
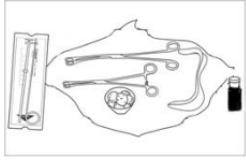



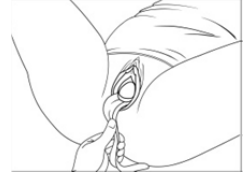
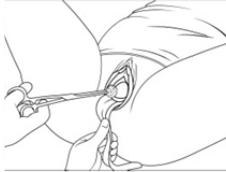
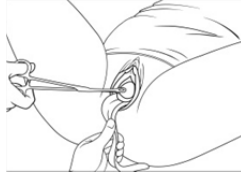
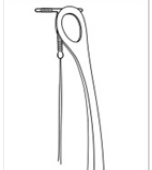









Insertion Steps for Post Placental IUCD Insertion

Talk to the woman during the procedure	Follow all recommended Infection Prevention practices		Use gentle technique	
				
<p>1. Ensure woman has given informed consent.</p>	<p>2. Ensure supplies/sterile equipment are ready.</p>	<p>3. Complete Active Management of third stage of labour.</p>	<p>4. Confirm the woman's willingness for IUCD insertion.</p>	
				
<p>5. Examine to rule out postpartum haemorrhage and extensive lacerations.</p>	<p>6. Visualize cervix using speculum.</p>	<p>7. Clean cervix and vagina TWICE with Povidone Iodine solution.</p>	<p>8. Grasp anterior lip of cervix with ring forceps.</p>	
				
<p>9. Hold IUCD with placental forceps inside its packing.</p>	<p>10. Insert forceps with IUCD through cervix upto lower uterine cavity. Avoid touching the vagina.</p>	<p>11. Place hand on suprapubic area, fingers towards fundus. Gently push uterus upwards to straighten uterine cavity.</p>	<p>12. Move placental forceps with IUCD upward following the contour of the uterine cavity till the fundus is reached.</p>	
				
<p>13. Open and slightly tilt forceps inwards to release the IUCD at fundus.</p>	<p>14. Keeping uterus stabilized, slowly sweep the forceps along the side wall of the uterus.</p>	<p>15. Keeping uterus stabilized, withdraw forceps slowly keeping it slightly open.</p>	<p>16. Ensure IUCD threads are not visible at the cervical os.</p>	
<p>Allow the woman to rest for five minutes. Complete records.</p>	<p>Follow infection prevention steps to process instruments.</p>		<p>Ensure complete postpartum care and give post insertion and follow-up instructions.</p>	

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