

‘ONE STOP’ IUS / IUD INSTRUCTIONS

Please read this information and then contact SHiP Contraception on 01752 431124 to arrange your telephone assessment and fitting appointment.

1. Your general understanding of the IUS / IUD:

I have watched the video on this page and explored the [‘IUS’](#) and [‘IUD’](#) links.

2. Situations where we will not be able to fit a device:

*It is not safe to fit the device if already pregnant. This means we will not proceed if you have had unprotected sex within the **3 weeks** prior to the procedure. A pregnancy test will not be able to exclude a very early pregnancy. Unprotected sex includes condom breaks or slippage, any missed pills, or an existing IUS / IUD / implant that is past its expiry date. It also includes withdrawal before ejaculation.*

I understand that I must have been using a reliable method of contraception and not had any unprotected sex in the 3 weeks prior to IUS / IUD fitting

I understand that an IUS / IUD carries an increased risk of serious complications if I have been at risk of a sexually transmitted infection (STI), such as chlamydia or gonorrhoea

I understand that if I have symptoms of an STI, the IUS / IUD should not be fitted until after this is treated

I understand that if I have an abnormal bleeding pattern, I will ask my GP for investigations before attending SHiP for an IUS / IUD fitting

3. Risks of complications of the fitting procedure:

I understand that it is a good idea to have a light meal before the device fitting to reduce the chance of fainting

I understand that there is a risk (1 in 20) of the IUS / IUD falling out after fitting, so regular self-checking of the device threads is important

I understand that there is a very small risk of infection (1 in 100) in the first 3 weeks following IUS / IUD fitting

I understand that there is an extremely small risk (1 in 500 or less) of the device going through the wall of the womb at the time of fitting, and that this risk is higher if I am breastfeeding

4. Effectiveness and risks of the IUS / IUD device itself:

I understand that the IUS / IUD has a very small risk of failure (1 in 100 or less risk of pregnancy)

I understand that if I get pregnant there is a very small risk of an ectopic pregnancy

I understand that the **copper IUD** may make my periods slightly heavier, longer and more painful

I understand that the **hormonal IUS** may make my periods erratic with some spotting in the first few months

I understand that there is a risk of hormonal side effects such as mood swings, weight gain, loss of libido, headache or breast tenderness, which may improve within 6 months after fitting

I understand that the IUS / IUD will NOT protect against STIs