



Pre – insertion IUD/IUS

- Please ensure sure you have read the information in the patient information leaflet which was sent to you via text message.
- Please ensure you are using an effective method of contraception and havent had any problems (eg split condom, missed pills, overdue injection, coil or implant) or have not had unprotected sex since your last period.
- There is a 2 in 1000 risk of perforation of the womb at the time of insertion with a slightly higher risk if you are breastfeeding or have had a recent pregnancy.
- There is a 1 in 20 chance of the coil falling out.
- There is a small risk of infection in the first few weeks following insertion of a coil (1 in 100).
- A copper IUD may make your periods slightly heavier, longer and more painful.
- An IUS (Mirena) will make your periods much lighter but could cause irregular bleeding in the first few months of use.
- It is advisable to have breakfast/lunch prior to your appointment and that you take painkillers such as ibuprofen or paracetamol 1 hour before your appointment.
- It is advisable to bring someone with you to your appointment.