

C2.12 – INTRAUTERINE DEVICE (IUD) CHECK VISIT

Policy

An intrauterine device check (IUD) is routinely performed 4-8 weeks following insertion, but clients are encouraged to call for a follow-up appointment at any time if they suspect the IUD has been expelled, partially expelled, or if the client identifies any other IUD related problem.

Procedure

Type of IUD

- Identify the type of IUD
- Remind the client of the anticipated replacement date

Review History

- LMP (amount and length of flow) or other bleeding history since insertion.
- Sexual concerns and satisfaction with IUD.
- Ability to feel strings.
- History of STIs.

Assess the Utilization of the IUD

- Review client's technique for checking IUD string following menses and reinforce the importance of periodic self-checks.
- Assess the client's (and partner, if appropriate) acceptance of the IUD as their contraceptive method.
- Reinforce instructions regarding the need for follow-up care in the following circumstances:
 - Strings not felt.
 - IUD expelled/partially expelled.
 - Partner complaining of feeling strings during coitus.

Review Possible Side Effects

- Dysmenorrhea.
- Menorrhagia.
- Dyspareunia.
- Vaginal discharge.
- Intermenstrual bleeding (after 1st 3 months of use).
- Amenorrhea, metrorrhagia.

Review Warning Signals

Reinforce the need to call clinic or report to Clinical Services Provider if any of the following should occur:

- Fever/chills.
- Severe cramps/abdominal pain.
- Foul smelling vaginal discharge.
- Amenorrhea (if not progesterone containing).
- Intermenstrual bleeding/spotting.
- Unusually heavy bleeding (more than 7 days) or cramping with menses.
- Absence of strings.
- Positive pregnancy test.
- Subjective signs or concerns about pregnancy.

Reminders

Reinforce the need for continued screening and pelvic exams, as indicated, even though she may have an effective birth control method for many years.

Vital Signs

- BP
- Weight (as indicated).
- Other lab procedures may be done according to need, i.e., pregnancy test for amenorrhea, Hgb and/or Hct for menorrhagia, STI screen.

Date Revised	September 2023
References	Providing Quality Family Planning Services Recommendations of CDC and the U.S. Office of Population Affairs (QFP) [2014] https://www.hhs.gov/opa/guidelines/clinical-guidelines/quality-family-planning/index.html
Additional Resources	Contraceptive Technology, 19th Edition,