

Advice for clients prior to an Intra Uterine Device (IUD) or Intra Uterine System (IUS) fitting

Timing of the insertion

The timing of the insertion depends on what contraception you are currently using:

- If you are currently using a **hormonal method** (combined contraceptive pill, progestogen-only pill, patch, contraceptive vaginal ring, injection or implant) the IUD or IUS can be fitted at any convenient time as long as you are not bleeding heavily.
- If you are currently using **condoms, diaphragm, natural methods (including persona) or having unprotected sex or have a time-expired IUD or IUS** you have two alternatives:
 1. Between the first day of your period and the day of your fitting you abstain altogether from sexual intercourse. (If your periods are irregular/unpredictable or you have a time-expired IUS you will need to abstain for three weeks prior to the day of fitting)

OR...

 2. You arrange to use a more reliable form of contraception for a short time. Suitable methods are the combined contraceptive pill, the progestogen-only pill, the patch, the vaginal ring or the contraceptive injection.
- **If you are having a non-expired IUD/IUS removed and a new IUD/IUS fitted**, this can be done on any day except a day of heavy bleeding. We recommend that you do not have sexual intercourse for the seven days before the fitting; this is to ensure that you are not at risk of pregnancy if it is not possible to fit a new device after the original one is removed.

On the day of your appointment

- Please allow at least an hour for the appointment. Although the procedure does not take this long, a few women need a little more time to recover after the procedure.
- We recommend that you eat and take your own pain relief at home before your appointment.
- If you need to bring your child/children then you must bring someone else to look after them while you are having the fitting.
- Please bring some sanitary protection, as you may experience some bleeding after the fitting.

YOUR APPOINTMENT:

Date: _____ Time: _____ At Clinic: _____

You may receive either a phone call or a text message reminding you of this appointment.

If for any reason you are unable to make your appointment please call the Sexual Health Clinic to cancel:

Sexual Health Clinic

☎ 01622 225713

Further information and advice can be obtained from:

NHS 111
NHS Choices online

☎ 111
www.nhs.uk

MTW NHS Trust is committed to making its patient information accessible in a range of languages and formats. If you need this leaflet in another language or format please ask one of your clinical care team or the Patient Advice and Liaison Service (PALS). We will do our best to arrange this.

Maidstone and Tunbridge Wells NHS Trust welcomes all forms of feedback from our service users. If the standard of service you have received from the Trust does not meet your expectations, we want to hear from you. Please speak with the ward manager or the nurse in charge in the first instance, or you can contact the **Patient Advice and Liaison Service (PALS)** on:

Telephone: ☎ 01622 224960 or ☎ 01892 632953

Email: mtw-tr.palsoffice@nhs.net

or visit their office at either Maidstone or Tunbridge Wells Hospital between 9.00am and 5.00pm, Monday to Friday.

You can be confident that your care will not be affected by highlighting any areas of concern or making a complaint. The Trust will retain a record of your contact, which is held separately to any medical records. If you are acting on behalf of a patient, we may need to obtain the patient's consent in order to protect patient confidentiality. More information on PALS or making a complaint can be found on the Trust's website: www.mtw.nhs.uk or pick up a leaflet from main reception.

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