

## **Information for women having an IUD (coil) or IUS (Mirena) fitted**

You have attended one of our clinics and discussed the possibility of using an IUD or IUS as your method of contraception. If you decide to go ahead with this method you will need to join a waiting list to have one fitted.

The IUD/IUS may not be fitted in the clinic where you were initially counselled and may be fitted by either a male or female doctor. If this is a problem, we can discuss it further at the time of appointment booking.

**We prefer to fit an IUD/IUS while you are menstruating (on your period) so there is no risk of pregnancy. If your appointment is at any other time in your cycle, it is essential that you:**

- a) Either use alternative *effective* contraception (condoms are NOT sufficient) until the IUD/IUS is fitted. We are happy to provide an alternative method of contraception in the interim;**
- b) Or abstain from sex following the period immediately preceding the IUD/IUS fit (in this situation it will be up to the individual doctor whether to proceed or not).**

**If you do not follow this advice, we may not be able to go ahead with the procedure.**

If there are any concerns about possible infections, we would advise you to let us take some swabs beforehand, as any infections are better treated before the IUD/IUS is fitted.

Having an IUD/IUS fitted is actually quite a simple, straight-forward procedure and takes about 10-15 minutes (further details are given in the FPA leaflet you have been given), but the advice given below should help things run more smoothly.

1. Please try and attend your appointment accompanied by a relative or friend. It is also a good idea to have someone to drive you home, rather than doing this yourself. Please do not bring children along as they need to be supervised during the fitting and our staff are not able to do this in a busy clinic.
2. A light meal and something to drink before the procedure is a good idea, i.e. don't come on 'an empty stomach'.
3. Please bring sanitary towels (not tampons) for use after the procedure.
4. You may find it helpful to take some simple painkillers (e.g. paracetamol or ibuprofen) before the procedure. It is also useful to have some available at home in case you get any mild period-like cramps after the procedure.
- 5. Please let us know as soon as possible (on 020 8315 8704) if you are unable to attend, so that we may re-allocate the appointment.**