

## Information about intrauterine contraception

We offer two types of IUC; the copper IUD (intrauterine device) or hormonal IUS (intrauterine system).

The Mirena intrauterine system can be used for contraception/control heavy periods/progesterone part of hormone replacement therapy.

- If you are interested we would suggest you **watch this video via this link**

<https://vimeo.com/368769451>

- If still interested please book a telephone appointment with one of the family planning doctors or advanced nurse practitioners

During this call we will check there are no contraindications and discuss risk of pregnancy and when it is best to fit your coil.

- It is important you are not pregnant at the time of fitting:

If you are currently using a hormonal method (pill, patch, vaginal ring, injection and non-expired implant) then your device can be fitted at any convenient time and you can continue to use your current method correctly until your fitting.

If you are currently using condoms, diaphragm, natural methods including withdrawal, or have an expired implant or expired IUD/IUS device then you have two options:

1 abstain from sex from day one of your period until your fitting or abstain from sex for three weeks if your periods are irregular

2 arrange to use a short-acting form of contraception, for example, pill, patch, for at least 4 weeks before the fitting

If you need to replace your current IUD/IUS device and it has not yet expired then this can be done on any convenient day. Please make sure you abstain from sex or use condoms for seven days before the fitting.

- You will then need to complete a self-assessment checklist that will help you decide if you are ready to have an IUC fitted

This will be sent by text or by post if you don't have a smart phone.

We will then get you booked in.

Please cancel the appointment well in advance if you cannot attend or you or a house member has had symptoms of COVID in the past 14 days.