

# Requesting Intrauterine Contraception

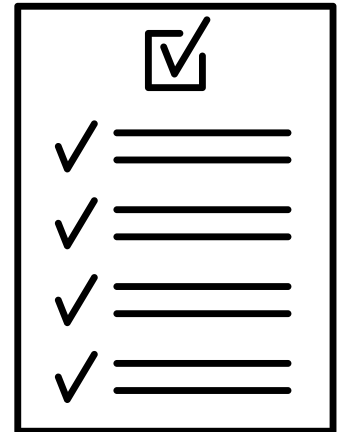
To prepare for your appointment to discuss intrauterine contraception, please view the information on our [website](#) and watch a short video [HERE](#).

## What happens prior to my IUD fitting appointment?

- **Medical history review** - we will check your medical history to confirm that an IUD is appropriate for you.
- **Discussion of IUD types** - we will ask which type of IUD you prefer (copper or hormonal). If you are unsure, we will help you decide based on your needs and preferences.
- **Sexual health screening** - to reduce the risk of introducing an existing infection into the womb, we advise you complete sexual health screening before the procedure. Home testing kits can be ordered on the [iCaSH website](#).
- **Current contraception check** - we must ensure there is no risk of pregnancy before fitting an IUD. This usually means continuing your current contraception, or abstaining from sex, until the fitting. If this advice has not been followed, we may need to reschedule the fitting.
- **Explanation of the procedure** - we will describe how the procedure works and discuss the associated risks.
- **Pain relief** - experiences vary, but most people find the procedure mildly to moderately uncomfortable. Taking pain relief beforehand can help, and we can offer local anaesthetic during the procedure if needed. Find further information [HERE](#).
- **Cervical screening** - if your cervical screening is due, please ask if that can be done at your IUD appointment. Alternatively, you can arrange to have it done before this, or choose to delay it for three months after an IUD removal or insertion.

## What should you do to prepare for your procedure?

- Ensure you have read all in the information in this leaflet.
- Look at the information on our [website](#).
- Follow our advice about contraception and sexual health.
- Make sure you have had something to eat and drink before you.
- 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.



## Planning your day for the appointment

- 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 my fitting appointment?

### We will:

- Confirm which type of device (IUD) 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.
- 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:
  - When you can rely on the device for contraception.
  - Appropriate sanitary products.
  - Reasons to contact us.



### Important Action Required



After your procedure, you will be given a letter addressed to your GP providing details of this. Please give this to them as soon as possible so your medical records can be updated accordingly.



For further information about this service, contact:

**Call us: 0300 300 3030**

**Visit our website: [www.icash.nhs.uk](http://www.icash.nhs.uk)**

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.

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If you have any compliments about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on 0800 088 4449 (charges may apply depending on your network) or email [eec.pals@nhs.net](mailto:eec.pals@nhs.net).

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