

PRE-INTRAUTERINE DEVICE (IUD) INSERTION PATIENT INFORMATION

- IUDs are always inserted when you are bleeding unless you have a previous IUD in place and do not bleed
- If IUD in place, then
 - If IUD **In date** abstain from intercourse **x 1 week** prior to removal/reinsertion
 - If IUD **Out of date** abstain from intercourse **x 3 weeks** prior to removal/ reinsertion
- Swabs must be done prior to insertion to ensure no infection
- Swabs results take 1-2 weeks to return
- Swabs must be done when you are **not bleeding**
- Swabs must be repeated if done more than 3 months prior to IUD insertion
- Arrive 10mins before your appointment time, this will allow for paperwork & for you to produce a urine sample when you are waiting. The doctor needs this for a pregnancy test
- Ponstan is prescribed for you to minimise pain. Please take 1 hour pre insertion

Insertion:

- The doctor will examine you to see which way the uterus is positioned and then insert a speculum & the cervix is then held in position and the uterus is measured for length
- The IUD is then placed inside the uterus. Most women feel cramping during the process of measuring, as well as when the IUD is placed. It is normal for the cramping to last a few minutes, and some will experience cramps for the rest of the day, and perhaps into the next morning
- Occasionally some women feel queasy or lightheaded after the procedure. If possible, bring someone to drive you home after
- Approximately 5% of insertions cannot be completed by the GP and referral to a specialist is needed to ensure the safe insertion of the IUD

Risks of IUD Insertion:

- Uterine perforation: rate of 2 per 1000 insertions (rare) & is approximately six-fold higher in breastfeeding women
- Infection: a rate of 1 in 1000 risk for pelvic infection exists in the 20 days following the insertion but the risk is the same as a non-IUD user thereafter
- Expulsion: Approx. 5% or 5 in 100 risk of IUD expulsion (falling out) leading to risk of pregnancy, usually in 1st year. Risk factors for expulsion include insertion too early after delivery of a baby and previous expulsion
- Failure: If a woman becomes pregnant with an IUD in place, the presence of an ectopic (also known as tubal) pregnancy must be excluded. If the woman chooses to continue the pregnancy, the risk of miscarriage is increased as long as the IUD remains in place
- Bleeding: in the 3-6 months following IUD insertion you may experience irregular, prolonged or frequent bleeding. In the majority of cases this resolves after this time. Some women will no longer have periods while the IUD is in place