



PREPARING FOR THE INSERTION OF AN INTRAUTERINE DEVICE (COPPER IUD) OR AN INTRAUTERINE SYSTEM (IUS) AT SHIFNAL & PRIORSLEE MEDICAL PRACTICE

We are keen to make your visit as straightforward and streamlined as possible. We will try to insert an IUD / IUS for you in one of our coil clinics, therefore it is important that you have read all the information and are suitable for the procedure on the day of your appointment. You are welcome to discuss other methods with us as well as ask any questions you may have.

PLEASE BRING THIS FORM WITH YOU WHEN YOU ATTEND YOUR APPOINTMENT

Please use a reliable method of contraception until the coil is fitted or NO SEX from the start of the period before the IUD appointment. If requiring IUD/S replacement, PLEASE REFRAIN FROM SEX 7 days prior to your appointment.

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

- I have watched the video on IUD/IUS or read the leaflets or I already have an IUD/IUS and am familiar with the method (video available at www.lothiansexualhealth.scot/contraception)
- 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 will make sure that I have had breakfast/lunch 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.
- 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 will make my periods slightly heavier, longer and more painful.
- I know that an IUS will make my periods much lighter but causes erratic bleeding and spotting in the first few months of use.

Name: _____ Date: _____

GP Signature: _____