

## PREPARATION FOR INSERTION OF AN INTRAUTERINE DEVICE OR SYSTEM

Patient Name: .....

Date of Birth: .....

NHS Number: .....

We are keen to make your clinic visit as straightforward and streamlined as possible. We will try to insert an IUD / IUS for you at our contraception clinic therefore it is important that you have read all the information and are suitable for the procedure on the day you come. You can also discuss other methods with us as well and ask any questions. **Please bring this form with you when you attend the clinic.**

- I have read the IUD/IUS leaflet or I already have an IUD/IUS and am familiar with the method
- I have abstained or am using an effective method of contraception (if condoms are used they have been used consistently and correctly on every incidence of intercourse) & have not had any problems (e.g. missed pills, IUD overdue for change) or unprotected sex (or withdrawal) since my last period.
- I understand that it is not safe to insert an IUD/IUS if I might be pregnant.
- I will make sure that I have had breakfast/lunch on the day of the appointment. A painkiller can be taken around an hour in advance.
- I am not at risk of sexually transmitted infection (e.g. I do not have a new partner) or I have been tested recently for chlamydia / gonorrhoea.
- I understand that no method is 100% effective and that the IUD/IUS has a very small risk of failure (less than 1 in 100 chance of pregnancy).
- I understand there is a 1 in 1000 risk of perforation of the womb at the time of insertion of the IUD/IUS.
- I understand there is a 1 in 20 chance of the device falling out.
- I understand the IUD/IUS will not protect against sexually transmitted infections and condoms in addition are recommended for this if for example I have a new partner.
- I understand there is a small risk of infection (1 in 100) in the first few weeks after insertion of the device.
- I know that a copper IUD will make my periods slightly heavier, longer and more painful.
- I know that an IUS will make my periods much lighter but causes erratic bleeding and spotting in the first few months of use.

### **When to book your appointment** (Tick the box that applies below)

- I am not using any contraception or am only using condoms:** Book an appointment for day 1-5 of your menstrual cycle (day 1 is the first day of your period). If you cannot book an appointment for those days then do not have sex (even using condoms) from when your period starts until the fitting.
- I take the contraceptive pill or have a contraceptive implant or injection:** Book an appointment at any time. Make sure you continue to use your current method of contraception.
- I have just had a baby:** Book an appointment from 4 weeks afterwards providing there is no risk of pregnancy (i.e. no sex since delivery or your last period, or already taking the contraceptive pill or injection).
- I am having the intra-uterine device replaced:** Book an appointment at any time but do not have sex for 10 days before the fitting. This is to ensure there are no live sperm in your uterus, in case the new coil cannot be fitted once the old one has been removed.

Patient Signature: .....

Date: