

## **ADVICE FOR INSERTION OF INTRAUTERINE CONTRACEPTION**

Please ensure you read this information carefully prior to your appointment to have an IUD or IUS fitted.

### **CONTRACEPTION PRIOR TO YOUR APPOINTMENT**

There must be no risk of pregnancy prior to your appointment—if you are at risk of pregnancy, we may have to rearrange your appointment for another day.

To ensure we can insert the device, you should:

- Continue using a hormonal method of contraception (pill, patch, ring, injection or implant) until the day of your appointment, or
- Use condoms on every occasion you have sex for at least 3 weeks before your appointment, or
- Abstain from sexual intercourse altogether for at least 3 weeks before your appointment

If you are replacing an IUD/IUS which is not out-of-date, then please ensure you avoid any unprotected sex for 7 days before your appointment. This is in case we are unable to insert a new device after removing the old one.

### **ON THE DAY OF YOUR APPOINTMENT**

Ensure you have had something to eat, such as a light breakfast or lunch.

Please take pain relief tablets, such as ibuprofen or paracetamol, about 30 minutes before your appointment.

You may wish to bring sanitary protection with you, but we can provide sanitary towels if you forget. We do not recommend using tampons or menstrual cups for at least 2 days after the insertion.

If you need to bring young children with you, please arrange for someone to look after them while you are in the clinic room.

If you have any questions, please contact our Sexual Health Advisers on 020 3315 9779.

Further information about intrauterine contraception can be found on the [Sexwise website](#).