



## What is intranasal Versed?

Versed, or midazolam, is a medicine used with procedures to help provide mild sedation. It is inhaled through the nose about 10 minutes before your procedure. Common side effects include nasal irritation and headaches.



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## PEDIATRIC AND ADOLESCENT GYNECOLOGY

# Intrauterine Device (IUD) with Intranasal Midazolam (Versed)

*Intrauterine devices (IUDs) can be put in during an office visit with a medicine that is inhaled through the nose called intranasal Versed. This medicine can help with anxiety and offers mild sedation to help reduce pain with the procedure.*

## Before your procedure

- Make an appointment to talk to your doctor. If you have already met with your doctor about options to manage periods, we will want to see you again if it has been over 1 year since your last visit.
- Call our clinic right away if you need to reschedule your appointment. You can call our scheduling team at 720-777-2667.
- Make sure you have someone who can come and stay with you on the day of the procedure. You won't be able to drive after having the intranasal Versed.
- After the IUD is put in, you may have some cramping and bleeding in the days to weeks afterward. Here are the items that we recommend having on hand:



Ibuprofen (Motrin)



Acetaminophen (Tylenol)



Menstrual products



Heating pad

## The day of your procedure

- Before getting to the hospital: Eat and drink normally throughout the day before your IUD insertion. Take 600 mg of ibuprofen 30 minutes before the visit. We will need a pee sample before the procedure, so be sure to come with a full bladder.
- Once you arrive: Check in at the main entrance. Our medical assistant will check you in, ask you for a pee sample and get you in a room. A nurse or doctor will then come in and answer any final questions before insertion. Then, you will sign a consent for the IUD, and the nurse will give you the intranasal Versed.
- During the procedure: You will be awake for the procedure. The procedure itself takes between 5 and 15 minutes. Extra time is needed for all the steps before and after. After, you will have vital signs done again to make sure you are stable before going home. You will be released to the person who will drive you home.

## After your procedure

- You should not drive or operate any heavy machinery for the rest of the day.
- You can go back to school or work the same day as the procedure.
- Please call our nursing line if you have fever or chills, severe pain with cramping, or increased and heavy bleeding. Call our nursing team at 720-777-2667.
- For many people, the IUD doesn't stop all bleeding right away. There is usually some bleeding or spotting for weeks or months after getting an IUD.
- Your doctor will tell you how long to stay on any other hormonal medicines after getting your IUD.
- Significant cramping is normal after getting an IUD and should get better with time. Let us know if cramping lasts longer than one week or if severe cramping lasts more than 48 hours after the procedure.
- The IUD can be removed at any time, but it works for 8 years. At that time, a new IUD can be put in.
- Most people who have an IUD will have less bleeding over time. If periods suddenly become heavy and regular again, please let us know.
- The plan for follow-up is different for every patient. Please let us know if you have questions about when you should schedule your next appointment with us.

### Learn more



[childrenscolorado.org/Gyn](https://childrenscolorado.org/Gyn)



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