

## 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.