Prolapse and IUD Anyone out there have pelvic prolapse and an IUD? How is it working? Any problems with the strings sticking out? I cant find any info online about IUD insertion when someone has prolapse :/ For context, when I menstruate, my cervix drops a lot. At other times of the month, its not that big of a problem. Thanks! hi!! im on the paragard i got it about a week ago, i am on my period right now and it feels like my cervix is much much lower than normal as well. i havent been able to find anything. i dont think were going through pelvic prolapse. i dont know tbh! Yeah, unfortunately I already have prolapse. My obgyn decided to cut off the iud strings completely because they were irritating my vag. I think because my cervix is lower, it was more irritating my cervix is normally very high, but i was also on nexplanon before this… nothing feels irritated, but its just a lot bigger/lower than normal? should i say something to my ob/gyn? You could def ask about it, but its very normal for it to drop during menstruating. I dont think the iud is causing prolapse. Perhaps youre just more aware of your cervix right now? i will say that before getting my iud, i never really felt around in there during my period so it could be something thats normal for me that i just never noticed? im hoping all is well and ill give a call to my gyno tomorrow! Yeah, its a trip! I have prolapse from having a kid and when Im on my period, it gets pretty concerning how low it drops. Its a very normal thing that I never knew about until recent years.

How to measure IUD Strings [deleted] My doctor told me its more of a pass/fail type of thing; you cant really tell how long the strings are and as the cervix moves during the month they may feel slightly longer or shorter. Unless the strings are completely gone or very long/plastic poking out youve done your best. Ah thank you! Makes sense :) Mostly you just need to feel that theyre still there and if theres a DRAMATIC change in length. For example, I know mine are quite short and just poking out, so if they were suddenly a lot longer I would be worried that it was about to fall out.

Has anyone been able to request/get the MINI copper IUD in the uk? I know there are smaller IUDs that give less bad side effects, but can I request this from my GP? Yes I have Thats good! Just from your GP practice? Yeah.

IUD Strings Moving Idk if this needed to be an entire post. I got my iud in june this year and I felt around the 1 month mark and noticed a hard string, felt like fishing line. Well I was showering the other day (on what my periods have become, spotting) and I felt something hard at the entrance of my vagina, I tried to grab it thinking I had done something somehow but then I realised it was my IUD string. Theyve never been that low before (I havent tried to feel them on my period). Is that normal? The hospital missed my 2 month check in phone call. I emailed them to schedule it and Ive been advised I will be called tomorrow morning between 9 to 12pm. How much do the strings shift? Atm theyre not at the entrance of my vagina, just kinda coiled all over inside like spirals. Just feeling a bit stressed. [deleted] Thanks. I cant feel the strings at the entrance anymore, but I have no idea how long they actually cut it or how long my cervix is because I never felt them that low before. I will book in with my doctor. Its normal for your cervix to be lower during your period I dont think its normal for the cervix to be so low that the strings poke out of the vaginal entrance. Since I posted this it hasnt happened again.

Needing Reassurance So basically, Im panicking even though I dont think I need to be. I got a copper IUD placed about a month ago, got an ultrasound right after, everything looked great. There was definitely an adjustment period and some cramping, but after a while it leveled out and I forgot I even had it. Period came right on time and was totally fine. Anyways, I go for my 5 week follow up and its…not where it should be. It looks like it came down a bit, and the strings are nowhere to be found. My gyno tried to sweep for the strings to remove it, but couldnt. She referred me to a specialized clinic. TLDR: If something was seriously wrong (perforation, embedding) I think I would be feeling worse? Its pretty normal not to feel strings, and if I hadnt had this second ultrasound I never would have known it had migrated. Im in no pain, no bloating, no bleeding. Is it fair to assume that it just slipped down? Covid has certainly not eased my anxious tendencies. I appreciate any advice! I dont know anything about this just wanted to send good thoughts your way! Hope everything is all okay! When I had mine inserted, I was advised that I shouldnt worry unless I passed clots the size of my palm. Youd very likely notice if something was seriously wrong. Not a doctor/nurse, but I wouldnt worry too much either.

Mirena health concerns [deleted] Thanks for the advice assses

Is a sharp stabbing pain on my right side normal after IUD insert? [deleted] I dont have an iud, but if its not cramping and feels separate Id highly recommend you see a doctor, it could have fallen out of place I had the same, I was convinced the IUD was stabbing me and was going to puncture my uterine wall. After about two weeks I felt a sharp pain and then nothing, as if it snapped in place. I still called up and had it checked, although by the time they saw me the pain was gone and they found nothing out of place. I would suggest you get checked, even if only for your peace of mind. And watch out for signs of infection such as yellow discharge.

Can you see a new provider for iud insertion? Ive never seen obgyn before so wondering if I can just see random obgyn and tell them what I want or if I need to establish relations with the doc? Tbh unsure abt how to get one so kinda looking for what others experience was and what to expect

Weird cramps w copper iud Anyone else have severe cramping that almost feels like its in your butt?? I have the copper iud and sometimes I get these severe anal pains from my cramps. Its in place where it should be, I recently had an X-ray and doctor said it was all good! I dont have the copper IUD but I can tell you that the nerves that enervate your pelvic are all connected, meaning sometimes pain originating in one area can be felt in another (also called referred pain). For example, its common that cramps can be felt in your lower back, even if your uterus is closer to the front of your belly. Another culprit might be prostaglandins, hormones that cause your uterus to cramp and shed your endometrium. Those pesky prostaglandins could also affect nearby muscles and sphincters (including your anus) and cause some pain there. In particular, women with copper IUDs can have higher levels of prostaglandins (one of the reasons why your period gets heavier/crampier/longer with a copper IUD). Ibuprofen (advil) inhibits prostaglandins to an extent, and advil is usually recommended if you have period pains (even if that pain is in your butt). Thank you so so much! I really appreciate it Yeah Ive had the copper iud for a little over a year. There was one period where I was scared to poop and i couldnt sit right because of the butt cramps lol Its called proctalgia fugax, and fortunately or perhaps unfortunately its nothing to be worried about - just a result of prostaglandins as the poster below me suggested.

Best Menstrual cup for IUDs? I just got my second IUD after a 2 year break. Its the copper Paraguard. I had one for 5 years before and used menstrual cups no problems (always breaking suction) but I have three friends who sucked their IUDs out with their Diva Cups (which is what I have). Im wondering if there are other brands that have a less likely chance of dislodging an IUD? Definitely trying to avoid that haha. In the USA for context. There isnt a lot of data for it, there was just a single study done with copper IUD that pointed that removing menstrual cups removal seemed to increase chances of removing the IUD Its not known if its all IUDs, if its the strings length, if some brands are more prone, if certain anatomies like low cervix are more prone, or if the data was a fluke and wont hold up. In general, menstruation is when we are more likely to expel the IUD anyway. Regardless, I moved to menstrual disks. Some people move to IUDs that sit low (period nirvana has tips). Its a personal decision what to do. I have found the only cup for me that works is moon cup! There is an increased risk of pulling the IUD out but as long as you can break the seal before pulling I think you can be fine! Obviously Im not a medical expert but I do use a cup with a copper IUD

1 day after period ended, reached to check my strings and started bleeding again Could it be because I did something...? I touched around my cervix and tried to feel the ends of my strings (turned out to be impossible, theyre curled up being my cervix and I can just feel the strings going on and on but cant reach the tips) and [TMI WARNING] I pulled my finger out all bloody, even though today and yesterday I already only had some spotting, so I thought my period is over...? I am exactly on the same boat. My thought my period will stop (I am on the Copper IUD) because i barely had some spotting, this day i woke up with cramps and bleeding… weird Hi, today it seems my period is actually almost over. I put my finger in again for the sake of checking if maybe touching my cervix makes it bleed, which would be rather worrysome, but today I only experienced some spotting, no blood gushing out like yesterday. I guess my body still needs to adjust, its only been over 4 weeks since Ive had the IUD - maybe its the same case for you? :)

Conception Before IUD Removal? Appt Far In Future [deleted]

Is my IUD just playing peekaboo?? I had my OG Paragard for 5 years no problem, no pregnancy. I felt my strings one day and also felt the plastic tip of the Paragard and freaked out. I had just quit my job and I had not been without insurance my whole life, so naturally I freaked out even more. My friend told me about Planned Parenthoods sliding scale and I called them immediately to have it checked out. The doctor said she thought she did see it, so she took it out. I had to wait a month to have a new one inserted due to the timing of when I thought my IUD expelled coinciding with unprotected sex. I got my period and I went in and got another Paragard. My uterus measured large enough to house a Paragard, 6cm. The Paragard is 6cm tall… I am now diligent of checking it since expulsion is more likely after insertion, and I feel like I still feel it peeking its tip out like before. TLDR: My uterus is the same size as the Paragard IUD, and Im wondering if it is normal to feel the tip of the plastic, not like the whole thing expelled, but as if my body is adjusting through different phases and the IUD is just peeking out every so often. Has anyone experienced this or talked to someone about this? You should only be able to feel the strings, never the IUD itself. Unfortunately, it sounds like youre experiencing another expulsion. Dont rely on it for contraception until you can have the placement checked again. Paraguards minimum size requirement is 6cm. You may need to consider a hormonal IUD or another method. Skyla for example only requires the uterus be 4-8cm. Keep in mind expulsion is still a risk, and one expulsion increases the likelihood of future expulsions.

Mirena strings might be longer? [deleted]

i was right it did my copper IUD shifted [deleted] [deleted]

Copper iud cramping and period experiencd [deleted]

Failed iud insertion I went to get the Mirena inserted but due to a closed cervix, the doctor was not able to insert it out of fear of perforating my uterus. She tried to open it but it would not work. Has this happened to anyone?

Low lying iud. Experiences? Ive had my mirena iud for 7 months and had a check up yesterday due to excessive bleeding and cramps after not having a period for 6 months. She did an ultrasound and found my iud was low lying. The strange thing is that my strings arent visible so theyre wrapped up inside me and she didnt try to fix them so nothing can pull on it. Shes concerned but says shes gonna monitor me closely and if I have any additional symptoms to contact her. Ive had 1 prior expulsion. Is this cause for concern? Should I have it removed? Am I protected from pregnancy? Is there a risk for it falling out again?

Copper IUD String Close to Vaginal Entrance I got my copper IUD as emergency contraception around 2-3 months ago, i havent had time to book a follow up appointment so im worried. Im currently on my period and my iud string is very close to the entrance of my vagina, its usually a lot higher but around the same length if that makes sense? Is it just because my cervix is lower? Should i avoid unprotected sex until i can get my position checked? (Also i know im supposed to get my placement checked after 1 month, but ive been extremely busy) It would be sensible to avoid unprotected sex until you can get the placement checked. It may be that your anatomy means that your strings can be really low during your period. The practitioner would be able to give a bit more information and put your mind at ease. Just speaking from personal experience of my own anatomy with two IUDs (one hormonal, one copper) and checking strings regularly I have never felt my strings or my cervix be that low even during my period. Id say my vagina is about 4cm long at the moment if that helps at all? I think the strings i can feel are 3.5cm right now. This is happening me as I type this sentence! Im on day 8 of my period, and my strings are SUPER LOW. Usually i have to stick my whole middle finger in my vagina to feel for the string, but today i get a second knuckle in to feel a lot of string instead of just the tip of my finger, and it was more towards the entrance of my vagina. I used a menstrual cup during this cycle so im scared the suction may of had something to do with this as well because ive heard a lot of horror stories regarding a cup and the copper iud. Though, i also keep seeing that the cervix tends to move throughout the cycle and its best to check for the strings AFTER your period, maybe because of how often it moves throughout your period? I think im going to wait till im fully done bleeding to check the string again before i contact my doctor to see if it resets. I also heard as long as you dont feel plastic its okay. Im just worried since ive never had a copper iud before! If I were you, i think playing it safe and using condoms until your period is over would be good, then check after youve stopped bleeding, check the strings to see if they sit at their usual height. If youre still concerned, visiting the doctor wouldnt be a bad idea!

Copper IUD pains Hi! Ive had my copper IUD for about three months now. Im actually very happy with it aside from the MUCH heavier period (like… woah) and the occasional strange pains I feel. I think they derive from ovulation? But its strange because its sometimes MORE painful a couple of days after my period than it is during or before my period, which has never been the case for me before the IUD. Sometimes its very situated to one side, and if I push on the area near my hip bone, it hurts more. Am I pushing on something there? Haha sorry if this makes no sense. Ive been to my OBGYN, I was there for a follow up appointment one month after it was inserted, because I couldnt feel the string (it was hiding behind… something and the OGBYN situated it right and said everything looked great). So I dont think think theres anything actually wrong with it. But does anyone else experience these types of kinda dull pain around the hip bones on one side or both during random times of the month? What could be the cause? Ive had it for over a year and still experience random pain, I think its normal unfortunately I do experience that, but it started before I even got my IUD. The gynecologist said it sounded like a cyst, and did a transvaginal ultrasound to look at my ovaries but didnt find anything. Apparently, ovarian cysts are common and resolves themselves usually, and most folks with ovaries get them on occasion because when the ovaries release eggs, the follicles swell, and that can often become a cyst (I think thats how it works, I know its related to the follicles and eggs!). Most people dont even notice, but sometimes it causes pain! If its happening consistently, definitely bring it up with your doctor, theyll likely want to know, and if nothing else, they can put your mind at ease by explaining better than I can! I had Paragard for 2.5 years and it hurt quite often. I eventually decided to have it removed because of the near constant ache, and the gyno who removed it told me that I have a small L-shaped uterus and the Paragard likely shouldnt have been placed at all. She said it was like I had a rock in my shoe for all that time. So, that being said, I think what youre describing is normal. It takes 6-12 months for it to fully settle. If youre still hurting after that, Id personally recommend having it removed because it may just be something your body never accepts, for whatever reason. Good luck! Thank you! Ive never considered it could be a cyst. Yes, Ive come to realize that unfortunately its like the pill where it needs to ~settle~ for months until you can review it. Annoying none the less. Thank you for your reply :) This makes me sad. More so because it works well otherwise for me, its hormone free and Ive even learned to put up with the heavy periods. It just makes me sad women have to just accept this kinda pain. 😔 And, just FYI, if thats what it is, theres a super high chance that its nothing to worry about! However, i do want to reiterate, if it keeps recurring, bring it up because it could be something to worry about I appreciate it, thank you :)

Waiting to have embedded copper IUD removed One week ago, I had a pelvic ultrasound as part of a routine health check-up. The ultrasound revealed that my copper IUD, which Ive had for 6 years, has become malpositioned, with one arm embedding/penetrating my myometrium. The doc scheduled me to remove the IUD...in two weeks. She said the situation is not urgent, but I cant help but wonder if waiting is a bad idea? Also, she is planning on replacing with another Paragard. But this situation has me so anxious, Im considering going without and switching back to the pill. I used it for 3 years w no side effects, and only changed to Paraguard because I wanted better protection. Would love to hear any thoughts or opinions from anyone who has gone through anything similar. Im so so sorry. This has not happened to me yet and I have the copper IUD too. I would be comfortable listening to my doctor unless youre in pain or feel like its urgent. I hope you find something that works for you! Thank you &lt;3 Hi! Im late on your post but currently in this exact situation. Can I ask what happened? Did you end up replacing with another Paragard? And how was the proceedure? Hello! Sorry youre going through this. Everything ended up being just fine. My gyno is brilliant and the removal was quick and easy. I decided to just go back on oral bc because I didnt want to have these worries anymore. Good luck! Hope you are not hurting too bad. Thanks so much!

is it possible to have your period twice in a row? Mirena IUD [deleted]

Menstrual disc Can you use a disc if you have an iud? I have the paragard. Im thinking about getting one if theres no issue. Is the saalt brand one good or should I go with a different brand? Discs are fine with an IUD since they dont create suction/its impossible to pull on them while maintaining suction. Its cups you have to be wary of. Each brand is in business because its the right one for someone. It just depends on your anatomy. Saalt is a perfectly fine place to start! You absolutely can! Its actually recommended over a menstrual cup because cups create suction. Saalt is a great brand, I personally use their cup and its a great quality cup! Ive heard good things about their discs as well. Itll really help if you measure your cervix height, people with lower cervixes tend to find better luck in smaller discs. Tip: try a disposable disc first. It really helps you get an idea of the right fit and firmness for you. I tried the Softdisc before buying a Flex reusable and it really helped me narrow down my choices. Hi! I use the Saalt brand disc and I have an IUD! I love it.

I got my copper IUD out and Im so happy [deleted] Congrats on feeling better! I had a lot of problems with the copper IUD too and always pushed my concerns aside with it cant be that, its not hormonal but some of us have serious trouble with it. Its nice to feel normal again hey? Your partner sounds super great to go for the vasectomy too.

how easy is it for an IUD to be displaced? I recently got an IUD put in and Im pretty paranoid about what could potentially move it. Im worried about things like sex during the first few months, heavy bowel movements/diarrhea &amp; intensive exercise. Are these valid concerns? Should I be gentle with my body for a few months? Just looking for some insight since I havent found luck looking for specifics online. I have the kyleena fyi if that matters at all If the IUD was placed correctly, then it shouldnt move Im commenting to see other peoples answers lol. I got the Kyleena 3 weeks ago and im worried about the same thing lol There is risk of your body rejecting it in the first 6 months. Its not very common though, odds are about 5%. After the first 6 you should have nothing to worry about, but it is always a small possibility. I think its a bigger risk with heavier periods or after a baby. My first one came out after 2 years, but I have heavy periods which the mirena made a lot worse. To echo what another commenter said, the risk of your body rejecting it is highest during the first few months after insertion. And likely that would just happen—it wouldnt be due to exercise or anything else; your body would just reject it. After that, though, you should be safe. Since the IUD is placed within the uterus, the chances of it moving from anything like sex or exercise are suuuuuper slim because those types of activities dont reach into internal organs. Okay thank you thats good to know. Actually comforting to know its up to chance I had multiple ultrasounds to confirm proper placement but my Mirena spontaneously expelled around five months without me even noticing. Some bodies just dont tolerate a foreign object.

IUD was not displaced enough. Looking to see if someone has had a similar experience. Hello fellow uterus owners, I recently got a Paragard Copper IUD. I was tired of 8+ years of HBC and decided to try it. First period went by and It wasnt horrible. I had sharp pain and light bleeding. I started to feel like maybe my IUD displaced (had this happen w/ my Mirena but it felt different). I checked my strings and they were extremely long! So I emailed my Dr and she saw me the next week. She looked at my strings and said they were longer than usual but didnt see the IUD poking out of my cervix. She did an Ultrasound and saw it moved down slightly, but essentially not enough to remove. We decided to leave it in for 3 weeks and see if its moved further down and if it has to replace it with another. I just want to know if anybody has experienced something similar? If you did, did you keep it in and did it affect you in any way? Is it normal for the IUD to move down a bit when settling? Ive had the Mirena before, and dont remember this happening. In fact, my strings curled up at my 5 week check up. What was the outcome? I just got my paragard and Im worried my strings are too long after a week hi! When I went back all was good. Ultrasound showed it stayed in place. I notice my strings are a tad longer before my perood because the cervix shifts in your cycle. I would check with your dr to be safe :)

Misplaced IUD? Today I went for an ultrasound to check the placement of my IUD which Ive had for about a year. Does anyone know what this means? Intrauterine device is low at lower uterine segment with right arm partly on myometrium a base partly on left myometrium at lower uterine segment / cervix. Should I be concerned? I dont have my appointment to discuss the results for another 2 weeks! Copy pasting what I just wrote on another post: Hey, yeah I actually got my malpositioned (and partially embedded) Paragard removed in the hospital today. Because it was embedded, my doctor was unable to remove it in her office. I had my IUD inserted by another doctor two years ago. I never had serious pain or anything, but I did have heavy and long (10-14 day) periods, which have gradually depleted my iron to a very low level. My current gynecologist did an ultrasound where she saw the low position + embedment. She strongly believes that the issue happened at placement since its rare for it to embed on its own—whereas its a lot more common for them to expel on their own. After my gynecologist saw these issues, she counseled me that I should use condoms since it might not be as effective for contraception (very glad that I didnt have an oops during those 2 years). I chose to get a Mirena to get my bleeding issues under control and my doctor was able to place it while I was under anesthesia after removing the Paragard. Hoping this goes better for me. Sounds like its low lying in your uterus. I found out recently my IUD is low in my uterus and my dr told me it will still prevent pregnancy but she wanted to replace it just to be sure I dont get pregnant accidentally if it shifts down further. She wasnt concerned about it at all and didnt say it was urgent in my case. If you dont mind me asking- do you have a hormonal or non hormonal iud? I have the Mirena IUD

Kyleena IUD with laughing gas/nitrous oxide experience [deleted]

Missing Mirena strings update yesterday I made a [post](https://www.reddit.com/r/birthcontrol/comments/wqltl6/comment/ikr0anm/?context=3) with some comments about how I had checked on a whim and could feel something, got freaked out, called 111 and was advised to go to the emergency room. that experience was quite stressful and ultimately fruitless but at least the nurse was able to assure me that it was not an emergency. the NHS and hospitals are so underfunded and chaotic that they didnt have the appropriate equipment - a light. the nurse suggested using a PHONE TORCH, but thankfully another nurse found a room that had a light and a bed, but then the three of us had to spend 5 minutes rearranging this tiny room and shuffling the bed around so the nurse could cram herself into the right space where the light on the wall was in a useful space. There wasnt even a privacy curtain, and it all felt super rushed and a bit traumatic. But anyway. I decided to wait till after the ultrasound to do anymore investigating with my own fingers in case I dislodged something or caused myself pain. Today I had my ultrasound, and they showed me the IUS... just sitting there, exactly where it should be. So I got home and had a feel around, and again, no trace of any strings again. Guess its time to stop worrying about it and just trust that its there even if I cant feel it, and get into the habit of taking regular pregnancy tests when I am sexually active. Hey- just wondering how youre getting on? Had mine placed 7 weeks ago but went to see nurse at 6 (as recommended) and she couldnt find them. Went for ultrasound and they were wrapped up in my uterus with the in-place Mirena, which doesnt help cos I may never feel then and constantly panic about placement! its there i just gotta cough while i feel for it lmao

SOS!! IUD might be out of place and I get get in with my gyno until October I think my Copper IUD is out of place or something isnt right. My boyfriend had a cut on his penis last time we had sex so Im really nervous. I just moved and my new provider doesnt have an appointment until October. Is there another option? Maybe urgent care or planned parenthood? The iud bottom is plastic like rounded stick.The cut is likely from the strings that may have moved. It is supposed to be painfull if out of place. Okay thats good to know. I checked and nothing feels out of place Have you checked the strings? Butt on ankles, push down like going poo. Feel your cervix (mini doughnut that feels like the tip of your nose). You should feel the string (not the actual IUD end).