**BEFORE INSERTION OF AN INTRAUTERINE DEVICE (COIL)**

Please watch this short video for information on coil insertion:

**https://www.lothiansexualhealth.scot/contraception/iud-ius/**

Please read through and complete this checklist before booking an appointment.

**YOUR DETAILS**

Name

DOB

Email address

Phone No\*

**Please use a reliable method of contraception up until the IUD is fitted or no sex from the start of the period before the IUD appointment. If requiring an IUD replacement, use condoms or no sex for 7 days prior to the appointment.**

Current method of contraception

Reason for coil (tick appropriate)

1. Contraception

2. Heavy menstrual bleeding

3. HRT

Which coil I would like (tick appropriate)

1. Mirena

2. Jaydess

3. Kyleena

Current bleeding pattern

**\*\*If you have bleeding after sex, heavy irregular bleeding or bleeding in the middle of cycle please contact the surgery to discuss with a clinician before coil insertion**

 **YES NO**

I have watched the video on IUDs *or* read online information.

I understand I need to use an effective method of contraception

and no problems

(e.g. burst condom, missed pills, IUD overdue for change).

I have not had unprotected sex (or used withdrawal)

since my last period.

I understand that it is not safe to insert an IUD if I might be pregnant.

I will make sure that I have had breakfast on the day of

the appointment. Paracetamol/ibuprofen is useful an hour

before your appointment.

 **YES NO**

I do not have symptoms of sexually transmitted infection (STI)

– vaginal discharge, rash, pain on passing urine or unusual bleeding

**\*\* If yes please contact the surgery to make an appointment to discuss with a clinician**

I understand that no method is 100% effective and that the

hormonal IUDs have a very small risk of failure

(less than 1 in 100 chance of pregnancy).

I understand there are risks associated with coil insertion

 1 in 1000 risk of perforation of the womb at the time of insertion

 1 in 20 chance of the IUD falling out

 1 in 100 risk of infection in the first few weeks

I understand that the IUD will not protect against sexually

transmitted infections and condoms in addition are

recommended for this if for example I have a new partner.

I know that a hormonal IUD will make my periods much lighter but

can cause erratic bleeding and spotting in the first few months of use.