



Insertion of an Intrauterine Device/System

After-care:

- You can expect to have some light bleeding (spotting) for a few days.
- You may experience period type pain for around 3-5 days.
- Use paracetamol and ibuprofen as needed - If you are unable to take ibuprofen take only paracetamol.

Contraception:

Intrauterine system (IUS/Hormonal coil/Mirena/Levosert):

- If fitted in the first 5 days of your cycle (Day 1 of your cycle is the start of your period), you'll be protected straight away.
- If fitted at any other time in your cycle, use additional contraception (i.e. condoms) for 7 days after insertion.

Intrauterine device (Copper coil/T-Safe):

- You are protected straight away.

Checking the position of your IUS/IUD:

Your coil has two soft threads attached to the coil; these can be felt at the top of the vagina.

- Check your strings several times in the first month, then monthly/after each menses going forward. This helps you to know that your coil is in the right place.
- You may be asked to book to see your GP/Practice nurse in 6 weeks to check the position.

When to seek review at your GP or sexual health clinic:

- If your strings become longer or shorter.
- You can feel the stem of the IUS/IUD.
- You cannot feel the strings.

If you experience any of the above, you may not be protected against pregnancy. Use another form of contraception until a doctor/nurse has checked your IUS/IUD. You may also need emergency contraception – speak to a pharmacist, your GP or the sexual health clinic for advice.

Contact your GP, 111 or the Surgical Hub if you experience:

- Offensive smelling discharge.
- Severe or worsening pain.
- Heavy bleeding.
- Fever.

Key Contact numbers

If you have any concerns, you can contact:

Your GP or 111

Gynae ward at UHW (24 hours): **02921 843857**

CRI Sexual health Clinic (9am-3pm): **02921 835208**

Surgical Hub (7am-7pm Monday-Friday) – **02921 826510 or 02921 826348**

