An IUD is a small T-shaped device that is inserted into the uterus by a medical provider as a form of birth control. IUDs use either hormones or copper to affect the way sperm cells move, preventing fertilization of an egg. Hormonal IUDs promote the thickening of cervical mucus, which blocks sperm and prevents it from joining an egg. The copper IUD may also be used as emergency contraception.

IUDs are a long acting reversible contraceptive method, and one of the most effective. Once the IUD is inserted you are protected for three to ten years, depending on the specific IUD.

While the IUD is a great form of birth control, it does not protect against the spread of STIs, so condoms are still recommended.

Read the steps below to learn more about IUD placements at the SHC.

Consultation
• Start the process by scheduling a consultation with an SHC provider (either Women’s Health in Washington Square or Primary Care in Brooklyn). Your provider will issue an IUD e-prescription to the appropriate pharmacy.

Scheduling an insertion appointment
• Speak with a nurse to schedule an insertion appointment on a day you anticipate having your period. For Washington Square, call (212) 443-1166. For Brooklyn, call (646) 997-3456.
• Keep in mind that the preferred time for insertion is on the heaviest day of your period.
• We will schedule you as soon as possible, but cannot guarantee a same-day appointment.

Before your insertion appointment
• Avoid unprotected intercourse for 2 weeks prior to your insertion.

On the day of your insertion appointment
• Make sure you’ve eaten something 1-2 hours before your appointment. An empty stomach or eating right before the procedure may make you feel nauseated.
• To manage pain, take 600mg of Ibuprofen 30 minutes before your appointment. If you are using over-the-counter Ibuprofen (200mg), take three (3) tablets.
• Come with a full bladder for a urine pregnancy test, and expect to stay at least one hour.
• If you would like to bring a friend, please do so. If it feels helpful, they may be able to join you during or after the procedure. Please discuss with your provider that day.

After your insertion appointment
• Plan for 3 hours of rest or only light activity after insertion.
• Do not insert anything vaginally for 1 week, this includes intercourse and tampons.
• While showers are ok, do not take baths or swim for 72 hours.

Insurance information
The IUD device and insertion are covered at no out of pocket expense for students enrolled in an NYU sponsored student health insurance plan. For all other plans, please consult with your insurance carrier.