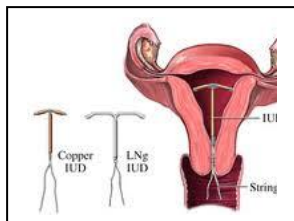


## Your Intra Uterine Contraception (IUC) Fitting – Before the Appointment and After

*This is a general leaflet given to all those booking for an IUD/IUS (sometimes called a coil) so some parts may not apply to you. Please do read it all in case as there are instructions which help you prepare for your coil fitting and with any questions afterwards. If you still have questions after reading this, please book an appointment with your doctor before attending for your IUC fitting.*



There are 2 types of IUC (often known as “the coil”): The Mirena / Jaydess (IUS) contains a small amount of progestogen and can help reduce or stop periods. The copper IUD contains a small amount of copper and does not contain hormones but can sometimes make periods heavier. They prevent the sperm from meeting an egg and from implanting in the womb

### - **BENEFITS**

- Mirena works for 5 years; Copper IUD can work for up to 10 years depending on the brand
- With a mirena (not copper coil) your periods normally become lighter and shorter and they can stop after the first year (this is safe).
- Your fertility returns to normal when it is removed.
- It is safe in breastfeeding, with other medicines and if you can't use the pill – there are very few reasons you can't use it and your doctor will ask some questions to check this.
- More than 99% effective. Fewer than 1 woman will get pregnant if 100 women use the IUC for contraception for 1 year.

### - **RISKS:**

- **Infection:** slight increased risk during the first 20 days after the coil is put in. If you have had sex with a new partner in the last 12 months; are less than 30 years old; have previously had an STI, have not had children and are of childbearing age or have concerns that you may be at risk of an STI, please see a nurse for swabs 1-2 weeks prior to your IUC fitting.
- **Expulsion:** The IUC can be pushed out by your uterus or it can move. This happens in 1 in 20 IUC fits – normally in the first 3 months. This is why we teach you to check for the threads
- **Perforation:** There is a 2 in 2000 risk that the IUC might go through the uterus when it is put in. If this does happen it may need to be removed by surgery. If this occurs there is a risk of damage to bowel or bladder as these organs are near the uterus. The risk of perforation is more likely within 6 months of delivery (particularly c-section) and is 6 times greater if you are breastfeeding. This is not a reason to prevent IUC insertion but we like to ensure that you are fully consented of the risks in your particular circumstances.
- If you do become pregnant on the IUC there is a small risk of ectopic **pregnancy** (pregnancy outside the womb). It is less common in women using IUC than in women not using contraception but if you develop symptoms of pregnancy/abdominal pain you should always have a pregnancy test and see a doctor.

## **BOOKING YOUR IUC FITTING**

If you would like to have an IUD/IUS, please call the surgery or speak to reception. You will be given a letter with some questions for you to complete and return to us and on receipt of this you will be put on our list for an IUC fitting. You may be asked to see a doctor for a chat before the fitting appointment if the questionnaire highlights any issues that need further discussion. You may be asked to see a nurse for swabs to screen for any undiagnosed infection prior to the IUC fit.

## **WHAT TO DO BEFORE THE APPOINTMENT**

- Have a **meal** and take an **Ibuprofen 400mg & Paracetamol (1g) 1 hour** before (assuming you do not have any reactions to these medications)
- Bring a **sanitary towel** with you as you may experience some spotting.
- Do not have unprotected sex in the 7 days before the IUC fitting if you are coming for a coil change / removal.
- We must be sure that you are not pregnant when we fit your coil but we do not have to fit it during your period.
- If fitted in the first 7 days of your cycle you get immediate protection from pregnancy. This only applies if you have a 28 day cycle – if it is shorter please inform your doctor at time of fitting as you may not be covered immediately.
- If the IUS (Mirena) is fitted at any other time of your cycle it takes 7 days to be effective as contraception so you must also use another method (i.e. condoms/pill) during this time. The IUD works immediately.
- You may feel some period pain like cramps when the coil is fitted. We will then show you how to feel for the threads of the IUC – they lie just at your cervix (they do not hang outside like tampon strings and your partner should not feel them). You will be asked to sit in the waiting room for 15 minutes afterwards to check that you feel ok so **please allow 45 minutes in total for the appointment**. You may experience period pains afterwards so may wish to avoid making plans, especially exercise, in case you don't feel up to it. If these pains do not improve or are severe please seek medical attention.

## **AFTER YOUR IUC FITTING**

- **No Tampons or Sex for 3 days**
- You may experience some irregular bleeding for up to 3 months-this can be bothersome but many women with an IUS find that their periods stop all together after this or at least get much lighter so they feel it is worth the initial stage of bleeding. See your doctor if you are not coping with the bleeding as you could take the progesterone or combined pill at the same time whilst the bleeding settles down.
- With the Copper IUD you will continue to get your periods at the normal time. They may be heavier (normally an extra day of bleeding).
- If you have a fever, severe abdominal cramps or smelly discharge you need to see a doctor as there is a small risk of infection in the first 20 days following the procedure
- **7 days after your fitting** check that you can feel the threads then get in the habit of doing that every month. If you cannot feel the threads, see a nurse/ doctor to check and assume you could be at risk of pregnancy. Likewise if your bleeding pattern changes, a thread check is advisable to ensure your IUC is still in the right place.
- Keep a record of the date your IUC was fitted and when it is due to be replaced.
- **If you do not wish to become pregnant please refrain from sex (or use condoms) for 7 days prior to coil removal**. If you wish to become pregnant, start folic acid (recommended 3 months prior to and for first 3 months of pregnancy) as it may be possible to become pregnant immediately after the IUC is removed
- The IUC does not protect you from sexually transmitted infections and using condoms is advised to reduce your risk of infection.

**The IUS clinic is a special 20 minute appointment with a doctor and an assistant. Please ensure you attend the appointment and avoid last minute cancellations.**