge off I think. Best of luck! I just reread your post. I only had 10mg of oxy, youre going to be totally fine on 325mg haha. Hi! I got the Mirena twice. The first time was worse I think because 1) I was young, like 19, and 2) I didnt have a referred doctor, just my normal one. For the second time I decided to go with a doc that was referred by a friend and she was so quick! The second time around I took ibuprofen and CBD oils / gummies and the CBD helped tremendously to help with my anxiety. I was still anxious but on the way there, had a moment where I went from absolutely paranoid to okay, I can do this and Im breathing normally.

Nexplanon Removal Gone Wrong I got my Nexplanon removed a week ago, this being the second bar, and now I may have a blood clot. The first time I had it removed it took all of 30 seconds. This time my doctor was digging/cutting/scraping for close to 20 minutes. The band had attached to my muscles, which she said can happen. It was terribly painful and the aftermath is the worst. I used to recommend this form of birth control to EVERYONE…now I wouldnt recommend it to anyone. My Implanon was super hard to remove. I still have a little scar where they had to wrestle it out. For me, this was not painful, but it was disconcerting having the dr dig around in my arm for 30 mins.

Is the cramping after your second IUD insertion better, or about the same? [deleted] I just got my second Mirena in yesterday and I think the cramping was better than my first time around. With my first I was in bed with a heating pad pretty much all day after the insertion. Yesterday I did the same only for about 3 hours and then was able to get up and go about my day as usual. Hope its similar for you!

Mirena insertion Hi! I had my mirena IUD fitted today and just wanted to share my (positive!) experience because I know we get a lot of negative ones on the sub. I had a female doctor which definitely made me more comfortable, and another female doctor and nurse were present. I was offered the numbing spray (and took it) and they checked Id taken pain relief already. Honestly the most uncomfortable part was trying to keep my legs relaxed and the 4 minute wait for the numbing spray to kick in. I didnt feel the clamp at all, and the insertion was just a few seconds of a sharp cramp, which then faded to dull and is at maybe a 1/2 out of 10 now, an hour after the procedure. Obviously I dont know how it will be moving forward but thought Id share a positive story for anyone whos considering it or is worried about it!