

# **BISHOPS WALTHAM SURGERY**

## **Advice BEFORE the fitting of Intrauterine Contraception**

*(Coil, IUD, Mirena, IUS)*

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### **Who is it for?**

This leaflet is written for women who are planning to have an IUD / IUS fitted. It tells you about tests we may recommend before the IUD insertion and about the timing of appointments to make the fitting as safe and comfortable as possible.

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### **Before your IUD / IUS is fitted**

A doctor or practice nurse can discuss your choice with you, and can provide written leaflets about your chosen method. Read them carefully and keep them in a safe place for future reference.

### **Timing of Appointment for IUD / IUS Insertion**

- 1     ***We need to be sure that you are not pregnant before we can fit an IUD / IUS*** so you must either be using a reliable method of contraception in the month before your appointment or book an appointment for just after a period. For more information about timing your appointment, see below.
- 2     If you are using a reliable method of contraception ('pill' taken correctly, injection, implant, IUD or IUS which is still in date) fitting can take place at any time.
- 3     If you are not using one of the methods above, or you are relying on condoms / cap, you should avoid intercourse from day 1 of your period until your appointment.
- 4     If you have recently had a baby you should start using reliable contraception 21 days after giving birth. You can have an IUD / IUS inserted from 4 weeks after the birth.

- 5 If you have recently had a pregnancy loss or abortion you can have an IUD / IUS inserted at any time provided we can be certain you are not pregnant.  
If you have had a recent medical termination, please follow the advice given by your termination provider. A coil can be fitted once the provider has confirmed that no pregnancy remains.
- 6 If you are not having regular periods, and are not using a reliable method of contraception as above, you must not have intercourse for at least 3 weeks before your appointment. We will perform a pregnancy test before fitting your IUD / IUS.
- 7 If you are having a device replaced (old one out, new one in) you must not have intercourse for 7 days before your appointment.

#### How soon does it work?

• IUD / copper coil	immediate
• Mirena / IUS fitted <b>before</b> day 5 of menstrual cycle	immediate
• Mirena / IUS fitted <b>after</b> day 5 of menstrual cycle	7 days

Day 1 is the first day of your period

#### On the appointment day

- Take a dose of your usual painkiller such as paracetamol or ibuprofen (Nurofen) an hour before your appointment. (unless you have a medical reason such as asthma or stomach ulcers not to take them). This is to help reduce discomfort afterwards.
- Do not miss a meal, it is best to have eaten before you attend.
- Please allow *at least* 1 hour for your appointment. Although the procedure does not take this long, a few women do feel faint afterwards and need time to rest and recover.
- Please try not to bring small children with you.
- You will need a sanitary towel. Tampons are not recommended immediately after the fitting, although they may be used after your next period.

#### After your IUD / IUS is fitted

- You will be asked to attend for a follow up in 4-6 weeks with the practice nurse.

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**Any problems/questions?** Contact the surgery and ask to speak with the doctor that fitted your IUD or any other doctor should they not be available.

