

This guide is a companion to our [DIY PPIUD Model Video](#). Both resources walk you through how to build your own model to practice vaginal insertion of immediate postpartum IUD. This model is designed to be used to practice all three modes of IUD insertion: by hand, with forceps, and with the packaged IUD inserter.

This model was originally created by [Dr. Paul Blumenthal](#) of Stanford University.

## MATERIALS NEEDED

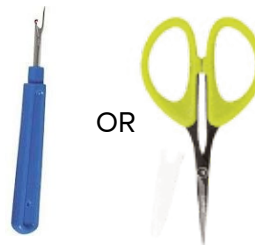
Needed materials for creating your DIY PPIUD Model are available from multiple brands and stores.



**Neoprene double bottle wine cooler**  
(size: 16 x 6.5 x 0.5 inches)



**Fleece-lined camping stuff sack**  
(size: 10L)



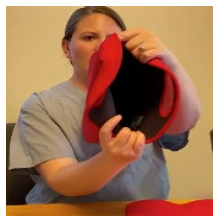
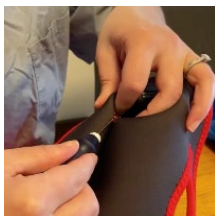
**Seam ripper  
or  
Scissors**



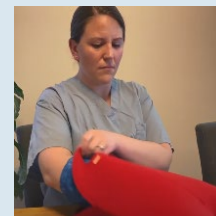
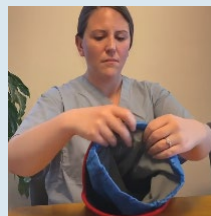
**Model IUDs**  
*If your office does not already have sample IUDs, pharmaceutical representatives can send you some for training purposes*

## STEPS TO BUILD

**1. Take out middle seam of neoprene double wine cooler with seam ripper or scissors.** Go along the middle seam of the double wine cooler with the seam ripper or scissors, splitting the seam open. There should no longer be a division inside the wine cooler when you have completed this step.

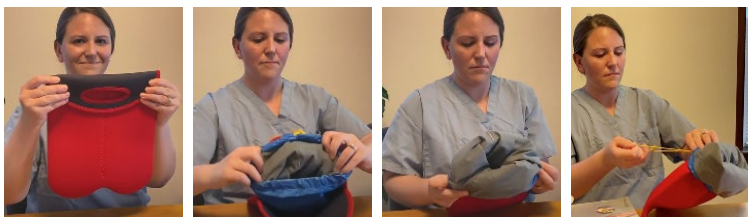


**2. Put stuff sack inside the cooler fleece side in.** Place the fleece-lined camping stuff sack inside the neoprene double wine cooler bag. Make sure the fleece is facing inward, allowing you to feel the fleece when you put your hand inside the opening.

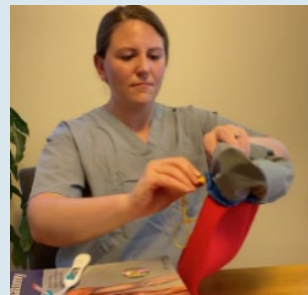




**3. Fold the cooler handles back and use the stuff sack drawstring to cinch a collar.** Cuff the stuff sack around the outside of the cooler and then use the drawstring to create the cervix opening.



**4. Cinch to desired cervical size.** Using the drawstring, you can adjust the size of the opening to approximate different dilations of the cervix.



**5. Find a way to steady your model.** The model can be used by placing it into a pelvic trainer, propping it up on a stack of books, or asking a partner to hold it for you while practicing.



**6. Ready to practice!**



## FURTHER INFORMATION

To learn more about postpartum IUD insertion, see our resources below:

[DIY: PPIUD Model Video](#)

[Immediate Postpartum LARC Webinar for CME credit](#)

[Expanding Access to LARC: How to Initiate PPIUD Webinar for CME credit](#)

[Postpartum LARC Counseling and Consent](#)

[Postpartum IUD Preparation and Equipment](#)

[Insertion of IUD Immediately Post Vaginal Delivery](#)

[Insertion of IUD During Cesarean Delivery](#)

[Insertion of Postpartum IUD Before Hospital Discharge](#)

[Postpartum Contraception](#)

[Postpartum Contraception Resources](#)

