**Information about intrauterine contraception**

Below we will provide you with the information you need to prepare for a fitting of intrauterine contraception (IUC). IUC is a long acting reversible method of contraception.

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

If you have an existing device and want a check-up or to have this removed, please book a routine appointment.

**If you want to have a device removed, it is important that you use condoms or abstain from intercourse for seven days before having it removed.**

Before you book or attend an appointment to have a device fitted, please follow the steps below.

**Step 1: Have a look at the coil fitting video on the Queens Road Medical Practice website. A link to this can be found under the section entitled ‘Women’s Health’.**

**Step 2: How to make sure you are not at risk of being pregnant at the time of your fitting**

We need to make sure that you are not at risk of being pregnant when you attend for a fitting. If there is a risk that you might be pregnant then we may have to reschedule your fitting.

**The timing of your fitting will depend on what contraception you are currently using:**

If you are currently using a contraceptive method (pill, patch, vaginal ring, injection or in-date implant or coil) 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, a diaphragm, natural methods of contraception 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, vaginal ring, for at least four 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.

This is to make sure that you are not at risk of being pregnant if for some reason we cannot fit the new device after the original one is removed.

**Step 3: On the day of your appointment**

Where possible we will fit your device at your appointment.

However, there may be reasons why the fitting may need to be deferred. If this happens then the doctor or nurse who is seeing you will explain why.

**On the day of your appointment:**

* Please allow at least 30 minutes for the appointment. Although the procedure does not take this long, some women need a little more time to recover after the procedure.
* We recommend that you eat and take pain relief before your appointment.
* If you need to bring your child or children then please bring someone to look after them while you are having the fitting.
* Please bring sanitary protection, as you may experience some bleeding after the fitting.
* We advise you to avoid driving immediately after your fitting. It is better to be driven to your appointment by a relative or friend, if possible.

**Step 4: Booking your appointment**

To book a fitting, please call the surgery on 724184 and advise if you are having a coil removed, inserted, or changed. Please also mention which coil type you are using, if you know.

**You will need to book a general contraception appointment for a pre-fitting discussion if:**

* You have a learning disability.
* You require an interpreter.
* You are under 16 years of age.
* You have known complex medical or gynaecological problems. For example, fibroids.
* You have had difficult or failed coil fitting in the past.

If for any reason you are unable to attend your appointment, please call us to cancel it so that the appointment can be given to someone else.