

HAVING AN IUD/IUS (INTRAUTERINE DEVICE/MIRENA) FITTED AT CEDARS SURGERY

CHOOSING AN IUD

- If you would like to think about having an IUD/IUS fitted please collect a family planning leaflet from reception and make an appointment for assessment to ensure the method is suitable for you.
- You will then be contacted to have the fitting appointment scheduled.

HAVING THE IUD/IUS FITTED

- Having the IUD/IUS fitted is usually straight forward.
- You must be using a reliable method of contraception correctly and consistently. Withdrawal method is not considered an effective method of contraception. The Doctor will not perform the procedure if you are deemed at risk of pregnancy.
- If you are using contraception please continue to use it until the time of your appointment and for one week after unless otherwise advised.
- If you are not using contraception please have NO SEXUAL INTERCOURSE from the first day of your period until your appointment.
- Some women have period like pains following the IUD insertion so we recommend you take pain relief 30mins - 1 hour before the procedure.
- We may perform swabs at the time of insertion and or may give a course of antibiotics if necessary.
- Where possible do not bring any children with you, or bring another adult to look after them in the waiting room.

AFTER INSERTION

- It is usual to have some pain and bleeding for a day or two after fitting.
- You may find that your period is not as expected. It may be longer, shorter, heavier or lighter.
- We recommend you avoid intercourse for 48hr following insertion.
- Please do not use tampons for any bleeding in the first week following insertion.
- Please use condoms/your regular contraception for the first 7 days following fitting - after this time please check your strings- if you can feel them you are free to start using the IUD/IUS as your new contraception. Otherwise wait for the doctor to examine you at your follow up appointment 1 month later and continue to use your regular contraception.

Please make an appointment for a check up at 1month after fitting.

ADVANTAGES AND POSSIBLE COMPLICATIONS THAT CAN OCCUR.

The following points will be discussed with you at your assessment visit;

- Effectiveness of IUD/IUS ()
- Changes to expect in your bleeding pattern ()
- How the IUD/IUS works ()
- Possible infection ()
- Expulsion ()
- Perforation ()
- Ectopic pregnancy ()
- Pain relief ()
- Lost strings ()