



What can I expect during an "awake" insertion?

This procedure takes up to 45 minutes for patients having a Mirena, Kyleena or Copper IUCD insertion as an "awake" procedure in our rooms.

Most women who have delivered vaginally find that the insertion causes only mild discomfort. Women who have delivered a baby only via caesarean section or those who have not yet had children, will likely find it a longer, more uncomfortable procedure.

Some patients prefer to have the insertion performed under general anaesthesia in hospital as a day procedure which is booked at a different time subsequent to consultation and discussion.

What do I need to do to prepare for my "awake" insertion?

1. Obtain a referral to Migynae
2. Get a script for the IUCD which you will need to fill and bring to your Migynae appointment as we don't have stock in the rooms. Please note that Copper IUCD's are notoriously difficult to purchase and usually require pre-ordering from the chemist sometimes weeks in advance
3. You will need to make sure you are not pregnant prior to insertion of the device and if you suspect you might be, we suggest that you use a home pregnancy test which can be performed 24 hours prior to the procedure.
4. We recommend that you take over-the-counter pain relief an hour prior to the appointment for example: 2 tablets of paracetamol (eg. Panadol) and/or 1-2 anti-inflammatory tablets (*Nurofen, Voltaren, Naprogesic, Indocid, Ponstan, etc.*).
5. Have swabs taken and receive the results: see more detail below

Swabs

When you see your General Practitioner for the referral and script, please ensure that the vaginal swabs listed below are taken and that **the results are received prior to your appointment with Migynae**. This ensures that there is no infection present when the IUCD is inserted. The insertion will not be able to proceed without the swab results and a return appointment will need to be made.

SWABS : High vaginal swab MC&S
 : Endocervical PCR's: Chlamydia, Gonorrhoea, Mycoplasma genitalium, Ureaplasma urealyticum
 : It is also recommended that if you have been having abnormal discharge, a Trichomonas PCR be taken as well.

**These swabs need to be all clear and have been taken within 3 months prior to the insertion date.

After the IUCD insertion

After insertion you *may* feel some cramping - a little like menstrual pain, as well as some light headedness. We suggest allowing some time following the insertion to relax in our sitting room until these symptoms pass. Most women return to normal activities (including work) after the procedure although it is recommended that you refrain from vigorous exercise, swimming, bathing, spas and intercourse for 24-48 hours. These precautions reduce your risk of bleeding and infection.

Please report any heavy bleeding or pain that is not settling with simple painkillers. Should symptoms persist once you are home or if you are concerned for any reason, please call our rooms on 9500 1828. Remember that extensive and unpredictable light bleeding/spotting is common with all the hormonal IUCD's.

In line with best practice, Migynae will issue you with an ultrasound referral following the procedure, checking positioning of the IUCD, to be performed in time for your 3 month review appointment.

Cost

New patient appointment plus IUCD insertion \$350-\$480

Review appointment plus IUCD insertion will cost between \$300-\$350

New patient appointment plus IUCD insertion and removal \$464-475