



Family Planning Tasmania
sexuality education & clinical services

IMPORTANT INFORMATION ABOUT YOUR UPCOMING IUD INSERTION

Please take the time to carefully read the following information and advice regarding the upcoming insertion of your IUD (Mirena/Copper). This will ensure that insertion of your IUD can proceed with the best chance of success and comfort for you.

Why do we need to rule out pregnancy before Inserting an IUD?

As a pregnancy test on the day on insertion will ONLY rule out pregnancy further along than 3 weeks YOU HAVE ALSO AGREED to the use of the following interim means of contraception (**DELETE THOSE NOT RELEVANT**):

- Insertion during the first **5 days of a natural period**
- **The Oral Contraceptive Pill:** Reliable use for at least 4 weeks prior to insertion
- **Depo Injection** at least 4 weeks prior to insertion
- **Condoms** for at least three weeks prior to insertion –Only strict, careful and consistent use of condoms can be considered a valid form of interim contraception.
- **The minipill** for at least 4 weeks prior to insertion – Strict, regular dosing of the mini pill is essential for this to work as contraceptive, consider using condoms in addition.
- **NO sex** for 3 weeks prior to insertion.
- **You currently have a MIRENA/COPPER IUD.** It is IMPORTANT that you use condoms or do not have sex for 7 days prior to the changeover procedure as failure to do so could result in a pregnancy.

Avoiding infection in the uterus and pelvis associated with IUD insertion

- We routinely screen for STI's and other infections prior to inserting your IUD and we will contact you with the results prior to your appointment. If you have not heard from us within 5 days of your appointment, please call us.
- Please do not have unprotected sex (without a condom) with a new partner between the time of STI screening and IUD insertion.

Obtain your IUD and bring it to your insertion appointment

MIRENA IUDs need to be purchased from a pharmacy with your prescription prior to your insertion appointment. Cost with a concession card is approximately \$6.40 and without a concession card \$39.50, full price without Medicare card \$253. Be aware that MIRENA comes in quite a long box due to the shape of the applicator.

If you are having a COPPER IUD inserted the you will be required to have paid Family Planning for your device prior to your insertion appointment. The cost of this is \$100.

Your comfort and safety.

WE suggest that you take a form of simple pain relief about 1 hour prior to your appointment for insertion of IUD and have some at home if further doses are required later. Examples are PARACETAMOL and IBUPROFEN but please check with your doctor if these are safe for you to take.

- Please ensure that you have had a normal amount to eat and drink prior to your appointment.
- Please do not bring young children to your appointment.
- In some cases, it is NOT POSSIBLE to safely insert an IUD despite best planning and efforts and the procedure will need to be abandoned.
- It is STRONGLY recommended that you do not drive a vehicle for at LEAST 2 HOURS after insertion of an IUD.
- Plan to have a quiet day following insertion of an IUD
- A medical certificate can be provided if necessary.

Checklist

- Ensure pregnancy is avoided, continue planned contraception
- Purchase your IUD
- If you are having a MIRENA, BRING it to your appointment
- Arrange for someone to pick you up if possible
- Take pain relief and have pain relief available for afterwards
- Bring a sanitary pad
- Ask for a medical certificate if you need one