

PREPARING FOR THE INSERTION OF AN INTRAUTERINE DEVICE (COPPER IUD) OR AN INTRAUTERINE SYSTEM (MIRENA)

We are keen to make your clinic visit as straightforward and streamlined as possible. We will try to insert an IUD / IUS for you at all our general clinics therefore it is important that you have read all the information and are suitable for the procedure on the day you come. You can also discuss other methods with us as well and ask any questions. **Please bring this form with you when you attend the clinic.**

Please tick the boxes to confirm that you have understood and agreed to the following:

- I have watched the DVD on IUD/IUS on www.lothiansexualhealth.scot.nhs.uk/Contraception/Coil or read the leaflets or I already have an IUD/IUS and am familiar with the method
- I am using an effective method of contraception and haven't had any problems (e.g burst condom, missed pills, IUD overdue for change). I have not had unprotected sex (or used withdrawal) since my last period. I understand that it is not safe to insert an IUD/IUS if I might be pregnant.
- I will make sure that I have had breakfast/lunch on the day of the appointment. A painkiller can be taken around an hour in advance.
- I am not at risk of sexually transmitted infection (eg I do not have a new partner) or I have been tested recently for chlamydia / gonorrhoea.
- I understand that no method is 100% effective and that the IUD/IUS has a very small risk of failure (less than 1 in 100 chance of pregnancy).
- I understand that there is a 1 in 1000 risk of perforation of the womb at the time of insertion of the device.
- I understand that there is a 1 in 20 chance of the device falling out.
- I understand that the IUD/IUS will not protect against sexually transmitted infections and condoms in addition are recommended for this if for example I have a new partner.
- I understand that there is a small risk of infection (1 in 100) in the first few weeks following insertion of a device.
- I know that a copper IUD will make my periods slightly heavier, longer and more painful.
- I know that an IUS (Mirena) will make my periods much lighter but causes erratic bleeding and spotting in the first few months of use.

Date of last cervical smear _____

Name: _____

Date: _____