**Queens Road Medical Practice - Mirena Intra-Uterine System (IUS)**

You have been given this information sheet and consent form because you are considering having a Mirena coil (or IUS) inserted. If you have any questions at all, please discuss these with the doctor or their PA. The procedure can be carried out by Dr Yates or Dr du Plessis Queen’s Road. (Tel: 724184) or at Le Longfrie Surgery (Tel: 264185).The appointment will last approximately 30 minutes with the doctor and a nurse.

The Mirena coil is one of the most effective and convenient forms of contraception available, and is fully reversible. It is also used for women with heavy, painful or irregular periods, as the majority of women who have a Mirena coil fitted will cease to have periods. As with any invasive procedure, there are risks involved which you need to be aware of before you decide to go ahead with the fitting, and information which is important for you to understand.

**Advantages:**

* The Mirena coil can remain in place for 5 years before its contraceptive effect wears off. If you are over the age of 45 and are not having periods when it is inserted, it can remain in place until after the menopause and you may not need to have it replaced.
* You do not need to remember to take pills or change patches, and it is effective even if you need antibiotics, are on other medication, or have diarrhoea or vomiting.
* If you decide you wish to become pregnant or do not like the coil, it is removed very simply in the surgery and your fertility will return to its previous level immediately. For this reason, you need to use condoms for 7 days before removal if you do not wish to become pregnant straight away. 80% of women trying to conceive will do so within a year of having a Mirena coil removed, which is the same number as those who have not had one inserted.
* It is suitable for use by the majority of women at any time in their reproductive life.
* It is likely to stop your periods, which many women find to be a great benefit, especially for certain conditions.

**Timing:**

* The best time to fit the Mirena coil is between day 2-4 of your menstrual cycle (i.e. the day after you start your period and up to two days afterwards); but it can be fitted up to day 7. This is because the cervix is at its most open at this time, making the procedure easier and more comfortable, and ensures that the contraceptive protection of the device begins immediately.
* Occasionally, if it is fitted after 7 days from the start of the last period, a negative pregnancy test must be demonstrated unless you have not had unprotected sexual intercourse since your last normal period. You will need to use an additional method of contraception (such as condoms) for 7 days after the coil is inserted.
* The procedure can be performed at any time during the day, but many women find that later on in the day is preferable so that they can go home and take it easy in the evening afterwards. You may experience some period pain and light bleeding but this usually settles within a few days.

**Points to remember:**

* Please obtain your Mirena coil from the pharmacy with your prescription before the consultation and bring it with you.
* The charge for fitting will be a minor operation charge plus a nurse and doctor consultation charge. (Unless you are having it fitted on the under 21 free contraception service.) Your Doctor will discuss the cost of the coil with you.
* If you wish, you can take some Ibuprofen (400mg) or Paracetamol (1g) before you come to your fitting appointment provided you have not had any problems with these medicines previously. They are easily and cheaply available without a prescription.
* Please bring a sanitary pad or pantliner with you as you may experience some light vaginal bleeding afterwards.
* You can drive yourself home from your appointment provided that you feel well enough; most people do.
* You are entitled to a chaperone or a friend to accompany you during this procedure. The Practice is happy to provide chaperones from among its members of staff but would appreciate receiving as much notice as possible. Members of staff providing this service are bound by strict rules of confidentiality. No additional charge will be levied by the Practice for providing a chaperone.

**Risks and disadvantages:**

Whilst the risks of having a Mirena coil fitted are very small and the chances of an adverse event are very unlikely, it is important that you are aware of them.

* The procedure itself can be uncomfortable or even painful, but this is reduced by taking simple painkillers beforehand and with the use of a local anaesthetic gel to numb the cervix. The discomfort doesn’t last long, usually only a few seconds at a time, and your doctor will stop if you ask them to. 50% of women experience no or little pain.
* Occasionally it is not possible to successfully insert a Mirena coil in the surgery due to pain, or due to the anatomy of the cervix or uterus (womb) itself. You may have to be referred for fitting by a Gynaecologist at the MSG if this is the case.
* There is a very small risk (less than 2 in 1,000) of perforating the uterus when the coil is inserted. This would necessitate an ultrasound scan at the hospital and if a hole is found, a small operation may be needed to retrieve the Mirena coil if it has gone through the uterus. If you have pain, which is not controlled by Ibuprofen and Paracetamol, or bleeding which is increasingly heavy (more than a normal period) after having a Mirena coil fitted, please seek help.
* If you have a sexually transmitted infection (STI) when your coil is fitted or develop one later on after the fitting, there is a risk of the infection being carried higher up into the pelvis and making you ill or affecting your future fertility if it remains untreated. For this reason, swabs will be recommended before fitting (although sometimes they may be taken on the day) and prophylactic antibiotics as a one-off dose may be given at the time your Mirena coil is inserted. If after insertion you have any signs of infection such as persisting pelvic pain or abnormal vaginal discharge or odour, please consult your doctor as soon as possible so any infection can be identified and treated. Unexplained fever or feeling generally unwell can also be a sign of an STI.
* Ovarian cysts can occasionally form, which may cause pain. They usually go away on their own without treatment.
* It is extremely unlikely that you would become pregnant with a Mirena coil in place, but if you did, there is a higher chance of the pregnancy being ectopic. That is, developing outside the womb. This usually requires an operation and the pregnancy is also at greater risk of miscarrying.
* It is quite common to have irregular spotting or bleeding from the vagina for a while after the Mirena coil is fitted, but usually this will settle down completely within 2-3 months. However, it can last as long as 6 months. It is worth persevering during this time. The bleeding is usually lighter than a period and reduces with time. Most women will then cease to bleed altogether for the rest of the time their coil is in place, and many have no problems with bleeding at all from the time of insertion. If periods continue they are likely to be much lighter and less painful than usual.
* Occasionally, if you have a very heavy bleed when the coil is fitted or afterwards, it can be expelled (1 in 20 chance). This is why we ask you to come back after 4-6 weeks so we can check it is still there. If you think your coil may have come out it is important you see a doctor as soon as possible if you are sexually active. You may need emergency contraception if you have had intercourse in the previous 7 days.
* Sometimes your partner may complain that they can feel the ends of the threads of your Mirena coil when you are having intercourse. If this happens, the threads can be easily trimmed which can help. Usually they are left long deliberately so they will tuck up and out of the way.
* **If you are happy that you understand the procedure and have no further questions, please sign this form in the space provided below and bring it with you to your appointment. You will be given a copy to keep in a safe place.**

Name:................................................................................................. Date of Birth:.......................................

I fully understand the information given above and overleaf and accept the risks as explained. I consent to having a Mirena coil fitted.

Signed:....................................................................................................Date:................................................................**For use by doctor:**

Device B/N:............................................................................................Expiry:...............................................................

Date inserted:.........................................................................................Date due for change:........................................

Signed: ..................................................................................................Doctor:................................................