

# INFORMATION FOR WOMEN REQUESTING INTRAUTERINE CONTRACEPTION



We understand that you have an appointment to discuss having intrauterine contraception.

To prepare for this discussion, please view the information on our website and watch a short video at:

[www.icash.nhs.uk/long-acting-reversible-contraception](http://www.icash.nhs.uk/long-acting-reversible-contraception)



## WHAT WILL HAPPEN AT YOUR DISCUSSION APPOINTMENT?



- We will check your medical history.
- We will ask which sort of device you want. You can have either a copper device or a hormonal one. If you don't know, we will help you choose.
- We will discuss sexual health screening. To minimise the risk of introducing an existing infection into your womb, we will ask some questions to assess your sexual health risk and help you decide whether you want to do tests first. You can of course do this in advance by accessing a home test kit via [www.icash.nhs.uk/express-test](http://www.icash.nhs.uk/express-test)
- We will discuss what contraception you are using at the moment. We cannot fit a coil if there is any risk that you are already pregnant. In general, this will mean continuing with your current method or abstaining from sex until we can fit your coil, but we will give you tailored advice at your appointment. If you attend for the procedure and have not followed this advice, it is very likely we will have to reschedule your appointment.
- We will describe the procedure itself and discuss the risks.
- We will discuss your options for pain relief. Individual experiences will vary but most patients will find the procedure mildly or moderately uncomfortable. Taking pain relief before can help and we can offer local anaesthetic during the procedure if you feel you need it. Visit <https://bit.ly/IUDSurvey> or scan the QR code for results of a recent survey from patients who had a device fitted.
- We will discuss the timing of your next cervical screening. If this is due, you can either arrange to have it done before your procedure or delay it for three months after a coil removal or fit.



## WHAT SHOULD YOU DO TO PREPARE FOR YOUR PROCEDURE?

- Look at the information on our website - [www.icash.nhs.uk/long-acting-reversible-contraception](http://www.icash.nhs.uk/long-acting-reversible-contraception)
- Follow our advice about contraception and sexual health screening.
- Make sure you have had something to eat and drink before you attend.
- Take some pain relief about an hour before you come.
- Bring a sanitary pad as there may be some light bleeding after.
- Avoid bringing young children if possible so that you can focus on your own needs.
- Plan your day:
  - Allow an hour for your procedure – most will only take 20 minutes but some women may wish to rest before leaving the clinic
  - Clear your schedule so that you don't have any demanding activities after your procedure
  - Arrange for someone to take you home if needed.

## WHAT WILL HAPPEN AT YOUR FITTING APPOINTMENT?

We will:

- check again which type of device you would like.
- check your use of contraception and perform a urine pregnancy test. If you have become pregnant within the previous three weeks a negative result may be unreliable so it is REALLY IMPORTANT that you do not have any unprotected sex during this time.
- explain the steps of the procedure again and the risks.
- discuss pain relief.
- answer any questions or concerns you may have.
- conduct the procedure with an assistant present.

We may perform an ultrasound examination immediately after the procedure just to check the position of your device.

- We will give you advice about:
  - what to expect after your procedure
  - when you can rely on the device for contraception
  - appropriate sanitary products
  - reasons to contact us.

For further information about this service contact:

Please call us on  
0300 300 3030  
or visit  
[www.icash.nhs.uk](http://www.icash.nhs.uk)



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If you require this information in a different format such as in large print or on audio tape, or in a different language please contact the service on the details above.

To find out how we use what we know about you (Privacy Notice) or how to access our buildings (AccessAble), please visit [www.cambscommunityservices.nhs.uk](http://www.cambscommunityservices.nhs.uk) and follow the links or please contact us.



If you have any compliments about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on 0300 131 1000 (charges may apply depending on your network) or email: [ccs-tr.pals@nhs.net](mailto:ccs-tr.pals@nhs.net).

For free, confidential health advice and information 24 hours a day, 365 days a year please contact NHS 111.