



Your New IUC

Advice prior to your Intrauterine Contraception (IUC) fitting

Advice prior to IUC fitting

- To avoid risk of missed pregnancies/ miscarriage/ectopic pregnancies, IUC will only be fit under these circumstances:
 - Must be on a menstrual period **or**
 - Abstain from intercourse from last menstrual period prior to fitting of IUC (or as advised in the pre-fitting consultation) **or**
 - Abstain from intercourse for at least 3 weeks from last sexual intercourse prior to fitting of IUC **or**
 - Must be using a reliable form of contraception (not just condoms) for at least 3 weeks prior to fitting of IUC **or**
 - If it is IUC refit within due date, must abstain for at least one week prior to refit.
- To reduce risk of infections spreading into the pelvis, IUC will not be fit if you have certain infections unless treated. So if you have had swabs at consultation, please ring for results prior to coming in for the IUC fitting
- Children will not be allowed into the consulting rooms during the procedure (can wait in the waiting room with a relative/friend)

Advice prior to IUC fitting

(continued)

- There are no child care facilities on-site and staff are not trained to child mind
- It is advisable to take simple painkillers like paracetamol/Ibuprofen one to two hours prior to attendance
- Make sure you have eaten and had some fluids prior to the IUC fitting
- You can expect some bleeding with fitting, please bring a sanitary towel
- Very few women may feel a little unwell after the fitting, so if you wish, you can bring someone who can drive/ accompany you back home
- As with most medications, IUC can cause side effects in some women. Full details of which can be found in the leaflet provided to you during your initial consultation.
- An early morning sample of urine has to be brought in for a pregnancy test on the day of IUC fitting in the bottle provided.

Other terms for 'coil'

IUD (Intrauterine Device)

Copper coil

Licensed for 5 years / 10 years



IUS (Intrauterine System)

Hormone coil

Mirena® licensed for 5 years & Jaydess® licensed for 3 years



IUC (Intrauterine Contraception)

Includes both IUD and IUS



Outside product licence use

- A copper device (IUD) fit at the age 40 years or over can stay in for up to one to two years after the menopause
- A hormone device (IUS) fit at age 45 or over can stay in for seven years
- If using Mirena® as progesterone part of HRT along with oestrogen therapy, it can be used for up to five years



Contact us

Got a question?

Call your local Sexual Health Team on one of the numbers below:

Leicester, Leicestershire and Rutland

0300 124 0102

Shropshire

0300 123 0994

South Staffordshire

0300 124 5022

Stoke-on-Trent and North Staffordshire

0300 7900 165

Telford and Wrekin

0300 123 0994

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