



***Advice for patients prior to
an IUD or IUS (Mirena)
fitting***



Timing of insertion depends on what contraception you are currently using.

If you are currently using a hormonal method (combined contraceptive pill, progesterone-only pill, patch, contraceptive injection or implant), the IUD or IUS (Mirena) can be fitted at any time, provided that you are not bleeding heavily.

If you are currently using condoms, diaphragm, natural methods or having unprotected sex or have a time-expired IUD or IUS you have two options:

1) Between the first day of your period and the day of your fitting you abstain completely from sexual intercourse. (If your periods are irregular/unpredictable or you have a time-expired IUD/IUS you will need to abstain for 3 weeks prior to the day of fitting).

OR

2) You arrange to use a more reliable form of contraception temporarily, until the fitting. Suitable methods include the combined contraceptive pill, the progesterone-only pill, the patch or the contraceptive injection. Please discuss this with you GP.

If you are having a non-expired IUD/IUS removed and a new IUD/IUS fitted, this can be carried out on any day except if you are bleeding heavily. We recommend that you do not have sexual intercourse for the 7 days prior to fitting. This is to ensure there is no risk of pregnancy if it is not possible to fit a new device after the original one is removed.

If you are simply having a non-expired IUD/IUS removed we advise that you do not have sexual intercourse for the 7 days prior to the removal, to ensure you are not at risk of pregnancy.

On the day of your appointment:

We recommend that you eat and take your own pain relief (e.g. Paracetamol +- Ibuprofen) at home before your appointment.

If you need to bring your child/children then you must bring someone else to look after them while you are having the fitting.

Please bring some sanitary protection as you may experience some bleeding after the fitting.