**Information prior to your IUD/IUS Fit**

We CANNOT fit an IUD/IUS if there is any possibility that you may be pregnant. Therefore, in order to fit on the day of your appointment you need to either:

* Be on a reliable method of contraception (not condoms) such as the pill (and no missed pills)
* OR Have not had sex at all since your last menstrual period (not even with a condom)
* OR Be in the first half of your menstrual cycle for an IUD (copper coil)
* OR Be in the first 7 days of the menstrual cycle for an IUS (Mirena coil)

Unfortunately, if you have not met at least one of the above criteria we may not be able to fit an IUD/IUS on the day planned for the procedure.

After you have had your IUD inserted you will be immediately covered for contraception to prevent pregnancy.

If you have an IUS (Mirena) within the first 7 days of your menstrual cycle you are immediately covered to prevent pregnancy.

If you have an IUS (Mirena) fitted after the first 7 days of menstrual cycle you need to use extra precautions e.g. condoms for the next 7 days to prevent pregnancy.

**IF YOU ARE HAVING YOUR IUD/IUS REMOVED AND ANOTHER ONE FITTED PLEASE AVOID INTERCOURSE (EVEN WITH A CONDOM) FOR 7 DAYS PRIOR TO YOUR APPOINTMENT.**

It is a good idea to take the recommended dose of Ibuprofen tablets (if you have no contraindications) about one hour before your appointment as this will help to relax your uterus (womb). If you have a known reaction to Aspirin please do not take it, take Paracetamol instead.