

Information for women prior to coming to the LARC clinic

Information for having an IUD (‘copper coil’) or IUS (‘hormonal coil’) inserted

If you are unsure which type of device you wish to have fitted please read about them or discuss with a Health Care Professional before the appointment. The clinician who you see at the appointment will be happy to answer any remaining questions you may have.

<https://www.fpa.org.uk/sites/default/files/intrauterine-device-iud-your-guide.pdf>

<https://www.fpa.org.uk/sites/default/files/ius-your-guide.pdf>

<https://www.nhs.uk/conditions/contraception/>

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 used correctly/injection/implant) the fitting can take place at any time. If you are not using one of these methods, you should avoid intercourse from the first day of the period which falls before your appointment, or for a minimum of three weeks before if you have erratic or unpredictable periods. The withdrawal method, Apps/calendar methods are not considered reliable and should not be the only methods used in the month prior to fitting. It is possible to use IUDs as a form of emergency contraception in some cases when inserted less than 5 days after sex. Please discuss with your health care professional.

Postnatal fittings

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 but this may have to be delayed until 3 months in some cases and will be discussed with you. 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.

Replacements

If you are having a device replaced (old one out and new one in) avoid having intercourse for 7 days before your appointment. If your current device has already expired you should use another reliable method for a minimum of three weeks before your appointment.

On the day of the fitting

Most women experience some cramping/period like pain during the fitting and afterwards so it is a good idea to take a simple painkiller such as paracetamol or ibuprofen and something to eat beforehand. It is not advisable to plan important activities for the day of the procedure which could not be easily cancelled, in case you take a little while to recover.

Sexual Health Screening

If you have had a change of sexual partner since your last sexual health screen it is recommended that you do an up to date test before the procedure. If you do not have any symptoms this can be done by your GP or by ordering a swab kit online: <https://www.shl.uk/>

The clinician will try to fit the device on the day but sometimes another appointment is necessary, in which case the reasons for this will be discussed with you.

Information for women having contraceptive implant insertions

<https://www.fpa.org.uk/sites/default/files/contraceptive-implant-your-guide.pdf>

Try to avoid risk of pregnancy before fitting.

Please do not bring any babies or small children to the appointment unless you bring someone else with you to look after them