

Instruction for intrauterine contraceptive device (IUC) insertion (for contraception only)

N.B For non- contraception IUC insertions i.e. heavy menstrual bleeding, please contact your GP for a gynaecology referral

These instructions are important to read and follow before an intrauterine contraceptive device (IUC) is inserted in your uterus.

What is an IUCD?

The intrauterine contraceptive device is a form of long-acting reversible contraception for women. It is a small device that fits inside your womb. There is a progestogen containing IUC and a non-hormone copper IUC.

What do I need to do before my device is inserted?

You must not be pregnant when you attend to have your IUC fitted.

If you are at risk of pregnancy, a copper IUC may be able to be fitted as emergency contraception. If a copper IUC for emergency contraception is required, please contact 01695 656550 for a clinician to discuss.

Otherwise, it is preferable for the IUC to be fitted within the first seven days of the start of a normal period as this indicates you are not pregnant. However, as long as there is no risk of pregnancy, the IUC can be fitted at any time but ideally when you are not bleeding too heavily or just about to start a period. This is so the IUC can 'settle in'.

If you are currently using a hormonal method (combined contraceptive pill, progestogen- only pill, patch, contraceptive injection or implant in date) the IUC can be fitted at any time, provided that you are not bleeding heavily. **You must continue to use reliable contraception for up to your appointment** and maybe advised to use for seven days after.

If you are having an in date IUC changed please abstain from sexual intercourse for seven days prior to your appointment or robust condom usage.

Please arrange to have children cared for while you are having the IUC put in.

Occasionally it may not be possible to insert an IUC the first time. You may need to return for another appointment.

What do I do before my appointment?

Follow these steps before your appointment to have you IUC inserted.

1. Attend the clinic 10 minutes prior to your appointment time to complete appropriate documentation or you can complete a registration form on-line and bring to your appointment.
2. Have a light meal within two hours of your appointment or eat/drink something sweet half an hour before arriving.
3. You may like to take pain relieving medication i.e. paracetamol or Ibuprofen (if suitable for you to take) to help relieve any cramps you may experience post insertion.
4. You may want to bring someone with you or have someone to call to accompany you home. Occasionally women don't feel well enough to drive home or return to work.
5. Please bring some sanitary protection as you may experience some bleeding after the fitting.