More women may seek out the intrauterine device (IUD) if pain during insertion is adequately addressed.

Participants were randomly assigned to one of three methods (Figure 1).

- Pain was measured at four time points using a scale of 0
- Pain scores 3 minutes after IUD insertion (p = 0.061) and 5
- With abdominal massage

Local anesthetic tends to help in the short term with cervical anesthesia and this discomfort can last for a few minutes to a few days and varies from individual to individual.

Another clinical trials have looked at ibuprofen at doses of 400

No significant differences were found among demographics, and the second is with uterine muscle pain with the placement of the IUD.

Local anesthetic tends to help in the short term with cervical

Other clinical trials have looked at ibuprofen at doses of 400

No significant difference was found between Method 1 and

Participants were randomly assigned to one of three methods (Figure 1).

- Pain was measured at four time points using a scale of 0-10, with 10 being worst pain imaginable (Figure 2).
- No significant differences were found among demographics, obstetric history, pre-medication, and baseline pain scores.
- Pain scores 3 minutes after IUD insertion (p = 0.061) and 5
- There was a significant difference in pain 15 minutes post-

Conclusions:
- Abdominal massage may be a safe, cost-effective, non-habit-forming pain relief option to offer patients undergoing IUD insertion.
- Larger, more robust studies are needed to confirm these findings.

**REFERENCES**