What is Post-Placental IUD?

Post-placental intrauterine device (IUD) is a safe, convenient, and effective option for postpartum contraception. Post-placental refers to insertion within 10-15 minutes of placental delivery, after vaginal or cesarean delivery. Paragard or Mirena may be used for post-placental insertion.

How does Post-Placental IUD compare to other forms of postpartum contraception?

Post-placental IUD insertion provides convenient, immediate contraception without interfering with breast feeding, and it may avoid discomfort related to insertion. Inserting an IUD immediately after placental birth has not been associated with increased infection, damage to your uterus, bleeding after delivery, or the uterus returning to normal size after birth.

How does Post-Placental IUD compare to IUD placement in the clinic?

The rate of the IUD coming out of the uterus is 12% after post-placental insertion. This is higher than IUD insertion 6 to 8 weeks after delivery. Also, instead of trimming the IUD strings at placement, we will leave them long and trim them once your uterus has decreased to non-pregnant size.

How do I know if I can get a Post-placental IUD?

Eligibility criteria include any women desiring a Paragard or Mirena IUD that meet the inclusion criteria for these devices.

Women with the following are not a candidate for post-placental IUD:

1. Sexually transmitted infection during the current pregnancy
2. Known abnormal uterine cavity
3. Fever during childbirth
4. Heavy bleeding after delivery
5. Rupture of membranes greater than 24 hours prior to delivery
6. Placenta that does not deliver by itself or if you have to go to operating room to have placenta removed

Postpartum Care

After the IUD is placed, your postpartum care will be the same as if you had not had the IUD. Your IUD may come out during your routine postpartum care, this is ok, but remember that you now need to use another form of birth control (for example: condoms, pills, or depo-provera shot). It is our recommendation that you abstain from intercourse until your six week visit when the IUD strings have been trimmed and we can confirm the IUD is in your uterus. Without confirmation that the IUD is in the correct place, you can get pregnant. In addition, intercourse may be painful for your partner if the strings are in the vagina and this could also increase your risk of the IUD coming out. If you do have intercourse prior to your postpartum follow up visit, it is recommended that you use an alternative form of contraception. We are happy to provide this to you at discharge.

Who do I call if I have questions or problems?

If you have questions call the clinic at (303) ___________________. You can also call the Denver Health NurseLine at (303) 739-1211 any time day or night.

Special instructions: ____________________________