



The IUD Clinic

Dr. Michelle Gerber (MSP:23847)

The IUD Women's Clinic
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Patient Instructions for Appointment - Insertion/ Removal IUD or Nexplanon Implant

Please read the following instructions carefully before your appointment:

1. Refer to our website www.theiud-clinic.com for additional information about IUDs and Nexplanon implants, pre-and post-insertion instructions and FAQs.
2. Call to confirm your appointment one week prior (Tel 604- 546 2190). Unconfirmed appointments will be cancelled.
3. All IUDs and Nexplanon subdermal implants are available at the clinic for purchase.

We recommend that you do not fill any prescriptions before your procedure as women often change their minds after receiving more information - it is important that you receive the most suitable method for your reproductive goals and health.

Payment for IUDs or Nexplanon subdermal implants is with debit or credit only (no Amex). If you prefer to pay by cash notify the clinic in advance so that special arrangements can be made to accommodate your request.

4. For IUD insertions, take Ibuprofen 400 -800 mg or Tylenol 500mg 1 hour before your appointment.
5. For Nexplanon insertions, there is no need to take pain relief.
6. Notify us ahead of time if you are not fluent in English and require a friend or family member to attend the appointment to assist with translation.
7. If you are sensitive to procedure arrange a ride home – your ride must wait in the car as patients only are permitted inside the clinic.
8. Arrange for childcare ahead of time as children are not permitted inside the clinic.
9. For IUD insertions and/or removals, avoid unprotected intercourse seven days before your appointment.

10. For Nexplanon fittings, if you are not on any birth control placement is done on the first 5 days of your menses. The implant can be placed as long as we can safely exclude any possibility of pregnancy - it is best to discuss timing of your Nexplanon fitting with Doctor Gerber.
11. The appointment will last approximately an hour for an IUD procedure and 15 minutes for Nexplanon procedures.
12. Arrive 10 minutes early with your Care Card and piece of ID.
13. A staff member will greet you and take your temperature. We will verbally confirm a few COVID19 screening questions ensuring that you are healthy and safe to enter the clinic.
14. Medical masks are mandatory inside the clinic and will be provided if required.
15. Use hand sanitizer on entering the clinic.
16. Bring your own pen to sign intake and consent forms.
17. A urine sample will be obtained, and vital signs will be measured.
18. You'll be escorted to the treatment room where we ask you refrain from touching any counter services and not to use vanity sinks in the treatment rooms as these are for the Doctors only. Place your personal items under the chair in the treatment room and remain seated either on the chair or the examination bed.
19. We require 3 business days to change or cancel an appointment.

Missed appointments or late cancellations are subject to an administrative fee - this fee is to prevent last minute cancellations and changes to our IUD schedule that could impact other patients.

This fee needs to be paid before you can rebook your appointment.

Missed IUD/ Nexplanon Consultation: \$100

Missed IUD/ Nexplanon Insertion/Removal: \$250