

C2.13 – INTRAUTERINE DEVICE (IUD) REMOVAL VISIT

Policy

Intrauterine Device (IUD) is removed at the client’s request or when there is a medical indication to do so.

Procedure

If Client Requests Removal of the IUD Device

- Obtain and document the reason for the request (seeking pregnancy, pain/discomfort, increased menses or dysmenorrhea, etc.).
- If client requests removal for reason other than seeking pregnancy, offer counseling regarding:
 - Available methods of contraception.
 - How to initiate the chosen method.
- Counsel client regarding exam technique utilized to remove IUD.
- Notify client before removing the device.
- Counsel client regarding possibility of dysmenorrhea and increased bleeding for hormonal IUD and decreased bleeding for copper-IUD, for the first 1-3 cycles after removal of device, depending on the type of the IUD. Discuss resumption of normal menses. Discuss the risk of pregnancy and immediate return of fertility after removal.
- Suggest measures to alleviate any discomfort.
- Assess the need for other methods of contraception and/or STI prevention.

Education

- Cramping and spotting is common in the first couple hours to several days post removal
- Refer client to see their provider if cramping becomes severe, spotting increases, foul smelling discharge, pain during intercourse or a fever >101F
- It can take up to 3 months after removal for normal menstrual cycles to return
- Remind client return to fertility is immediate and offer an alternative form of birth control if pregnancy is not desired

Vital Signs

BP is obtained routinely on all clients for IUD removal. Height, weight and BMI are also recommended. Other labs may be performed as indicated, i.e. pregnancy test, Hgb and/or Hct, or urinalysis.

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	