**ADVICE TO PATIENTS BEFORE THE FITTING OF AN IUD/IUS**

**PLEASE NOTE – YOU MUST TELL THE RECEPTION STAFF THAT YOU ARE BOOKING A COIL (IUD) FITTING.**

**When to book your fitting**:

While they can be fitted at any point in your cycle, IUD or IUS insertion is best done towards the end of your period. This is because we can be sure you are not pregnant at this time, and also the fitting itself is more comfortable for you, as the neck of the womb is a little more “open”. A few days after the end of your period is fine, but if you are using Condoms, a Diaphragm, “natural methods” including Persona, or having Unprotected Sex, between the first day of your period and the day of your fitting, you MUST abstain altogether from sexual intercourse. These methods should not be used, no matter how careful you are.

*This advice is necessary because we need to be certain that at the time the IUD or IUS is fitted, you are not in the very early stages of pregnancy nor are there any sperm in your body, which could result in a pregnancy.*

If you are using a hormonal method (the Combined Contraceptive Pill, Progesterone-Only-Pill, injection method or implant), the IUD or IUS can be fitted at any convenient time, as long as you are not bleeding too heavily.

If you are having an IUD or IUS removed and a new one fitted, this can be done on any day except a day of heavy bleeding. You should **not** have sexual intercourse for the seven days before the fitting. This is to ensure that there is no sperm in your body that could result in a pregnancy, if it is not possible to fit a new device after the original one is removed.

The reception staff can book your appointment but cannot give contraceptive advice. If you are not sure about when to book your appointment, or which contraceptive method to choose, please make an appointment to come and discuss this with one of the doctors.

**On the day of the fitting:**

* Do not skip a meal – it is best to have eaten prior to the fitting
* Please write down and bring the start date of your last period to the fitting
* It is sensible to take a “pain-killer” at least half an hour before the fitting, to reduce cramps afterwards eg. Paracetamol 1g or Ibuprofen (neurofen) 400mg.
* Please allow at least an hour for the appointment. Although the procedure does not take this long, a few women may feel faint afterwards and need time to recover. It is recommended that you have someone you can contact by phone, who would be able to collect you, in case you feel unwell.
* Please ensure that you have no major commitments afterwards, as you may need to take it easy and relax for the rest of the day.
* Do not bring small children or babies with you to the fitting, or alternatively please bring a friend with you who could take care of them outside the room.
* Some sanitary protection may be required afterwards. You may wish to bring your own sanitary towel or panty liner with you. Tampons should not be used for the first three days after the fitting.

**PREPARING FOR THE INSERTION OF AN**

**INTRAUTERINE DEVICE (COPPER IUD) OR AN INTRAUTERINE SYSTEM (MIRENA)**

We are keen to make your coil fitting as straightforward as possible. It is important that you have read all the information and are suitable for the procedure on the day you come. **Please bring this form with you when you attend the surgery for your coil fitting.**

Please tick the boxes to confirm that you have understood and agreed to the following:

* I have accesed online information on IUD/IUS *or* read the leaflets *or* I already have an IUD/IUS and am familiar with the method.
* I have had vaginal swabs taken in the last 12 weeks and have had no change in sexual partner since then.
* I am using an effective method of contraception and haven’t had any problems (e.g burst condom, missed pills, IUD overdue for change). I have not had unprotected sex (or used 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 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 that there is a 1 in 1000 risk of perforation of the womb at the time of insertion of the device.
* I understand that there is a 1 in 20 chance of the device falling out. This is highest within the first few weeks after fitting
* I understand that 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 that there is a small risk of infection (1 in 100) in the first few weeks following insertion of a device.
* I know that a copper IUD will make my periods slightly heavier, longer and more painful.
* I know that an IUS (Mirena) will make my periods much lighter but may cause erratic bleeding and spotting in the first few months of use.
* I understand that I will need to attend a review appointment 6 weeks after fitting.

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_