

Important information about the timing of **booking your IUD/IUS procedure**

Pregnancy

It is important that the clinician fitting your IUD or IUS is confident that you are not already pregnant at the time the device is fitted. To ensure that there is **no chance of pregnancy** please read the information below.

1. You may book your appointment at any convenient time providing you are using one of the following methods of contraception **reliably** or you have been sterilised:
 - a. The combined pill, patch or vaginal ring
 - b. The progesterone-only pill (mini-pill)
 - c. Depo-Provera injection **within 12 weeks** of the last injection
 - d. Implant (Nexplanon) **within 3 years** of its insertion
 - e. An IUD or IUS **prior to its expiry date** (please also see point 4)
 - f. Condoms used consistently and perfectly
2. If you are using any other contraceptive method (diaphragm or natural family planning) or you are having unprotected sex you have these options depending on whether you are having an IUD or an IUS fitted:
 - a. If you have chosen an IUD you may be able to continue to have unprotected sex until your appointment but this depends on your menstrual cycle so you will need to discuss this with a family planning doctor or contraception-trained nurse
 - b. If are having an IUS fitted abstain from sex from the first day of your period (Day 1) until your appointment (an IUS is preferably fitted between Day 1 and Day 7 of your cycle)
 - c. Alternatively you can arrange a more reliable form of contraception (from the list above) to be used for more than 3 weeks prior to your fitting appointment
3. If you have just had a baby, are still breast-feeding or not having periods for any other reason, you are a special case and will need to discuss the best time to fit your IUD/IUS with a family planning doctor or contraception-trained nurse.
4. Patients booking for a **removal and refit of IUD or IUS** must either:
 - a. **abstain from sex for 7 days** before the appointment
 - b. use **condoms reliably for 7 days** before the appointment

This is because occasionally we are unable to fit a new device after removal of the old one resulting in a risk of pregnancy if you have had sex in the previous week.

You may be asked to provide a urine sample to exclude a pregnancy on the day of your fit. However, if there is **any chance of pregnancy** at the time of your fitting, however small, the clinician will be unable to fit your IUD/IUS.

Other considerations

It can take a few weeks for the device to settle down and therefore if you are planning a trip abroad we would recommend that you have procedure **more than 6 weeks** prior to travelling. There is no need for any routine follow-up after your procedure unless you would like a check-up or are having problems with the device.

*If you are unsure about any of the guidance above or you have further questions you are welcome to telephone us on **01273 523388** and we will arrange for you to speak to a clinician.*

Further useful information about the IUD or IUS can be found at www.fpa.org.uk/resources/leaflet-and-booklet-downloads.

Important information about the day of your IUD/IUS procedure

1. We advise you take an **anti-inflammatory pain-killer** such as Ibuprofen 400mg approximately 1 hour before your appointment unless you know that you are unable to take this type of medication. Alternatively a paracetamol-based pain killer can be used. This is to help with discomfort after the procedure.
2. **Do not skip a meal.** It is best to have had a light meal and a drink 1-2 hours before your appointment.
3. Please make a note of the **start date of your last period** and bring this with you to the appointment.
4. Please wear “sensible” underwear and a sanitary pad as often there is some bleeding and/or discharge after the procedure.
5. If you have or care for small children or babies please arrange for childcare to avoid bringing them to your appointment.
6. Please allow at **least 1 hour** for your appointment. Although the procedure does not take long some women can feel faint afterwards and need a little time to recover.
7. **Please do not drive immediately after the fitting.** It is preferable that you get a lift or a taxi home.
8. Try to ensure you have no major commitments for the rest of the day as you may feel a little uncomfortable and need to take it easy afterwards.