

LARC Materials Checklist for Placement and Removal

IUD Placement or Removal

Upon patient arrival:

- UCG, CT / GC (as indicated)
- Ibuprofen 400-800 mg (if already taken, document time taken)
- IUD information and consent form(s)

In procedure room:

- Gloves (non-sterile if using no-touch technique*; or sterile)
- Lubricant
- Chlorhexidine or Povidone-iodine
- Instrument pack(s); content may vary depending on set-up **
 - Speculum (non-sterile ok)
 - Suture scissors (non-sterile ok; Long curved)
 - Ring or Tissue (Bozeman) forceps (sterile)
 - Single-toothed tenaculum (sterile)
 - Uterine sound (sterile; metal, plastic, &/or EMB pipelle)
 - Gauze (4" x 4") (sterile) or betadine swabs
- IUD package: open after sounding
- Menstrual pad

* **Note:** If no-touch insertion technique is used, in which nothing entering the uterus is touched or contaminated, non-sterile gloves, speculum, ring forceps, and suture scissors are acceptable.

** **Note:** Clinic may want 3 sterile IUD placement kits containing tenaculum, sound, and o-ring forcep. Suture scissors and speculum can be included in the sterilized pack, but proper insertion techniques do not require that these items be sterilized.

Difficult IUD Placement or Removal

Difficult IUD Placements:

- Paracervical block (as indicated):
 - 10-20 cc 1% lidocaine
 - 10-20 cc syringe
 - Spinal needle 22 gauge
- Dilators (sterile sets; such as Pratt 13/15 & 17/19)
- Or Os Finder

Difficult IUD Removals:

- Paracervical block (as indicated; as above)
- Cytobrush
- 8" alligator forceps (sterile)
- IUD hook (sterile)

For Implant Placement

Upon patient arrival:

- UCG test (as indicated)
- Implant information and consent form

In procedure room (in shower caddy or individual kits):

- Chlorhexidine or povidone iodine
- Gloves (non-sterile for placement; sterile for removal)
- Anesthesia for insertion site:
 - 1% lidocaine (2-3 cc for placement; 0.5 – 5 cc for removal, depending on technique)*
 - 25 gauge x 1.5" needle
 - 3-5 cc syringe
- Nexplanon implant package
- Marker
- Butterfly closure, steri-strips, or bandaid
- Gauze 4" x 4" (sterile)
- Pressure wrap (like Kerlix)

For Implant Removal *

Most of materials above, plus:

- Sterile gloves
- Scalpel (sterile 11 blade)
- For difficult removals:
 - Modified vasectomy forceps (sterile; <2 mm)
 - Straight and curved mosquito forceps (sterile)

* **Note:** Consider using "pop-out technique" <https://vimeo.com/274167054>
Advantages include: less pain, bleeding, smaller incision, less risk of breaking rod.