

ADVICE FOR PATIENTS CONSIDERING AN IUD (COPPER COIL) OR AN IUS (MIRENA)

We recommend that you consider the following points before deciding to book an appointment for fitting of an IUS or IUD:

- Please watch the short film on IUD/IUS (www.lothiansexualhealth.scot/contraception/iud-ius/) or read the information provided on the NHS website. (<https://www.nhs.uk/conditions/contraception/ius-intrauterine-system/>) (<https://www.nhs.uk/conditions/contraception/iud-coil/>)
- Are you at risk of sexually transmitted infection? (you will be considered at increased risk if you are under the age of 25 years, or have had a new sexual partner within the last 3 months) If you are at increased risk and have not had recent tests for infection, please contact the practice to discuss with a health care professional, and arrange appropriate swabs prior to your coil appointment. We may not be able to fit your IUD/IUS if we feel you may have an untreated infection, even if you do not have symptoms.
- No contraceptive method is 100% effective and that the IUD/IUS has a very small risk of failure (less than 1 in 100 chance of pregnancy).
- The IUS/Mirena is effective for 6 years, and the copper IUD is effective for either 5 or 10 years. The clinician will advise you at the time of fitting when your device is due for removal or replacement. It is the your responsibility to keep this date safe, particularly in case of moving surgery before the device is due to be changed.
- There is a 2 in 1000 risk of perforation of the womb at the time of insertion of the device.
- There is a 1 in 20 chance of the device falling out.
- 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.
- There is a small risk of infection (1 in 100) in the first few weeks following insertion of a device.

If having a hormone releasing IUS (Mirena or Jaydess);

An IUS is likely to make my periods much lighter or stop altogether, but can cause erratic bleeding and spotting in the first few months of use.

If having a Copper IUD;

A copper IUD may make my periods slightly heavier, longer and more painful.

It is not safe to insert or replace an IUD/IUS if there is any chance of pregnancy. Please make sure that you fit into one of the categories below, or we may not be able to fit your coil when you come for your appointment.

- I am using an effective method of contraception and haven't had any problems (e.g. burst condom, missed pills).
- I will abstain from sex from the 1st day of my period until the IUS/coil is fitted.
- **For a replacement IUD/IUS** you need to use additional Contraception/or have no sex in the week before the IUS is changed (in case the replacement IUs/ IUD cannot be fitted)

BEFORE YOUR APPOINTMENT

- We recommend that have had breakfast/lunch on the day of the appointment.
- You may take Paracetamol or Ibuprofen (but not if breastfeeding or asthmatic) about 30 minutes before the procedure.
- You will probably have some bleeding vaginally after the procedure so bring a sanitary pad with you.
- Most women feel well enough to carry on as normal/drive home but a few do need to rest at home for a few hours.

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CHANGED YOUR MIND?

PLEASE CANCEL IN GOOD TIME AS 4 APPOINTMENTS WILL HAVE BEEN BOOKED FOR THIS PROCEDURE.

AFTERWARDS

You may get some period like cramps on the day of your appointment, but this should not be severe. If this persists or you feel very unwell please contact the surgery for advice. You should check the device is still in the womb by feeling for the threads 4-6 weeks after fitting. You will not dislodge the Mirena or copper IUD by doing this. Tampons are best avoided for 4 weeks and few women need to use them anyway. There may be light bleeding on most days for some weeks but this should gradually lessen with time.

There is no need for any planned checks afterwards unless there are any concerns, but it is advisable for you to check the threads after each period/every month. There is the option to book for a routine check with the practice nurse 4-6 weeks after insertion. If you are concerned you cannot feel the threads or have concerns about the IUS please contact reception who will arrange an appropriate consultation with the Practice Nurse or GP. Please use additional contraception whilst waiting for your appointment.