

Clinic stamp

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/>

Timing of your fitting depends on what contraception you are currently using:

If you are currently using a hormonal method (pill, patch, vaginal ring, injection and non-expired implant):

- 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.