



## The IUD Clinic

Dr. Michelle Gerber (MSP:23847)

The IUD Women's Clinic  
22190 48 Ave Langley City  
BC V3A 3N5

T: 604-546-2190  
F: 604-409-3979  
www.theiud-clinic.com



1. As of April 1, 2023, contraception is free to all B.C. residents. If you are scheduled for an IUD or Nexplanon implant insertion, you must bring the device with you to your appointment. Please request a prescription from your referring health care provider and have it dispensed at your pharmacy prior to your visit. If you would like more information about choosing the right contraceptive device for your body, we recommend the following websites: <https://www.itsaplan.ca> or [www.theiud-clinic.com](http://www.theiud-clinic.com). If you are unable to obtain a prescription from your provider and have already been referred to our office, please contact us directly so we can assist you in obtaining your device.

2. Please confirm your appointment two weeks ahead. Email reminders are sent two weeks before. The password to access this secure message and to confirm your appointment is your date of birth. Unconfirmed appointments will be cancelled.

3. **IUD insertions/replacements:** For new IUD insertions, **avoid unprotected intercourse/ sex for 10 days before your appointment. Continue your usual birth control method (pill, patch, ring, IUD, or Nexplanon), and also use condoms or abstain from sex during those 10 days.** On the day of your appointment, come well-hydrated and eat a light meal a few hours beforehand. For pain relief, **take Naproxen (440 mg total) when you arrive at the clinic, as studies show it is most effective for managing cramping**. If you are allergic to Naproxen, you may take Ibuprofen (800 mg total) or Extra Strength Tylenol (1000 mg) instead. Bring a pad or panty liner with you, as light spotting or bleeding is common after the procedure. We offer local anesthesia (freezing) - this is called a cervical block. The IUD insertion/replacement insertion takes approximately 5-10 minutes but please plan to be at the clinic for up to 90 minutes on the day of your IUD insertion or replacement.

4. **IUD removals:** Use condoms and avoid unprotected intercourse for 10 days before your appointment. Please bring a pad or panty liner with you, as light spotting or bleeding is common after the procedure. The IUD removal takes approximately 5-10 minutes but please plan to be at the clinic for up to 90 minutes on the day of your IUD removal.

5. **Nexplanon insertions/replacements/removals:** **Avoid unprotected intercourse/ sex 10 days before your appointment- use condoms or abstain from sex during those 10 days.** Nexplanon insertion or replacement procedure itself typically takes 10 to 15 minutes. Please plan to be at the clinic for up to 90 minutes. There is no need to take medication for pain relief in advance. If you are not currently using any form of birth control avoid unprotected sex two weeks prior to your appointment - if you have had unprotected intercourse prior to your appointment and pregnancy cannot be confidently excluded, your procedure will be cancelled and rescheduled.

6. If you're not fluent in English please bring a friend or family member to help with translation.

7. Arrange a ride home if you are sensitive to procedures. Your ride must wait in the car as we only permit patients inside the building.

8. Due to the sensitive nature of our services, we kindly ask that **children do not attend appointments**. Please arrange childcare for the day of your visit. If this presents a challenge, contact our office in advance.

9. Arrive 5 minutes early with your Care Card and one piece of ID.

10. For your well-being, we continue to strongly recommend wearing a mask in the clinic, even though medical masks are no longer required in healthcare settings.

11. On arrival you will be asked to provide a urine sample to test for pregnancy and sexually transmitted infections and sign consent forms.

12. When it is your turn, you'll be escorted to the treatment room where we ask you to refrain from touching any counters, vanity sinks or faucets as these are for the Doctor's use only. Place your personal items under the chair and remain seated on the chair or the examination bed.

We appreciate your patience and understanding if we are behind schedule. When this occurs, it is because a patient required extra time or there was a complication.

### CANCELLATION POLICY

**We require 4 business days to change or cancel your appointment.**

Short notice cancellations or missed appointments delay care and negatively impact the schedule. The following fees will be applied and must be paid before you will be rebooked.

**Telehealth Appointment: \$50    Telehealth Consultation: \$100    IUD removal: \$200**  
**IUD Insertion/replacement \$250    Nexplanon Insertion/replacement/removal: \$250**