

Post fit Information for individuals

Copper coil (Cu-IUD); Levosert / Mirena / Kyleena (LNG-IUD)

More details about intrauterine contraception can be found on the following website:

<https://www.letstalkaboutit.nhs.uk/contraception/fit-forget-contraception/coils-intrauterine-contraception/>

Information about intrauterine contraception:

Intrauterine forms of contraception are small plastic devices which are fitted into the uterus (womb) to prevent a pregnancy. Cu-IUDs contain copper and LNG-IUDs contain a progesterone-like hormone which is released gradually.

They both work by stopping the sperm meeting the egg which prevents fertilisation. 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 individuals 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.

Frequently occurring risks:

- The progesterone containing devices (LNG-IUD) often cause people 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.
- The LNG-IUD devices have the potential for hormonal side effects such as acne, breast tenderness, headaches and mood changes.
- Copper containing devices (Cu-IUD) do not contain hormones and therefore cannot cause hormonal side effects. They do however potentially cause longer, heavier and more painful periods and may cause bleeding between periods for the first couple of months.
- Threads of the coil not seen at the neck of the womb (cervix): This may require further investigation such as an ultrasound scan, and removal may be more difficult.

Serious risks:

- Ectopic pregnancy (pregnancy in the tube): rarely a pregnancy occurs with an IUD fitted. Less than 1 in 100 individuals with an IUD will get pregnant, but up to 50% of these pregnancies could be ectopic
- Expulsion: 1 in 20 will be expelled – usually within the first 4 weeks of fitting but can happen at any time.
- Perforation: up to 2 in 1,000 insertions (up to 12 in 1000 in breastfeeding individuals)
- Infection: 6 times higher in the first 20 days after insertion

How soon does it work?

- | | |
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| • Copper coil | immediate |
| • Levosert / Mirena / Kyleena fitted before day 7 of menstrual cycle | immediate |
| • Levosert / Mirena / Kyleena fitted after day 7 of menstrual cycle
(Day 1 is the first day of your period) | 7 days |

Problems after fitting

It is usual to have some mild period like cramping pains for the first 1-2 days. It is safe to treat these with your usual painkillers such as paracetamol, ibuprofen (Nurofen), aspirin or similar, unless you have a medical reason not to do so, such as asthma or stomach ulcers.

It is IMPORTANT to see a doctor if you suffer any symptoms of infection. These might be:

- Worsening pain / pain not settling after 2 days
- Abnormal discharge from vagina
- Fever / shivering and feeling severely unwell

Pelvic infection is a rare occurrence but needs to be treated urgently if it happens. If you are worried, please telephone the Sexual Health Service on 0300 300 2016 or contact your GP.

Routine follow up after an IUD fitting is not essential, provided you are happy with your IUD.

Occasionally IUDs are expelled (fall out) – this occurs most commonly in the first 4 weeks after insertion but can happen at any time. You are advised to check the threads of your device – (you can usually feel these with a finger in the vagina).

If you have any concerns at any time you should contact the Sexual Health Service or your GP. In particular you should seek advice if ever:

- You think the IUD has fallen out or you cannot feel the threads
- You think you may be pregnant
- You have symptoms suggesting infection, eg pain, discharge, pain having sex.

If you have a copper IUD, and your periods become heavy and / or painful, you can be given medication by your GP to help this (such as mefenamic acid or tranexamic acid).

If you change your sexual partner, we advise that you have a sexual health screen. This can be arranged by requesting a postal STI kit from the following website:

<https://www.letstalkaboutit.nhs.uk/worried-about-stis/order-a-test-online/>

If you have had a sexual health screen today you are likely to receive your results by text within the next 10 working days. Please contact 0300 300 2016 if you do not.

If your IUD was fitted for EMERGENCY CONTRACEPTION please remember:

You should have a pregnancy test in 3-4 weeks if you have not had a normal period by this time.

Details of your intrauterine contraception (coil)

Date of fitting : Type of device :

This device is licensed to be used for years.

Date suggested for removal or replacement:

Please note: you will **not** be sent reminders for the removal or replacement date.