

IUD E-Consult Information:

THANK-YOU for requesting information on IUDs.

If, after reviewing this information, you would like to schedule an IUD insertion appointment, please call our scheduling office at 734-764-8320. If you have unanswered questions, please contact a UHS Gynecology Nurse at 734-764-8320 who may be able to answer your questions or will schedule an IUD Consult.

Please refer to this message again prior your IUD insertion appointment for important pre-insertion instructions.

GENERAL INFORMATION

- IUDs offer highly effective, long-acting and easy to use contraception.
- Go to <http://mybestbirthcontrol.weebly.com/> for information on IUD types, effectiveness, side effects, non-contraceptive benefits, and comparison to other contraceptive methods.

COST

- Once you have decided which IUD is best for you, you will need to confirm if your insurance will cover the cost of the IUD. If you do not have insurance, please contact our managed care office at (734)-764-5182 to discuss Medicaid or other insurance options for students.
- At UHS the insertion procedure is free to students but the device is not. IUDs cost approximately \$1,100-1,500. Progesterone IUDs are effective for up to 7 years and the copper IUD for up to 12 years.

INSURANCE INFORMATION

- If you have SHIP (student health insurance plan) insurance, the IUD is covered at UHS without a cost to you.
- If you have another insurance type, YOU MUST CALL your insurance company to verify your coverage for your IUD device. No one in the clinic can guarantee that your insurance company will pay for an IUD. It will be your responsibility to call the number on the back of your insurance card to confirm for yourself that this IUD device will be covered at UHS. Our tax ID number is **383422836** to verify that UHS is in your network.
- If your insurance states they cover the IUD but not at our clinic, you can call (734) 764-8320, Gynecology nurse, who will work with UHS pharmacy to contact your insurance to check on pharmacy benefits for coverage of the IUD device. Have your insurance card information ready including ID# and Group# when you call the nurse. If the IUD is covered under "prescription benefits," our pharmacy will order your IUD and send it to us for your insertion appointment.
- If you still have questions about insurance coverage for the IUD, you may ask for assistance at our managed care office on the second floor at UHS or at (734)-764-5182. We will ask you to sign a waiver when you arrive for your IUD insertion appointment, stating that you understand you will have to pay for any charges not covered by your insurance. If you cannot or will not sign that waiver, you will not have an IUD placed and need to consider other options for birth control.

RISKS and BENEFITS of IUDS

- There are a few contraindications to use of an IUD for contraception including but not limited to a history of: antiphospholipid antibodies, bleeding disorders, unexplained abnormal uterine bleeding, uterine anatomic abnormalities, severe cirrhosis, Liver tumor, gestational trophoblastic disease, current STI or breast cancer.

-There are some benefits to use of an IUD including: highly effective contraception, no change in fertility, decreased menstrual flow for progesterone IUD, avoidance of hormones for copper IUD and ease of use for any IUD.

- The risks associated with insertion or use of an IUD include:

- expulsion or IUD falling out < 2-10%
- risk of infection is low but greatest within the first 20 days after insertion – we screen for STI infection before or during the insertion appointment
- migration of the IUD or movement outside of the uterus < 1%
- perforation of the uterus at the time of insertion < 1%
- pregnancy with an IUD in place – rare but increases risk of ectopic or tubal pregnancy

SCHEDULING INFORMATION

- If you are currently using an effective form of contraception such as Depo Provera, Nexplanon, birth control pills, patch or vaginal or have an IUD in place, insertion can be done at any time.

-If you are not using an effective form of contraception or only using condoms/withdrawal, schedule the IUD insertion during or after a normal period. If the IUD appointment will occur after your period, you should not have vaginal/penile penetrative sex, not even with a condom, after your period starts until your IUD insertion to ensure you are not pregnant at the time of insertion. Be prepared to give a urine sample at your appointment. If your period stops before the insertion appointment, this is fine as long as you have not had vaginal/penile penetrative sex from the first day of the period until the insertion appointment.

- Time the IUD insertion so that you will be in town for one week following the insertion in case you have problems like prolonged or severe cramping or cannot feel the IUD strings.

- When scheduling your appointment, please inform us if you have had surgery on your cervix (LEEP, cryotherapy, conization). You will need to pick up and use medication called misoprostol prior to the visit. Insert tablets into the vagina 6 hours before the IUD insertion. Be aware, you may have cramping and can take the ibuprofen dose early.

- Cramping is the most common side effect experienced during IUD insertion, often described as a pain that "makes you want to hold your breath". We **STRONGLY** urge you to take 600 mg ibuprofen or naproxen 500 mg 1-2 hours before the visit to lessen the cramps.

For questions, use secure messaging or call a nurse at (734) 764-8320.