

Oak Bay Medical Centre

Patient Information: After Care for Jaydess IUS

When does it start working?

- Jaydess works to prevent pregnancy right away IF it is inserted on your period or on the same day as a D&C or an abortion. It is an IUS or "Intra-uterine System" to get small amounts (13.5mcg) of progesterone mostly in the local area.
- Jaydess will take about 10 days to work if inserted between your periods. Use back up until your next period. Take a pregnancy test if your period is late.

Maintaining your Jaydess:

Today:

Don't put anything inside for 24 hours

Why? Sex, tampons, swimming and bath/hot tubs could introduce bacteria from the vaginal canal to your uterus. While there isn't great medical evidence to clarify this, it seems reasonable to be safe.

This week:

Check inside with one finger to see what's normal for you

Why? Jaydess IUS strings are hard to feel (like thin dental floss), and only about 2cm long. Some women cannot feel their cervix or the strings, and this is OK. Finding out what is normal for you will help you monitor your own IUS.

Monthly:

Check inside with one finger to check it is the same

Why? Women may get a lighter period on Jaydess. If you get a heavier one, check that your IUS did not fall out. If it fails (extremely rare) you would get other symptoms like breast tenderness and nausea.

Next few months:

You will likely get some irregular bleeding and cramping

Why? Jaydess takes some time to adjust. Over time, your periods will reduce, but at first it's normal to get more frequent bleeding. Ibuprofen, Tylenol, or whatever you generally use for periods should help.

Periodically: (every 1-3 years depending on your risk; your physician will counsel you):

Have a pap and well-woman exam

Why? Whoever does the pap can usually see the IUD string and check that your cervix is normal. Regular check ups are part of a healthy routine.

Reasons to call the clinic:

- » If you think the Jaydess IUS has fallen out
- » If cramping is very severe, keeping you awake at night or preventing work/school