

## I am using an IUS to control heavy periods, when should it be changed?

Provided you are not using the IUS for contraception as well, you can continue to use it beyond 5 years until you are finding it is of no benefit.

## When can I go swimming?

To reduce the risk of infection, wait for 3 days after IUS insertion before going to a public swimming pool.

## When can I go to the gym?

An IUS will not be expelled by vigorous aerobic exercise so you can resume any fitness regime when you feel ready. There is no evidence that vibrating gym plates cause the IUS to fall out, but as a precaution avoid this activity until after your 4 week check.

## How is it taken out?

A trained doctor or nurse can take out the device at any time. However, if you do not want to become pregnant, we would advise you to abstain from intercourse, or use extra precautions e.g. condoms, for 7 days before the device is removed. Your usual fertility returns as soon as the device is taken out.

## What about moon cups?

Evidence suggests that moon cups and tampons don't appear to be associated with an increased risk of IUS expulsion. However, some users of moon cups have advised against their use with an IUS.

**Does the IUS need to be removed before Magnetic Resonance Imaging?** No

## Further information available at

[www.fpa.org.uk/contraception-help/ius-intrauterine-system](http://www.fpa.org.uk/contraception-help/ius-intrauterine-system)

The information in this leaflet is available in additional languages and alternative formats. Please contact the Trust for further details.

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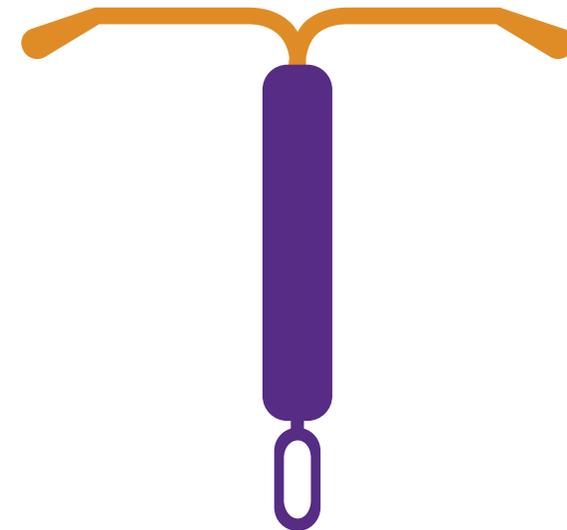
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# Advice to Intrauterine System (IUS) Users

## Post insertion advice for users FP5



IUS

The IUS is a small T-shaped plastic device which contains the hormone progesterone. A trained doctor or nurse fits the device into the womb.

You have been fitted with a \_\_\_\_\_ device.

Date of fitting \_\_\_\_\_

Date of removal/ replacement \_\_\_\_\_

### What can I expect after a device is fitted?

You may expect some staining or fresh bleeding after the device is fitted. This can continue daily for the first 12 weeks. You may have some period type pain or cramps for a few days. Take any simple pain killer that you would take for period pain. Your periods will change. Within 12 months of insertion most women will either have no periods at all or they will be much lighter. Please use your diary sheet to record your bleeding pattern.

### How soon does the device work?

You can rely on your device for contraception immediately if fitted before day 7 of the menstrual cycle. However, the process of IUS insertion interferes with the protective mechanism of the cervix which prevents infection so we recommend abstinence or condom use for the first 3 days after insertion. If fitted after day 7 of menstrual cycle, extra precautions, e.g. condoms, should be used for seven days.

### When can I use tampons?

DO NOT USE tampons for 4 weeks after insertion as this is believed to reduce the risk of infection. After the first month you can use tampons but beware of getting your IUS threads caught in the tampon when you remove it. Prolonged use of the same tampon (more than 12 hours) is not advised for fear of toxic shock.

### Is there a risk of infection?

There is a small risk of infection during the first 2–3 weeks after fitting. You should report immediately to your GP or Contraception and Sexual Health clinic if you develop an offensive vaginal discharge, pelvic pain and a temperature greater than 38.5 degree centigrade, especially if preceded by rigors/shivers. It is important to understand that the IUS offers no protection against any sexually transmitted infection. Therefore, it is advisable that condoms are used for safer sex, especially if in a new relationship.

### How will I know the IUS is still in place?

Inspect pads/tampons to check that the device has not been expelled. The doctor or nurse will teach you how to check the threads of the device. The best time to check is usually after a period because it is during periods that it is most likely to fall out. If you do not have regular periods it is advisable to get into the routine of checking threads on the first day of the calendar month. If the threads can be felt by your partner, they can be cut shorter but it is advisable to have your IUS checked at the clinic in case it is falling out.

### Are there any side effects?

Some women experience hormonal side effects such as bloating, nausea, breast pain, occasional headaches, skin problems, and premenstrual

tension. These usually improve or subside after 3 months.

### What happens if I get pregnant?

There is no evidence of a baby being harmed by the IUS even if the pregnancy occurs with the IUS still in position. Nevertheless the device should normally be removed in early pregnancy to prevent late miscarriage.

Pregnancies that occur with an IUS in place might be ectopic, a potentially dangerous condition. Therefore, if you think you might be pregnant report immediately to your GP or Contraception and Sexual Health clinic.

### How often do I need to come back?

If you have been advised to return for a review please make a follow up appointment at .....weeks after IUS insertion. At this visit we will check that the device is in place and address any concerns you may have. This is an important appointment so please let us know if you are unable to attend. You should return at any time if you experience problems.

### What problems should I be concerned about?

Please contact the clinic or see a healthcare professional if:

- You have heavy bleeding
- You have lower abdominal or pelvic pain (especially if any post insertion pain had initially improved)
- You have offensive vaginal discharge
- You are worried that your device is coming out
- You think you may be pregnant
- You have pain during sexual intercourse
- You develop a change in your pattern of bleeding
- You are worried that your threads are missing or can feel the hard end of the coil. If this has happened either abstain from intercourse or use a condom until a healthcare professional has checked the position of the coil. If you have had unprotected sex in the last 7 days prior to this change please contact clinic as soon as possible as you may require emergency contraception.

### How long can a device stay in place?

The Mirena can stay in for 5 years. However, if fitted at 45 years or over it can be used for contraception until the age of 55. A Jaydess should be replaced at 3 years whatever your age.

### YOU WILL NOT BE SENT A REMINDER FOR REMOVAL.

**I am using the IUS as part of my HRT regimen. When should my IUS be changed?** Five years after insertion regardless of age.