

IUD/IUS ADVICE SHEET

Advice for women booking for a Copper Coil (IUD) or Hormonal Coil (IUS) fitting:

Timing of your appointment:

If you are not currently using hormonal contraception:

- For an IUD you can book an appointment from day 3 of your next cycle. Use condoms or abstain from sex with vaginal penetration that cycle in case the IUD cannot be fitted.
- For an IUS (also known as a Mirena) you can book an appointment from day 3 of your next cycle, BUT YOU WILL NEED TO ABSTAIN from sex with vaginal penetration that cycle. This is because the IUS does not act immediately and if a condom has let you down unnoticed, the IUS would not necessarily prevent a pregnancy.

If you are currently using the combined pill (COC), mini pill (POP), implant or injection:

- It can be fitted at any convenient time. Sometimes women choose to go on a pill short term to make the timing of their IUD insertion more flexible.

If you are currently using an IUD/IUS:

- You are advised to use condoms or abstain from sex for the 7 days before your IUD is to be removed and refitted. This is in case the new IUD cannot be fitted.

Useful advice for all fittings:

- If you had swabs taken prior to fitting then it is worth ringing for your swab results (7 days) before your appointment to make sure that you do not require any treatment before your IUD/IUS is fitted.
- Please take some Ibuprofen (Nurofen) about 1 hour before your appointment, with or after some food. If you have been advised not to take this type of painkiller then Paracetamol/Codydramol/Co-Codamol would be an alternative. These painkillers will lessen any period type pain that some women experience after an IUD/IUS is fitted.
- If you are breast-feeding we advise you not to breast feed for 2 hours before your appointment. This is because breastfeeding tends to cause the uterus to contract, which can make fitting difficult.
- Allow plenty of time and be prepared to rest after a fitting. Appointments can sometimes run late and after an IUD/IUS fitting some women may need to rest for 20-30 minutes.
- If you do need to bring small children with you, please try and bring someone to help look after them so that you can focus on your own needs.
- You will be asked to use sanitary towels rather than tampons for 5 days after insertion; you might like to bring your own with you.
- You will be asked to avoid sex with vaginal penetration for 5 days after the insertion and there after it is optimal to use condoms until your first IUD/IUS check in 3-6 weeks. This is because of the very small risk that the IUD/IUS may start to expel itself unnoticed.