Advice before the fitting of an Intrauterine Device (IUD) or Intrauterine System (IUS)

You can choose from several contraceptive clinics where we offer this service.

- Please phone our Central Booking Office on 020 3317 5252

Before your IUD or IUS fitting, please watch our Intrauterine Contraception Video

- This can be found at: [http://www.cnwl.nhs.uk/about-the-intrauterine-device/](http://www.cnwl.nhs.uk/about-the-intrauterine-device/)

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<th>Timing of your fitting depends on what contraception you are currently using:</th>
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<td><strong>If you are currently using a hormonal method (pill, patch, vaginal ring, injection and non-expired implant):</strong></td>
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| - IUD/IUS can be fitted at any convenient time  
  - Continue using your current method correctly until your fitting |
| **If you are currently using condoms, diaphragm, natural methods or have an expired Implant or expired IUD/IUS** you have two options: |
| 1. Abstain from day 1 of your period until the fitting (or abstain for 3 weeks if your periods are irregular)  
  OR  
  2. Arrange to use a short-acting form of contraception; e.g. pill, patch, vaginal ring  
    Commence this at least 4 weeks before the fitting |
| If you need to replace your current IUD/IUS and it has not yet expired: |
| - This can be done on any convenient day  
  - Please abstain or use condoms 5 days before the fitting |
| This is to ensure that you are not at risk of pregnancy in the event that we cannot fit the new device after the original one is removed. |

**On the day of your appointment:**

- Please arrive **15 minutes before** your appointment for registration
- Please allow at least 2 hours for the appointment. *Although the procedure does not take this long, a few 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/children then you must 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

You may receive either a phone call or a text message reminding you of this appointment

If for any reason you are unable to make your appointment or you wish to reschedule to a later date in order to suitably prepare for your fitting, **PLEASE PHONE** us on 020 3317 5252.  
This allows us to maximise use of our appointment slots, and keep waiting times for fittings to a minimum.