

**NIGHTINGALE VALLEY PRACTICE  
PATIENT LEAFLET**

**The following are some practical tips to help you before your intra-uterine  
contraception (IUC) fitting:**

- ✓ Please make sure you have had something light to eat and drink before your appointment.
- ✓ If you are not using a hormonal method of contraception bring the first date of your last menstrual period to your appointment.
- ✓ If you are using condoms for contraception make sure there have been no occasions when the condom broke or slipped off or you simply didn't use one. If there have been any episodes in the last 3 weeks when this may have happened please tell the doctor or nurse - we may have to delay your IUC insertion.
- ✓ If you are on the contraceptive pill, please make sure you have taken it correctly- especially in the 3 weeks leading up to your appointment.
- ✓ If you already have an IUC in place and are having it changed, you must not have unprotected sex in the 7 days before your appointment.
- ✓ Having IUC fitted can be a little uncomfortable but this varies greatly from person to person. Some women may benefit from taking pain relief before their appointment in the form of naproxen or mefenamic acid (e.g. ponstan – available over the counter from pharmacies). It is best to take something that you have used before and which you know you are able to tolerate.
- ✓ You may need to continue with painkillers for the first 24 hours following your procedure, but this varies from person to person – it might be worth making sure you have supplies at home.
- ✓ Allow sufficient time for your appointment. Although the procedure takes approximately 15 to 20 minutes, occasionally women feel lightheaded after fitting and require a little extra time to fully recover.
- ✓ It is recommended that you have someone you can contact or bring with you to take you home if required. However most women are able to drive or walk home.
- ✓ Try to avoid bringing small children or babies to your appointment. If this is not possible please arrange to bring someone with you to care for them whilst you are undergoing your fitting procedure.
- ✓ Avoid any strenuous activities immediately following your IUD fitting and ideally make provision to have a restful day.

- ✓ Some sanitary protection may be required immediately after the procedure so it would be helpful if you brought a pad (not tampons) to your appointment.

