

Intrauterine devices (IUD) are used for different periods of time depending on the type of device, and the reason for its use. Please look at the information below to decide whether you need your coil removing or replacing. Please be aware that the guidance on the recommended duration of use for your coil may have changed since your coil was fitted. If you are unsure, please contact the surgery.

IUD (copper coil)

This is licenced and recommended for use as a contraceptive for 10 years. Please note that on rare occasions patients may have been fitted with a mini copper coil that is only licenced for 5 years. If you are not sure which coil you have please check with the practice.

IUS (Mirena)

Contraception

- If this was fitted after the age of 45 this can be used as contraception until the menopause, or age 55.
- If this was fitted before the age of 45 the licence for contraception is 5 years, but the FSRH support the use of this for 6 years.

HRT or endometrial protection

- This is licenced for 4 years as part of HRT but the FSRH supports the use of this for 5 years.

Heavy periods

- The licence is for 5 years but you can continue to use the coil until your bleeds return. Any coil present for more than 10 years should be removed as they increase the risk of infections, the coil becoming embedded and uterine perforation.

IUS (Kyleena)

Contraception

This is licenced for 5 years for contraception, regardless of what age the coil was inserted.

IUS (Jaydess)

Contraception

This is licenced for 3 years for contraception, regardless of what age the coil was inserted.