

## LARC Insertion and Removal Materials Checklists

### For a Mirena, Skyla or ParaGard IUD insertion

#### Upon patient arrival

- Complete Patient IUC Insertion Checklist
- UCG test
- HGB test (for ParaGard only)
- CT / GC (if indicated)
- Ibuprofen 800 mg once if no allergy (if already taken, document time taken)
- Misoprostol 400 mcg PO or BU (if indicated)

#### In procedure room

- IUC Insertion Procedure and Consent forms
- Speculum (non-sterile is okay)
- Water-based lubricant
- Single-toothed tenaculum (sterile)
- Povidone-iodine or chlorhexidine in cup with cotton balls or swabs
- Uterine sound (sterile)
- Sterile 13/15 Pratt dilator (2 sterile sets)
- Long suture scissors (non-sterile is okay)
- Sterile gloves (for ParaGard only)
- Ring forceps (non-sterile is okay)
- Gauze (4" x 4") (sterile)
- Mirena, Skyla or ParaGard IUD (do not open package until *after* sounding uterus)  
Paracervical block (if indicated):
  - 10 cc 1% lidocaine
  - Spinal needle and 10 cc syringe
  - Menstrual pad
  - Ph paper (optional, as bedside BV screen)

**Note:** Clinic should have 3 sterile IUD insertion kits containing a single-toothed tenaculum and 2 sets of metal uterine sounds. Sharp suture scissors, ring forceps, and the speculum can be included in the sterilized pack as well, but proper insertion techniques do not require that these items be sterilized. If inserting post-abortion IUD, it is helpful to have scissors separate from pack.

## **For Mirena, Skyla or ParaGard removal**

### Upon patient arrival

- Ibuprofen 800 mg if no allergy (If already taken, document time taken)

### In procedure room

- Speculum (non-sterile is okay)
- Water-based lubricant
- Single-toothed tenaculum (sterile)
- Povidone-iodine or chlorhexidine in cup with cotton balls or swabs
- Narrow forceps
- Menstrual pad

For difficult removals:

- Cytobrushes
- IUD hook (sterile)
- Alligator forceps (sterile)

## **For Nexplanon insertion**

### Upon patient arrival

- UCG test
- Complete Patient Implant Insertion Checklist

### In procedure room

- Implant insertion and consent forms
- Povidone-iodine or chlorhexidine in cup with swabs
- Anesthesia for insertion site:
  - Spray-on anesthesia
  - Or 2 cc 1% lidocaine with 25 gauge x 1.5" needle and syringe
- Nexplanon package
- Marker
- Gauze 4" x 4" (sterile)
- Adhesive and pressure bandages

## **For Nexplanon removal**

### In procedure room

- Povidone-iodine or chlorhexidine in cup with gauze
- Anesthesia for insertion site:
  - Spray-on anesthesia
  - Or 2 cc 1% lidocaine with 25 gauge x 0.5" or 1.5" needle (longer if reinsertion at same time) and syringe
- Scalpel (sterile 15 blade)
- Straight and curved mosquito forceps (sterile)
- Gauze 4" x 4" (sterile)
- Butterfly closure or steri-strips, and pressure bandages