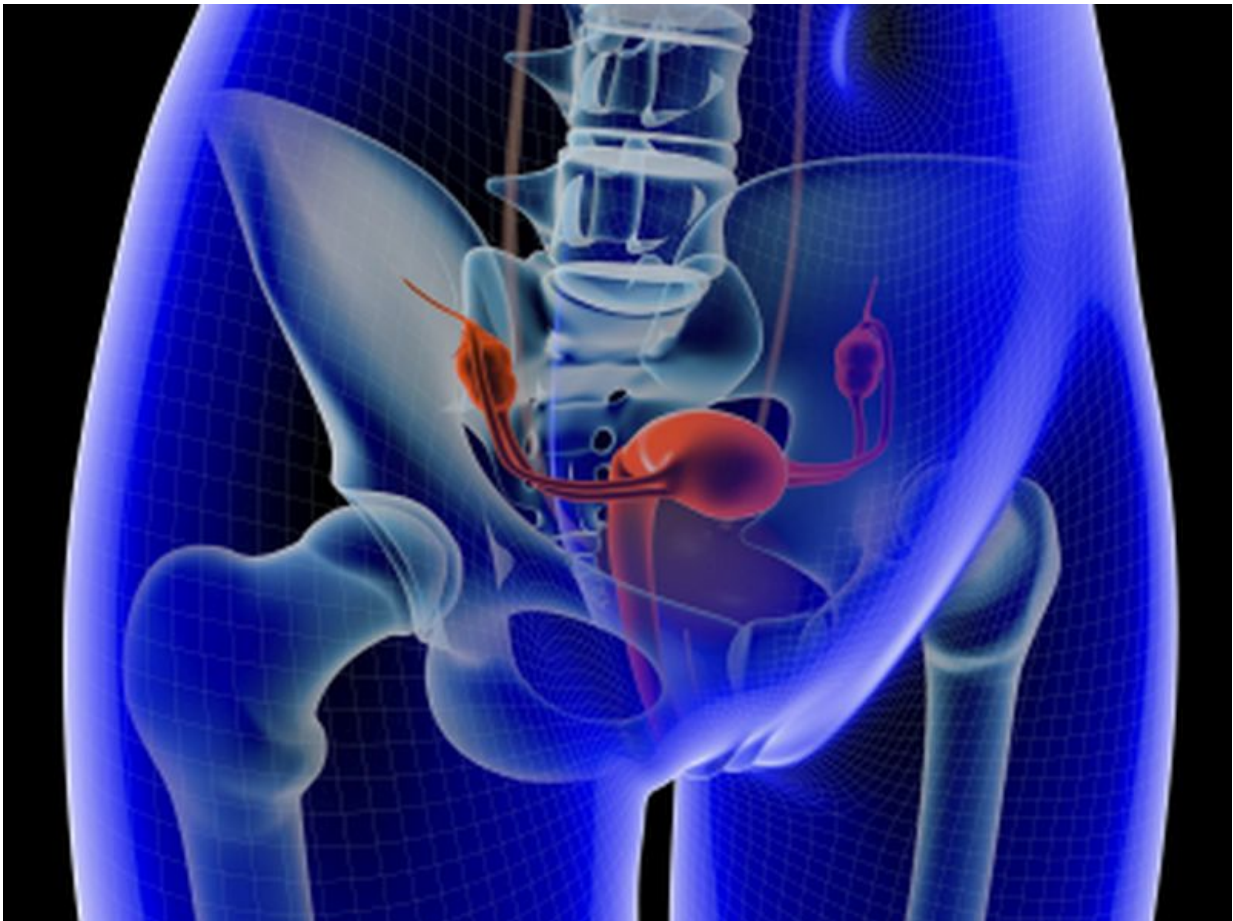


# Lidocaine nerve block reduces pain during IUD insertion

September 11 2017

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(HealthDay)—A 10-mL 1 percent lidocaine paracervical nerve block

reduces pain during intrauterine device (IUD) insertion, according to a study published online Sept. 5 in *Obstetrics & Gynecology*.

Aletha Y. Akers, M.D., M.P.H., from Children's Hospital of Philadelphia, and colleagues randomized 95 adolescents and young women (ages 14 to 22) receiving a 13.5-mg levonorgestrel IUD to either a 10-mL 1 percent lidocaine paracervical block or a sham block (1 cm depression of the vaginal epithelium at paracervical block sites with a wooden cotton-tipped applicator).

The researchers found that 79 percent of the study participants previously used contraception. After IUD insertion, the median visual analog scale score was significantly lower in the [lidocaine](#) block group compared with the sham block group (30 versus 71.5).

"The 1 percent paracervical [nerve](#) block may be useful for reducing patient-reported pain during IUD [insertion](#), but its use must be balanced with a careful consideration of the risks associated with this nerve blockade," conclude the authors.

Several authors report financial ties to the pharmaceutical industry, and one [author](#) trains health care providers to insert the Nexplanon contraceptive device as a consultant for Merck. Bayer Healthcare Inc. provided funding for the study.

**More information:** [Abstract/Full Text \(subscription or payment may be required\)](#)

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Citation: Lidocaine nerve block reduces pain during IUD insertion (2017, September 11)  
retrieved 7 September 2024 from <https://medicalxpress.com/news/2017-09-lidocaine-nerve-block-pain-iud.html>

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