



Maitri Health Care for Women

Obstetrics, Gynecology and Midwifery

Amy Thibault, MD
Jennie Lowell, MD
Julie Wade, MD
Kristen Werner, CNM
Lindsay Smith, MD
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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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