



## Maitri Health Care for Women

Obstetrics, Gynecology and Midwifery

Amy Thibault, MD  
Jennie Lowell, MD  
Julie Wade, MD  
Kristen Werner, CNM  
Lindsay Smith, MD  
Katherine Areson, MD  
Leah Starr, CNM  
Lorraine Daily, FNP  
Adrienne Woike, FNP

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185 Tilley Drive, South Burlington, VT 05403  
Phone: 802-862-7338 Fax: 802-862-8411

### IUD Information & Instructions

- **NO UNPROTECTED INTERCOURSE** for 2 weeks before your IUD insertion appointment. You must use a reliable method of birth control (barrier or hormonal method) for at least 2 weeks before your appointment. We will NOT insert an IUD if you have had unprotected sex within this timeframe (this includes using withdrawal method).
- Before the IUD is inserted, we will have you give a urine sample to check for pregnancy. Try not to empty your bladder too close to your appointment time.
- You may take 800 mg of ibuprofen 30 minutes prior to the appointment.



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