

## ADVICE FOR PATIENTS ATTENDING FOR FITTING OF COPPER INTRAUTERINE DEVICE (IUD) OR HORMONAL INTRAUTERINE SYSTEM (IUS)

You have an appointment to attend Sexual Health Services to have a copper IUD or an IUS fitted

Please view the following video about the IUD/IUS before you attend by cutting and pasting this link: <http://bit.ly/2uoC2CY>

### What do I need to know?

Please make sure you are able to have the device fitted on the day you attend by following the steps below. If you have any questions about whether these things apply to you please telephone.

1. Make sure that you have no risk of pregnancy in the weeks before you come:  
You cannot have the device fitted if there is a possibility of pregnancy. Use effective contraception right up until your appointment. If there is any risk of pregnancy, you may have to have a pregnancy test three weeks after your last unprotected sex, before you can have your device fitted.  
**If you already have an IUD or IUS in place:** please use additional contraception (e.g. condoms) or don't have sex for a week before your appointment.

*If you have recently been pregnant: **please use effective contraception even if your periods have not started again or are not regular.***

2. You may require a chlamydia and gonorrhoea test. This can usually be done at the time of the procedure.
3. As irregular bleeding or pain can occur you may wish to ensure that your appointment does not fall before a holiday or special event.
4. Please keep a note of the date your last period started and your last sexual intercourse as we are going to ask for that.

### On the day of your appointment:

Most people feel fine after the procedure but some people get period-like stomach cramps, nausea or feel faint afterwards. In order to help reduce problems:

1. Allow one hour for your appointment so you are not in a rush.
2. Have something to eat before you come to the clinic.
3. Take your usual dose of paracetamol, ibuprofen or whatever medicine you would use for period pains before coming to the clinic.
4. Ask your clinician to discuss other options for pain relief during the procedure.
5. It's a good idea to bring a relative/friend with you just in case you feel a bit unwell afterwards and need help getting home.
6. Please do not bring small children or babies with you unless you bring an adult to look after them while you have your procedure.
7. Some sanitary protection is required e.g. panty liner.
8. Please make sure you have no major commitments afterwards as you may need to take it easy for the rest of the day.

**If this appointment is not convenient, please contact:**

(place HB contact details  
sticker here)

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