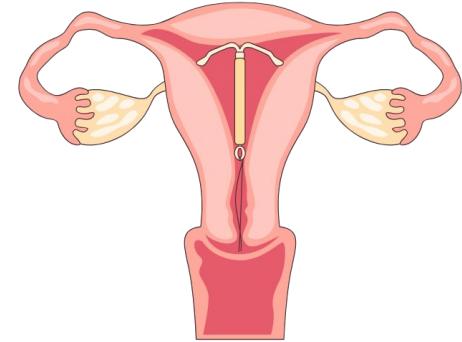


Managing Pain During IUD Placement



A decision aid for pain management options for patients planning to get an intrauterine device (IUD)

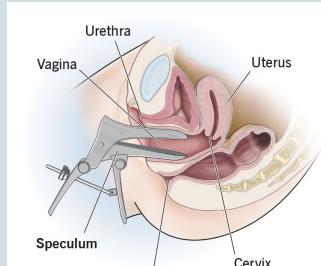
What will happen when I get my IUD?

The procedure usually takes about 5 to 10 minutes. Here's what happens:

1. The provider will perform an exam of the uterus to determine how it is positioned.



2. They will place a speculum in the vagina to see the cervix.



3. The provider will clean the cervix with a swab and measure the uterus.



4. The IUD is placed through the cervix and into the uterus inside a plastic tube.



How likely am I to experience pain when I get my IUD?

Many people experience no pain or mild pain when they get their IUDs.

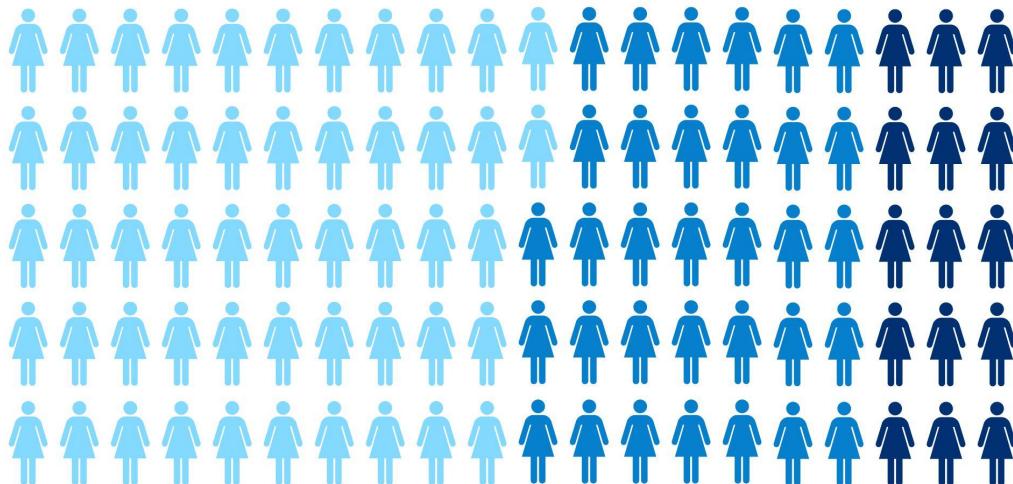
However, some people experience more severe pain.

In one study, women were asked to rate their pain during IUD placement on a scale from 1 (barely any pain) to 10 (worst pain imaginable).

52% rated their pain as **mild** (1-4).

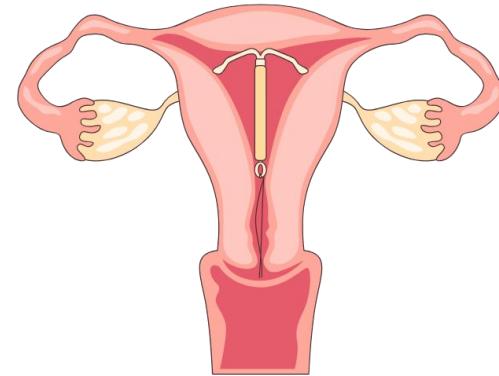
33% rated their pain as **moderate** (5-7).

15% rated their pain as **severe** (8-10).



You might be more likely to experience pain if you...

- Had a painful IUD placement in the past
- Have had painful pelvic exams in the past
- Are younger than 18 years old
- Have never given birth vaginally
- Have heavy and/or painful periods
- Have endometriosis, fibroids, or pelvic pain
- Have been diagnosed with anxiety
- Have had prior surgery on your cervix



You can decide how
to reduce and
manage pain when
you get an IUD.

There are **many options available** to help lessen the pain you feel with IUD placement. All of these options are **safe** and **rarely cause side effects**. Some of them can be combined to provide the best chance of pain relief.

However, researchers are not yet sure which option is the most effective. Additionally, many providers are not able to offer every option.

This decision aid will help you decide which option or options make the most sense for you.

It will also prepare you to discuss pain relief with your healthcare provider before you get an IUD.



What kinds of options are available to help with pain?

| Medication type | Medication Name | Efficacy |
|---|---|---|
|  | NSAIDS (Ibuprofen, Naproxen, Ketorolac) |  |
|  | Topical agents (lidocaine gel, cream, or spray) |  |
|  | Lidocaine paracervical block |  |
|  | Opiates (Tramadol, oxycodone) |  |
|  | Benzodiazepines (Lorazepam, diazepam) |  |
|  | Outpatient sedation or operating room |  |

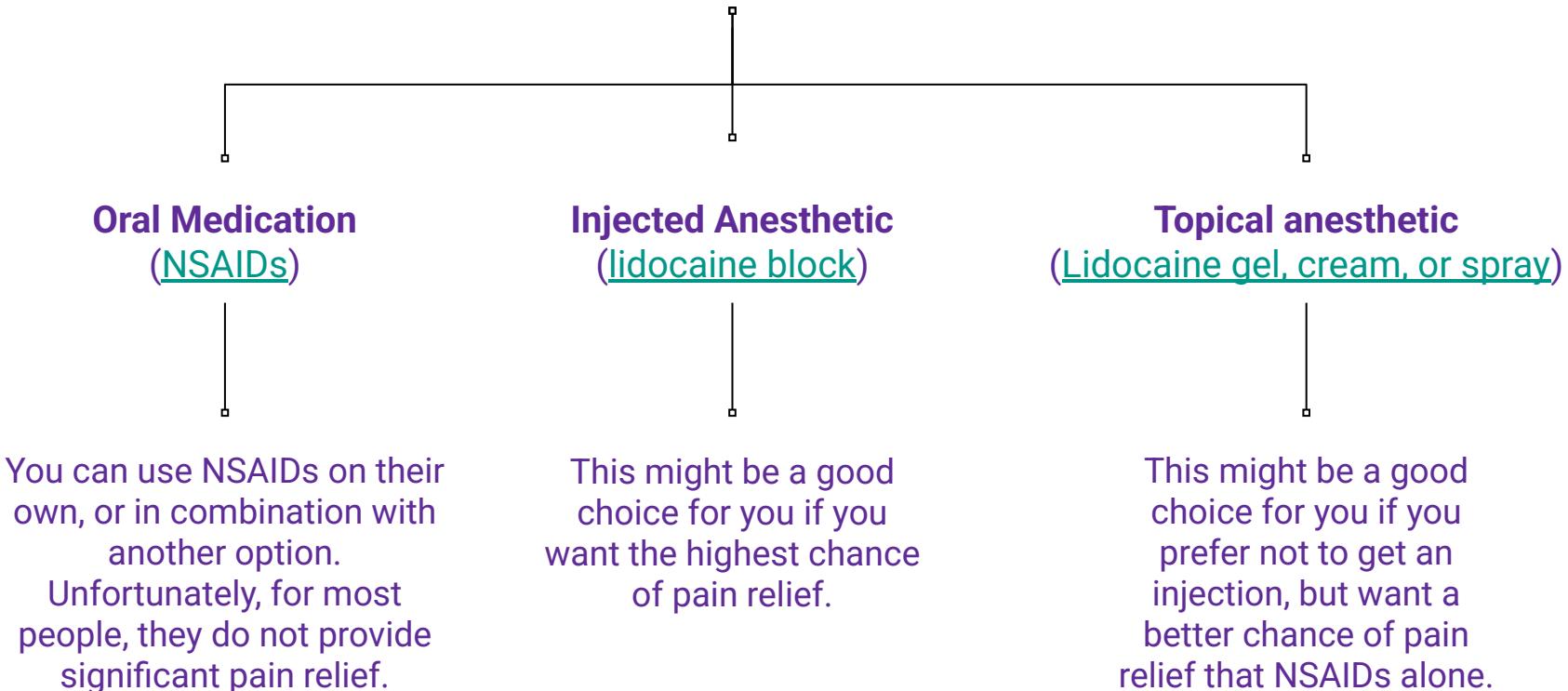
| Non-medication options | Name | Efficacy |
|--|--|---|
|  | Aromatherapy (essential oil, lavender) |  |
|  | Music |  |
|  | Breathing techniques |  |
|  | Heat packs |  |
|  | Ultrasound guidance |  |

What are the differences between the medication options?

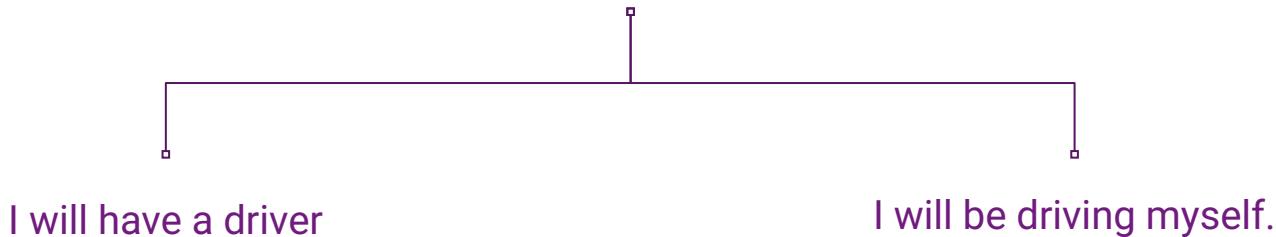
| Option | Name | How much will this help my pain? | Can I get this today?* | What are the possible side effects? | Can I drive home after? | Does this have extra costs? | Can this help with nerves? | Does this make the procedure longer? |
|--|---------------------------------------|---|------------------------|--|-------------------------|---|----------------------------|--|
|  | NSAIDS |  | Yes | Minimal, sometimes stomach irritation | Yes | No | No | No |
|  | Topical lidocaine |  | Yes | Minimal, sometimes burning or stinging | Yes | No | No | Yes (by 15-30 seconds) |
|  | Lidocaine block |  | Yes | Minimal, sometimes pain during injection, ear ringing | Yes | No | No | Yes (by 1-2 minutes) |
|  | Opiates |  | No | Minimal, sometimes drowsiness | No | Low cost of medication | No | No |
|  | Benzo-diazepines |  | No | Drowsiness | No | Low cost of medication | Yes | No |
|  | Outpatient sedation or operating room |  | No | Drowsiness, possible nausea, changes in blood pressure | No | Some cost, possible high cost pending insurance | Yes | Yes (at least 30 minutes, up to several hours) |

* Not every clinic will have all options

I want my IUD placed today. What are my options for medications?



I will come back later for my IUD. What can I take before I come in?



Benzodiazepines (ex. Ativan, Xanax)

Opiates (ex. Tramadol, Oxycodone)

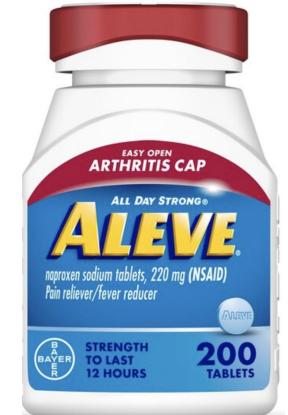
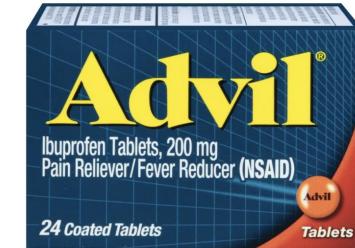
NSAIDs (ibuprofen, naproxen)

NSAIDs only

*These options can all make you sleepy, so you need to make sure you have someone to drive you to and from the appointment.

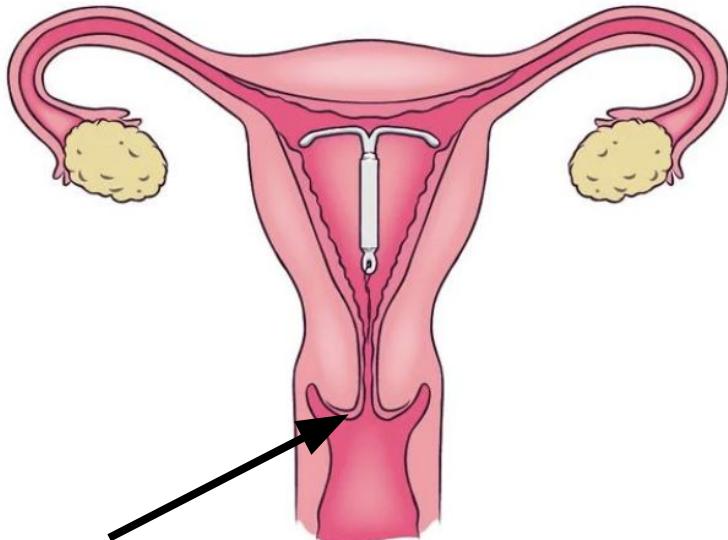
NSAIDs (This includes medications like Ibuprofen, Naproxen, Aleve, Motrin)

| Benefits: | Cons and possible side effects: |
|--|---|
| Moderate chance of improved pain with IUD placement and high chance of improved cramping after placement | May not work as well as other medication options to reduce pain with insertion |
| Most patients do not have side effects and tolerate these medications well | Can cause stomach irritation if taken on an empty stomach |
| Does not require a prescription | You should not take if you have a history of kidney failure, gastric ulcers, have a bleeding disorder, have an allergy to NSAIDs, or if you have been otherwise told by a doctor not to take NSAIDs |
| Most clinics have these medications in the office, and many patients have this already at home | |
| You can safely drive home after taking this medication | |



Injected anesthetic (lidocaine block)

This involves your provider injecting numbing medicine around your cervix before placing the IUD

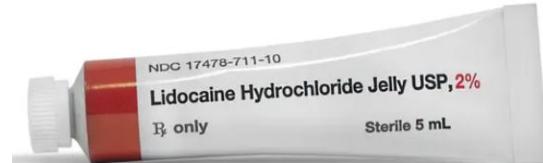


| Pros | Cons/ Possible side effects |
|---|--|
| High chance of improved pain with placement | Makes the total procedure and pelvic exam longer |
| Does not require oral medications | Involves an injection (with a needle) |
| Most people do not have side effects | Potential side effects include ear ringing or tingling |

Topical anesthetic

This involves putting a lidocaine gel, cream, or spray on your cervix before placing your IUD

| Benefits | Cons/Possible side effects |
|---|---|
| Moderate chance of less pain with placement | May not work as well as the injection to reduce pain |
| Does not require oral medications | Makes the total procedure and pelvic exam longer |
| Most people do not have side effects | Potential side effects include stinging or burning of the cervix |
| Does not require a needle | |



Benzodiazepines

This includes medications like lorazepam (ativan) that help to reduce anxiety

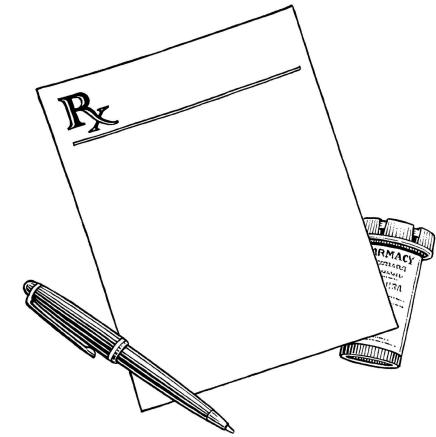


| Benefits | Cons/Possible side effects |
|---|---|
| Can help reduce anxiety before the placement | Has not been studied to directly improve pain |
| Most people do not have side effects | May make you feel sleepy and out-of-it |
| | You do need a responsible adult to drive you home afterwards |
| | You need a prescription from your provider for this medicine |

Opiates

This includes medications like tramadol or oxycodone

| Benefits | Cons/Possible side effects |
|---|--|
| Moderate chance of improved pain with IUD placement | Not many studies have been done to show how well this works |
| Most people do not have side effects | May make you feel sleepy and out-of-it |
| | You do need a responsible adult to drive you home afterwards |
| | You need a prescription from your provider for this medicine |



What if I don't want to be awake during my IUD placement?

There are two possible options for people who would prefer not to be awake during the IUD placement procedure, but these options are used less often and will require some additional planning.

| | Outpatient Conscious Sedation | Anesthesia in Operating Room |
|---------------------------------|---|--|
| How does this work? | You would get medication through an IV to help you feel relaxed and drowsy, but not fully asleep . You'll still be able to respond if your doctor talks to you, but you probably won't remember much of the procedure later. | You would be fully asleep and receive anesthesia in an operating room. You would not feel pain or remember the procedure. |
| Where will I be? | Doctor's office | Surgery center or hospital |
| How long will it take? | 1-2 hours | About $\frac{1}{2}$ of a day |
| What else should I know? | You need a responsible adult to drive you home **Not every clinic offers this option | You need a responsible adult to drive you home |

What if I don't want any medications at all?

If you prefer to avoid medications, there are some other options that might help with pain and make the overall experience more comfortable.

1. **Music** - playing some music during the procedure can help you relax and serve as a distraction
2. **Aromatherapy** - bringing lavender or peppermint essential oils may help you feel more calm
3. **Heating pad** - placing a heating pad on your lower belly can make the procedure more comfortable
4. **Social support** - bring a trusted loved one to the appointment to provide some extra care and support



There are many factors that people consider when choosing a pain management option. How important are these different factors to you?

| | Not important | A little important | Neutral | Fairly important | Very important |
|--|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| I want to avoid pain as much as possible during the procedure | <input type="checkbox"/> |
| I want to avoid taking medications if I can | <input type="checkbox"/> |
| I want to avoid going to the pharmacy | <input type="checkbox"/> |
| I want my IUD placed as soon as possible, in one clinic visit | <input type="checkbox"/> |
| I want to avoid injections | <input type="checkbox"/> |
| I want to feel less anxious or nervous before and during the procedure | <input type="checkbox"/> |
| I want to use a method that has few or no side effects | <input type="checkbox"/> |
| I want to be able to drive myself home afterward | <input type="checkbox"/> |
| I want the procedure to go as quickly as possible, without extra steps | <input type="checkbox"/> |
| I want to be completely asleep during the procedure | <input type="checkbox"/> |
| I want to avoid any potential extra costs | <input type="checkbox"/> |

Now, fill out this checklist and take it with you to your appointment to share with your provider.

| I would PREFER these options: | I am OKAY with these options: | I do NOT want these options: |
|--|--|--|
| <input type="checkbox"/> NSAIDs <input type="checkbox"/> Topical lidocaine <input type="checkbox"/> Injected lidocaine block <input type="checkbox"/> Opioids <input type="checkbox"/> Benzodiazepines <input type="checkbox"/> Sedation <input type="checkbox"/> Operating Room <input type="checkbox"/> Other _____ | <input type="checkbox"/> NSAIDs <input type="checkbox"/> Topical lidocaine <input type="checkbox"/> Injected lidocaine block <input type="checkbox"/> Opioids <input type="checkbox"/> Benzodiazepines <input type="checkbox"/> Sedation <input type="checkbox"/> Operating Room <input type="checkbox"/> Other _____ | <input type="checkbox"/> NSAIDs <input type="checkbox"/> Topical lidocaine <input type="checkbox"/> Injected lidocaine block <input type="checkbox"/> Opioids <input type="checkbox"/> Benzodiazepines <input type="checkbox"/> Sedation <input type="checkbox"/> Operating Room <input type="checkbox"/> Other _____ |