

# IUD CONSENT FORM

I understand the importance of excluding the possibility that I am already pregnant when the IUD is inserted. I have given the clinician accurate information about recent periods, contraception and sexual activity to ensure appropriate timing of insertion. The first day of my last period was\_\_\_\_\_

I understand that the use of an IUD carries risks. These include:

- the clinician being unable to insert the IUD on the day, risk is estimated as 1 in 25
- fainting after or during the procedure (this may require prolonged observation or an injection)
- perforation (going through the wall) of the uterus (womb)
  - risk is estimated as 1 in 500\*
  - If you have given birth within the last 9 months the risk is higher, estimated as up to around 1 in 100.
  - may require minor key hole surgery to have the IUD removed
- <1% failure of the IUD to prevent pregnancy
  - an increased chance of any pregnancy occurring being ectopic (outside the womb)\*
  - a high risk of miscarriage or premature delivery if you choose to continue with a pregnancy that occurs and the IUD cannot be removed
- the IUD partially or completely coming out, risk estimated as 1 in 20
- infection, risk estimated as 1 in 500\*
- abdominal pain and irregular bleeding in the initial weeks after insertion
- changes to bleeding
- an increase in vaginal discharge
- for hormonal IUD users:
  - hormonal side effects
  - little cysts are more likely to develop on the ovaries, which are thought to be harmless

\* These may have an effect on fertility

I understand that the IUD must be removed within ..... years, as it may not remain effective if left in place for longer. I am aware that it is my responsibility to arrange removal/replacement.

I agree to being sent an SMS reminder around 3 months prior to the due date for removal or changeover.

I understand that if I am having an IUD replacement, I should not have had unprotected vaginal sex for seven days prior to insertion.

I understand that if I am having a hormonal IUD insertion, it may take seven days to work in preventing pregnancy. I should not have unprotected sex for seven days after insertion.

I have been advised not to insert tampons, swim, take a bath or have vaginal sex for three days and not to use a menstrual cup for 3 months after insertion and to check for IUD strings after each period.

I agree to attend for an in-person or phone consult if requested by my inserting practitioner. I agree to call FPV if there are any concerns (as indicated on the post-IUD insertion information sheet, a copy of which I have been given).

I consent to the insertion of a ..... IUD.

**I acknowledge that this information has been understood by me and give verbal consent.**

Verbal consent obtained due to coronavirus pandemic



# IUD POST INSERTION INFORMATION

You may get some cramping, period like pain and bleeding for the next 2-3 days. You can keep using naproxen or ibuprofen as needed.

1. To reduce the chance of infection, over the next 3 days:

- No vaginal sex
- Do not use tampons (pads are okay if you have bleeding)
- No baths, swimming and spas (showers are okay)

2. If have a Mirena® or Kyleen® IUD, it may not begin to work until 7 days. Do NOT have any unprotected sex until 7 days have passed.

If you have switched from the combined pill to Mirena® or Kyleena®, take an active pill for the first 7 days in a row after the IUD is put in even if you don't have sex during the first 7 days.

3. Please ring us if you have any of these:

- Cramping pain that does not get better with naproxen or ibuprofen
- Pain that is getting worse
- Vaginal discharge with a smell
- Heavy bleeding
- Pain during sex
- Fever
- Feeling the IUD in the vagina

4. You need to check for the IUD string after every period or once a month if you have no periods. If you cannot feel the string or feel the stem of the IUD, do not have any more sex without a condom and ring Family Planning Victoria as soon as possible. You may need emergency contraception (morning after pill).

5. Menstrual cups: it is possible to pull out an IUD if the string is caught between the cup edge and vagina. To decrease the risk,:

- do not use the menstrual cup until the IUD has been in place for at least 3 months
- make sure the string is inside the cup and not caught between the wall of the cup and the vagina
- be careful to release the suction on the cup before removing it

6. If you think you may be pregnant, seek medical attention as soon as possible.

7. It is normal to have prolonged and irregular bleeding and spotting in the first six months with a Mirena® or Kyleena® IUD.

8. It is normal to have spotting between periods for two to three months with a copper IUD. You may also experience painful and heavier periods.

Contact the information nurse on **9257 0116** if you have any questions.

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