

# ParaGard<sup>®</sup> Procedures Skills

LARC for Beginners



# Disclosures

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# Objectives

On completion of this session, you will be able to:

- Identify the components of the ParaGard and the manufacturer's insertion device.
- Demonstrate proper and safe technique for placement and removal of ParaGard.



# Supplies for Insertion

- Gloves (sterile optional)
- Lubricant for bimanual exam
- Speculum
- Sterile uterine sound
- Sterile tenaculum
- Antiseptic solution, applicator
- IUD with inserter in sealed package
- Sterile, sharp curved scissors
- Os finder (unopened)



# Practicing Insertion Skills

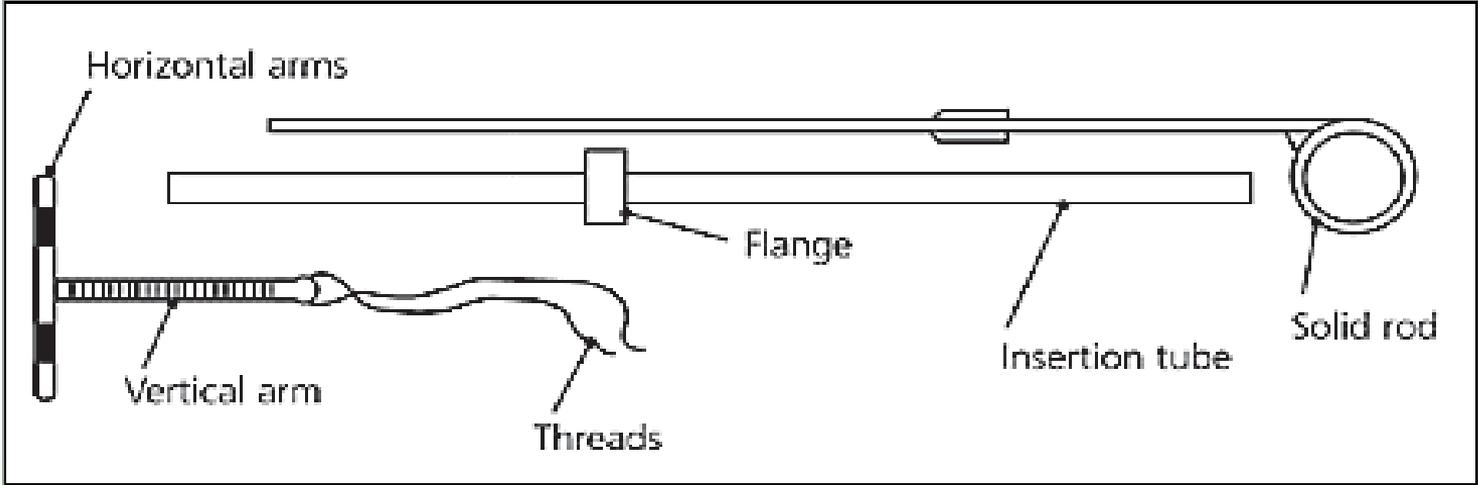
- Place tenaculum gently
- Retract tenaculum whenever advancing to ensure proper alignment of cervical canal
- Sound uterus slowly and gently
- Place IUD
- Remove IUD



# ParaGard IUD



# Components of Insertion Device



# Insertion Procedure

Before opening the sterile IUD package:

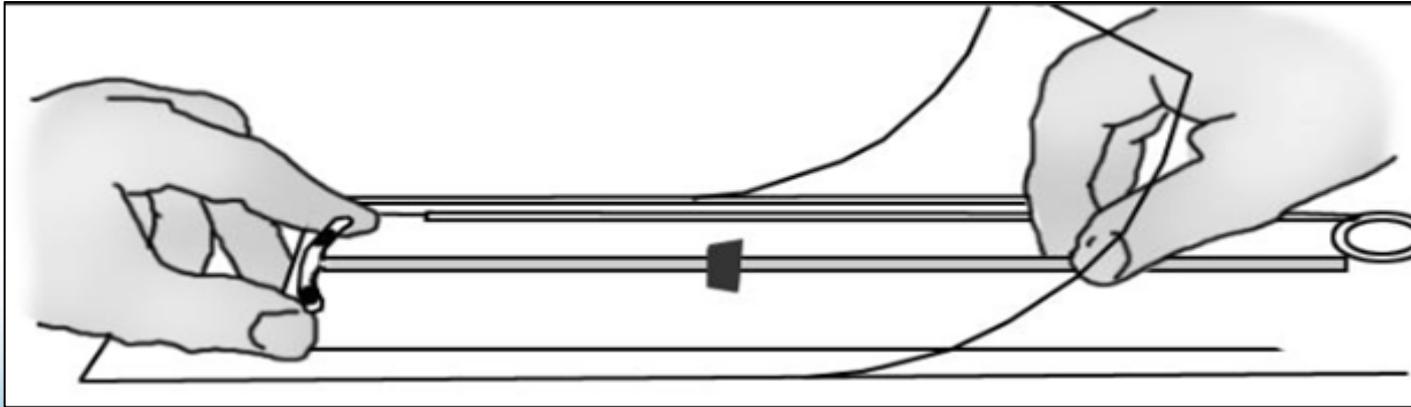
- Identify uterine position using bimanual exam
- Place speculum
- Cleanse cervix with antiseptic solution
- Place tenaculum
- Sound uterus



# Insertion Procedure

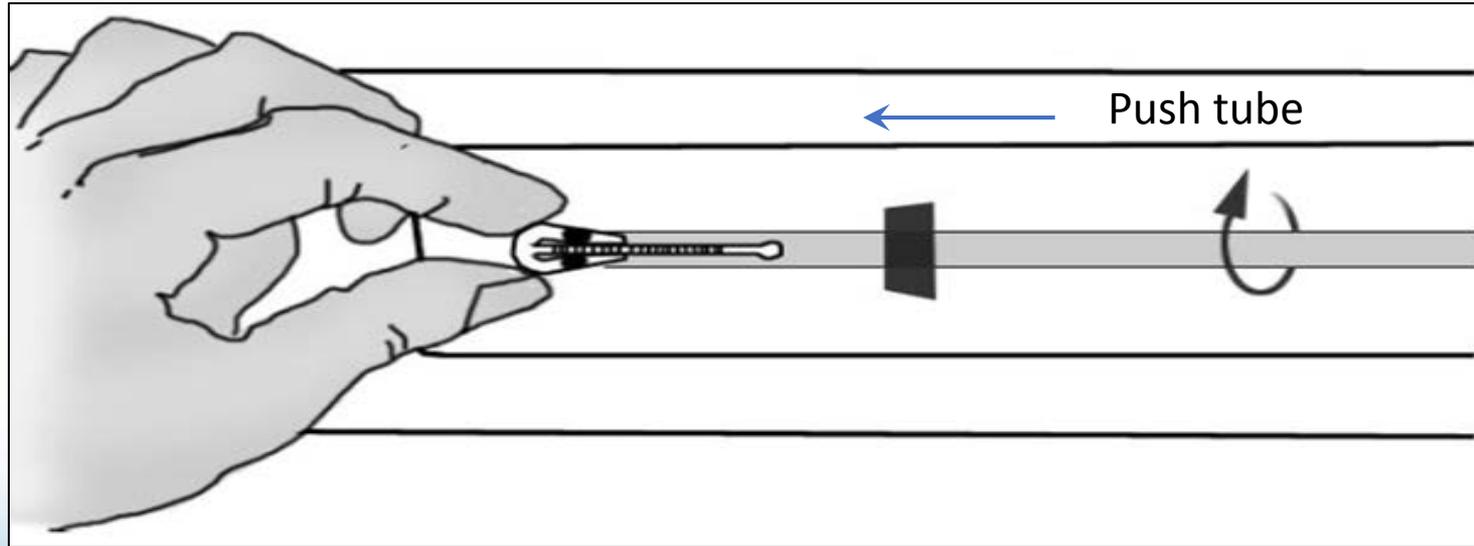
Loading device with non-sterile gloves:

- Open package about halfway.
- Insert white rod into tube
- Make a "C" with finger and thumb



# Insertion Procedure

Pinch arms of IUD and insert them  
into end of tube



# Insertion Procedure

Insert white rod into tube until it touches the bottom of the IUD.



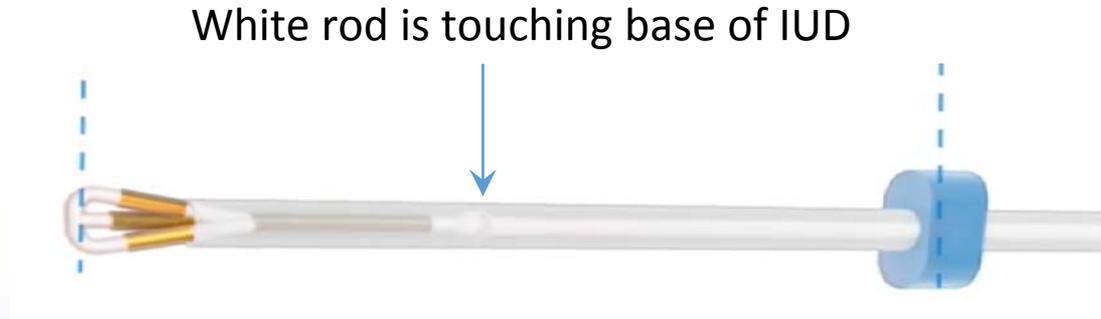
# Insertion Procedure

Use the measuring guide in the package to set the flange to sounding depth.



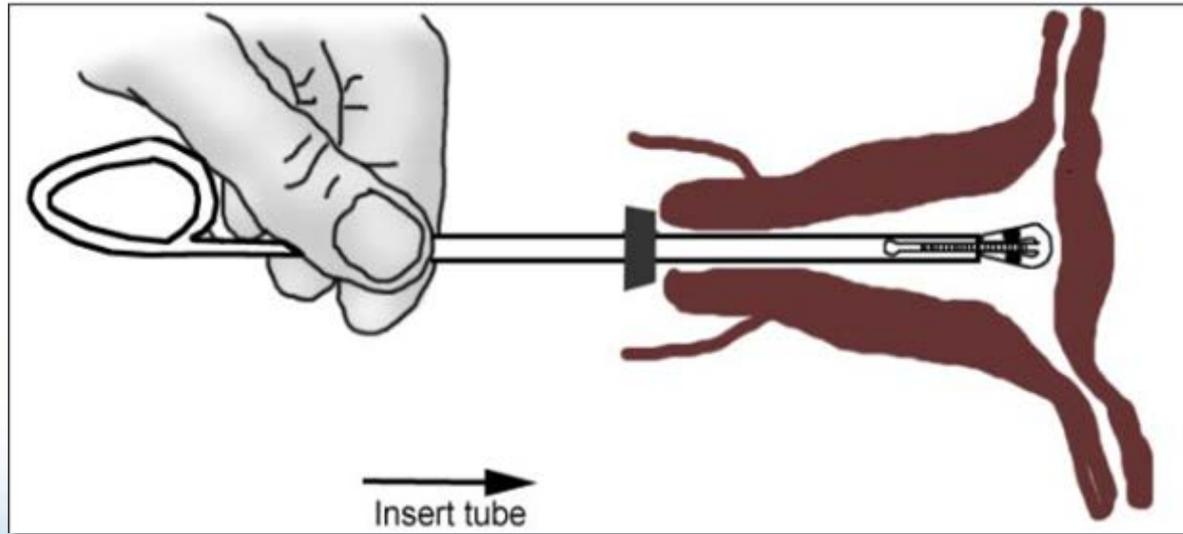
# Insertion Procedure

Ensure the flange is parallel to the arms of the device and the white rod is touching the base of the IUD before removing from the package.



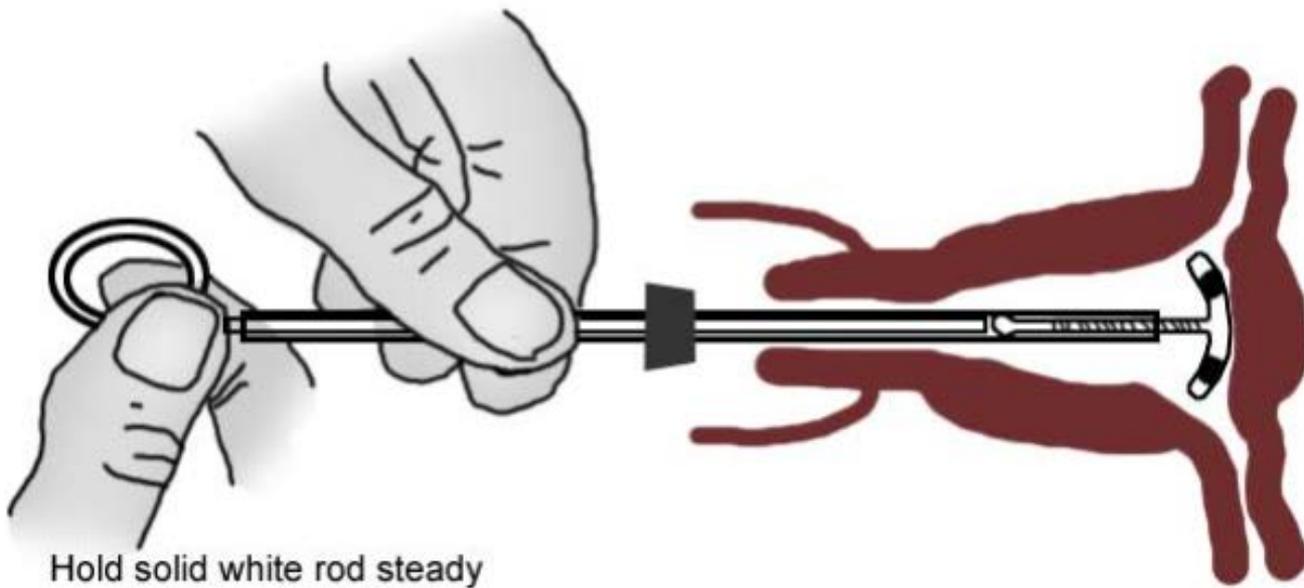
# Insertion Procedure

While retracting uterus with tenaculum, advance until the flange touches the cervix.

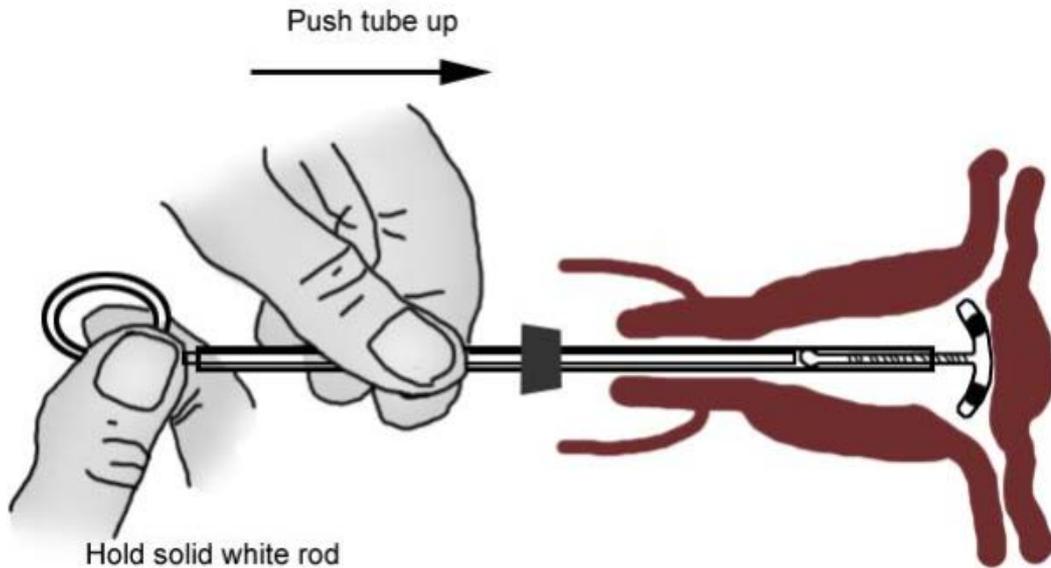


# Insertion Procedure

Withdraw tube to release T arms



# Insertion Procedure



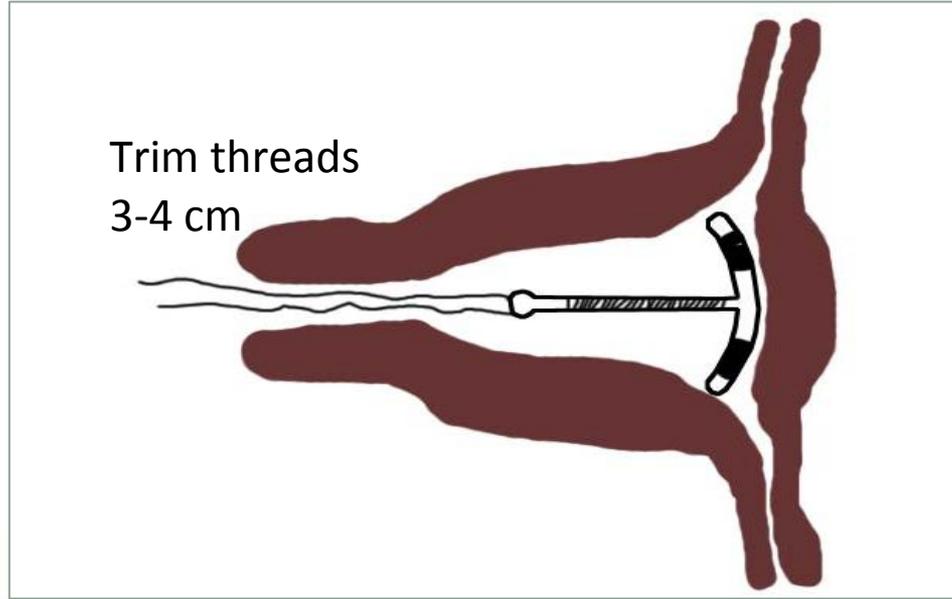
Hold rod steady  
while advancing  
tube to the fundus.

# Insertion Procedure

Remove white rod completely before removing insertion tube.



# Insertion Procedure



Questions?



Let's Practice!



# Need more practice?

Optional office hours with pelvic simulators:

Today: 4:00 - 5:30

Tomorrow: 2:00 - 4:00

Practice technique  
Ask experts your questions!

