



Fitting Intrauterine Contraception at College Way Surgery

Please speak to Dr Hesford or Dr Porter (via telephone or surgery consultation) before arranging your appointments. They will discuss with you whether this is a suitable method of contraception for you and arrange a prescription for the appropriate device.

Appointment for fitting intrauterine contraception

1. For mirena, levosert or jaydess this ideally needs to be fitted within the first 7 days of the cycle (day 1 of your cycle is the first day of your period). Alternatively you can have it fitted any day of your cycle if you have abstained from sexual intercourse since your last period, or have used a reliable method of contraception since your last period AND condoms are used for 7 days after fitting the IUS.
2. For a copper device this can be fitted anytime from the last few days of your period up to day 19 of a 28-day cycle. Alternatively it can be fitted if you have abstained from sexual intercourse since your last period or have used a very reliable method of contraception since your last period.
3. If you already use intrauterine contraception and you are having the device changed this can be done any day of your cycle. Please use additional contraception methods (e.g.) condoms) or avoid sexual intercourse for seven days before the device is changed.
4. Postnatally, intrauterine contraception can be fitted from 6 weeks after delivery.

Infection Check

If you are under 25 years of age or have a new sexual partner within the last three months, swabs need to be taken to check you are clear from infection (e.g. chlamydia) 10-14days before having intrauterine contraception fitting. You can do a self-test chlamydia swab or you can have an appointment with the nurse for testing. Dr Hesford or Dr Porter will discuss this with you.

Analgesia

During the fitting most women feel a little discomfort. You may have some cramping like period pains for a few hours after fitting. We highly recommend that you take 400mg ibuprofen one hour before fitting, provided of course you are not sensitive to this medication (some asthmatics are allergic and some people may get indigestion with this medication) in which case you can take 2 x 500mg paracetamol. A further dose of ibuprofen or paracetamol may be taken 4 hours later. In some instances a prescription for a stronger analgesic (mefenamic acid or naproxen) may be given.