

Preparing for the insertion of an Intrauterine Device (copper IUD) or an Intrauterine System (Mirena IUS)

We are keen to make your clinic visit as straightforward and streamlined as possible. We will try to insert an IUD/IUS for you at all our general clinics therefore it is important that you have read all the information and are suitable for the procedure on the day you come. You can also discuss other methods with us as well and ask any questions.

Please bring this form with you when you attend the clinic.

Please tick the boxes to confirm you have understood and agreed to the following:

- I have watched the DVD on IUD/IUS *or* read the leaflets *or* I already have an IUD/IUS and am familiar with the method.
- I am using an effective method of contraception and haven't had any problems (e.g. burst condom, missed pills, IUD overdue for change). I have not had unprotected sex (or used withdrawal) since my last period.
- I understand that it is not safe to insert an IUD/IUS if I might be pregnant.
- I understand that if I am attending for removal of an IUD/IUS and refit I need to use additional contraception for 7 days before the procedure.
- I will make sure that I have had breakfast/lunch/tea on the day of the appointment. A painkiller can be taken around an hour in advance.
- I am not at risk of sexually transmitted infection (e.g. I do not have a new partner) or I have been tested recently for chlamydia / gonorrhoea.
- I understand that no method is 100% effective and that the IUD/IUS has a very small risk of failure (less than 1 in 100 chance of pregnancy).
- I understand that there is a 1 in 1000 risk of perforation of the womb at the time of insertion of the device (higher in the 4 months after childbirth, and when breastfeeding).
- I understand that there is a 1 in 20 chance of the device falling out.
- I understand that the IUD/IUS will not protect against sexually transmitted infections and condoms in addition are recommended for this if for example I have a new partner.
- I understand that there is a small risk of infection (1 in 100) in the first few weeks following insertion of a device.
- I know that a copper IUD might make my periods slightly heavier, longer and more painful.
- I know that an IUS (Mirena) will make my periods much lighter but causes erratic bleeding and spotting in the first few months of use.

Name: _____

Date: _____