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Post-Partum IUD insertion model**

**Model Materials:**

**The Simulaids 180 Obstetrical Mannikin.**

Other post-partum models can be used, but we prefer this model as it seems to conveniently adapt to other components of this model. Note: traditional Zoe models which are often used for interval IUD insertion trainings are not ideal for this purpose.



**Built NY two-bottle wine tote with center seam removed.** The center seam can be removed with a seam ripper or scissors. This can be purchased online from a variety of sources including the Built NY website, but is often also reliably available at REI.



**Fleece-lined stuff sack,** which simulates the endometrial environment. These come in a variety of sizes. We like the REI model in size Medium. Another alternative is the Thermarest in size S. Fleece lined stuff sack in M.



**Tea towels or green theatre towels,** commonly used in clinics and hospitals. Roughly 12 in x 18 in but exact size is not important. These are used to create a little more intrauterine heft, in essence to “fill out” the endometrial space.



**Travel neck pillow**



## Assembling the model

The wine tote, stuff sack, and tea towels are used together to simulate a post partum uterus.

First fold the tea towels, and insert them up to the top of the stuff sack. It can be helpful to use a safety pin or to sew the towel to the top of the sack.

Then, put the stuff sack inside the wine tote, with the “velour” on the inside. Fold the stuff sack top over the edges of the wine bag, then tighten the stuff sack drawstring to create the cervix (which can be made narrower or wider as desired). This fold creates the cervical lips which are important landmarks for the insertion simulation. Overall these components create the post-partum uterus.

Next the neck pillow is placed inside the upper part of the abdominal cavity of the pelvic model, and the “uterus” is placed on top of the neck pillow. This helps place the uterus in a more realistic position. Push the “cervix” down toward the introitus so that it simulates a post-partum state. You can use additional towels in place of a neck pillow if you do not have one handy.

Re-fasten the belly to the pelvic model, and the post-partum IUD model is complete.

