

# Intrauterine Contraception

*[Copper coil (IUD), Mirena / Jaydess/ Kyleena (IUS)]*

This leaflet is written for women who would like intrauterine contraception.

Detailed leaflets regarding intrauterine contraception can be found on the following websites:

Intrauterine device (IUD/ copper coil):

<http://www.fpa.org.uk/contraception-help/iud-intrauterine-device>

Hormonal intrauterine system (IUS / Mirena / Jaydess/ Kyleena):

<http://www.fpa.org.uk/contraception-help/ius-intrauterine-system>

## **Information about intrauterine contraception:**

An intrauterine form of contraception is a small plastic device which is inserted into the uterus (womb), which is used to prevent a pregnancy. Some devices contain copper (IUD) and last 5 to 10 years. Some contain a progesterone like hormone (IUS) which is released gradually and they last for either 3 or 5 years.

They both work by stopping the sperm meeting the egg which prevents fertilization but they also work by preventing the fertilised egg implanting into the womb and forming a baby. They are very effective forms of contraception. In a hundred women who are using intrauterine contraception, less than one will become pregnant over 3 years.

Some women get a cramping pain in their abdomen (tummy) at the time of fitting. This can be reduced by taking a dose of painkiller such as Ibuprofen/Nurofen or paracetamol an hour before your appointment.

Frequently occurring risks:

- Irregular, prolonged or frequent bleeding especially in first 3 – 6 months: bleeding pattern should improve with time
- Infrequent or no bleeding (IUS only)
- Hormonal side effects – acne, breast tenderness, headaches, mood changes (IUS only)

Serious risks:

- Ectopic pregnancy (pregnancy in the tube): rarely a pregnancy occurs with an IUD / IUS in situ (less than 1 in 100 women with IUD / IUS will get pregnant). In this scenario up to 50% of these pregnancies will be ectopic
- Expulsion: 1 in 20 will be expelled
- Perforation: up to 2 in 1000 insertions (up to 12 in 1000 in breast feeding women)
- Infection: 6 times higher in first 20 days after insertion

## **Timing of fitting:**

We need to be sure that you are not pregnant before we can fit an IUD or IUS so you must be using a reliable method of contraception in the month before your appointment

- If you are using a reliable method of contraception ('pill' taken correctly, condoms, injection, implant), the fitting can take place at any time.
- If you are not using one of the methods above, you should avoid intercourse from the first day of your period until your appointment.
- If you have recently had a baby you should start using reliable contraception 21 days after giving birth. You can have an IUD / IUS inserted from 4 weeks after the birth.
- If you have recently had a pregnancy loss or abortion you can have an IUD / IUS inserted at any time provided we can be certain you are not pregnant.
- If you are having a device replaced (old one out, new one in) avoid having intercourse for 7 days before your appointment.

The clinician will try and fit the coil at this appointment but they may need to make you a further appointment.

You should expect to be in the clinic for approximately 1 hour.

You should take 1 dose of your usual painkiller (e.g. Paracetamol or ibuprofen) 1 hour before your appointment

### **How soon does it work?**

- |   |  |           |
|---|--|-----------|
| • | Copper coil (IUD)  | immediate |
| • | Mirena / Jaydess/ Kyleena (IUS) fitted before day 5 of menstrual cycle | immediate |
| • | Mirena / Jaydess/ Kyleena (IUS) fitted after day 5 of menstrual cycle  | 7 days    |

Day 1 is the first day of your period.

### **Any problems / questions?**

Contact your sexual health clinic or telephone 0300 300 2016

Clinic times are available from our website: [www.letstalkaboutit.nhs.uk](http://www.letstalkaboutit.nhs.uk)