



Lisa M. Jukes, M.D., P.A.
Gynecology, Health and Wellness



Information for IUD and Nexplanon Insertions

*If you are coming in for a new IUD insertion it is best to be on your period even if switching from one birth control method to another. This will allow for an easier insertion.

*If you are coming in for an IUD removal and reinsertion, you do not need to be on your period.

*If you are coming in for a new Nexplanon insertion we ask that you be on your period unless you are switching from another birth control method and no longer have periods.

*Unless you have an allergy, take over-the-counter Motrin/Advil/Ibuprofen 30-60 minutes before your IUD insertion.

*Please arrive prepared to leave a urine sample so that we can be sure that you are not pregnant.

*Please arrive 15 minutes early to sign the device waiver, sign the consent form, and leave a urine sample.