

1. Check your benefits – **make sure** you know your costs.

Date of phone call: _____ Name of agent: _____

CODES:	YES	NO	My cost/comments:
Paraguard IUD: J7300			
Mirena IUD: J7302			
IUD Insertion: 58300			
Nexplanon: J7307			
Nexplanon insertion:11981			

2. If you are happy with your insurance benefits and would like to proceed, contact Sustaina Center to have us preauthorize with your insurance:

- a. Call Sustaina Center: **303-386-4434**
- b. Send a message via the patient portal: **www.sustainacenter.com**
 Patient portal > Log in > Messages > New Message > Appointment Question

3. Schedule the appointment –make the appointment within 7 days of starting your period:

- a. Call Sustaina Center: **303-386-4434**
- b. Use the patient portal to schedule your appointment

4. On your appointment day:

- a. IUD insertion
 - o Be prepared to urinate for a pregnancy test. Everyone will have this test prior to placement.
 - o Eat lightly. Stay hydrated.
 - o Take 3-4 Ibuprofen OR 2 Aleve about 1-2 hours before your appointment.
 - o If you faint easily, please consider having someone come with you to drive you home.
- b. Nexplanon Users:
 - o Eat lightly. Stay hydrated.
 - o If you faint easily, please have someone come with you to drive you home.
 - o Be prepared to urinate for a pregnancy test. Everyone will have this test prior to placement.