

Intrauterine Contraception

[Copper coil (IUD), Levosert / Mirena / 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/ Levosert/ Mirena / 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: these last for 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.

As soon as they are removed, you are able to get pregnant again.

What are the main differences between an IUD and an IUS for me?

- The progesterone containing devices (IUS) often cause women to have infrequent or no bleeding. They can make periods less painful. Initially there may be an erratic bleeding pattern for the first 3-6 months which usually improves with time. There is the potential for hormonal side effects such as acne, breast tenderness, headaches and mood changes.
- Copper containing devices (IUD) do not contain hormones and therefore cannot cause hormonal side effects. They do however potentially cause longer, heavier and more painful periods.

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)
- 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.

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. This is in case the new one is unable to be fitted.
- If your coil is overdue for removal please ensure that you abstain or use additional precautions (e.g. Condoms) for at least 21 days prior to your appointment
- **PLEASE NOTE:** withdrawal is NOT a reliable method of contraception.

Appointment

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

- Please arrive 10 minutes before your appointment.
- Parking is limited at some of our sites so please allow additional time for this.
- If you are late for your appointment we cannot guarantee that you will be seen by the clinician.
- Please do not pass urine until you have been seen by the doctor in case we need a sample.
- We suggest you take a dose of your usual painkiller (e.g. Paracetamol or ibuprofen) 1 hour before your appointment and also eat something.
- You might feel a little shaky after your appointment so it is helpful if there is someone who can take you home.
- If at all possible, we would recommend that you do **NOT** bring children to your appointment unless you have someone else there to look after them.
- You should expect to be in the clinic for approximately 1 hour.

How soon does it work?

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

Day 1 is the first day of your period.

Interpreters:

We understand that for some people, English is not their first language and they may have difficulty in understanding discussions with detailed medical information. We can arrange for an independent interpreter to attend your appointment.

If you would like to have an interpreter, please phone us to arrange your appointment and interpreter on 0300 300 2016 (please do not book your appointment online).

Coils to control periods or for HRT:

Unfortunately the sexual health service is unable to offer appointments to women who require a coil fit for non-contraceptive reasons. For example if you need a coil fitting for heavy periods or HRT and you or your partner has had a sterilization/ vasectomy procedure in the past, we will be unable to provide this. Please contact your GP to arrange the fitting elsewhere.

Any problems / questions?

Telephone 0300 300 2016

Clinic times are available from our website: www.letstalkaboutit.nhs.uk