

Advice for Patients after Having an Intra-Uterine Device Fitted

Date of fitting:

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Which type do I have?		How long will it last?	
CuTT 380 mini		5 years	
CuTT 380 slimline		10 years	
Cu 380A QL		Until you no longer need contraception	
Neo safe T 380A		7 years if you are still having periods or until you no longer need contraception if your periods stop	
IUS (Mirena)		Change at 5 years or before if your bleeding becomes more erratic/not controlled any more	

When can I rely on the device for contraception?

Immediately		After a further 7 days of pills		After a further 7 days during which you should use a condom or abstain from sex	
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What should I expect in the next few days?

It is usual to experience some bleeding and pain after an IUD is inserted. This should be no worse than period pain and should respond to simple pain-killers such as Nurofen or Paracetamol (you can take these together if necessary). Both symptoms should gradually settle over the next week. If you have an IUS (Mirena) however, you may experience frequent bleeding for up to six months. Fortunately this is likely to be light bleeding or spotting.

Individuals will respond in different ways and symptoms are subjective, but as a general rule you should see a doctor or phone us for advice if:

- you experience pain that is severe or stops you engaging in normal activities
- you bleed heavily
- you have a fever
- you have an unusual vaginal discharge.

Checking the “threads”

The threads attached to the end of the IUD will project through the cervix (neck of your womb) and by feeling them you know that your device is still in place. You should do this after each period, or, if you do not have periods, choose a regular time each month.

You should see a doctor/nurse or phone for advice and use a condom or abstain from sex if:

- you cannot feel the threads (they are most likely just tucked up inside the neck of the womb and your device is in place correctly)
- you can feel the hard plastic end of the device projecting through your cervix (the device is not placed correctly).

Routine follow-up

You should see your GP / practice nurse for a check in about 4 weeks.

Local Contraception Clinics:

Peterborough – Kings Chambers, 39-41 Priestgate, PE1 1JL	Tel: 0300 300 3030
Huntingdon – Clinic 6, Oaktree Centre, 1 Oak Drive, PE29 7HN	Tel: 01480 418555
St Ives – St Ives Clinic, Ramsey Road, PE27 5RA	Tel: 01480 357140
St Neots – Dumbleton Medical Centre, Chapman Way, Eynesbury PE19 2HD	Tel: 01480 418555
Wisbech – Parkside Clinic, North Cambs Hospital, St Augustines Road, PE13 3AB	Tel: 0300 300 3030
March – Holland House, Mercheford House Surgery, 28 Elwyn Road PE15 9BY	Tel: 0300 300 3030
Kings Lynn – Vancouver House, County Court Road, PE30 5EJ	Tel 0300 300 3030

If you would like further information about contraception, please contact the family planning association (www.fpa.org.uk)

Contact Details:

Hinchingsbrooke Hospital	Peterborough Hospital
Hinchingsbrooke Park, Hinchingsbrooke, Huntingdon, PE29 6NT Tel: 01480 423137 (leave a message for a call back) Opening Hours: Monday/Tuesday/Thursday/Friday 0800-1600	Women’s Outpatients Department Edith Cavell Campus, Bretton Gate, Peterborough, PE3 9GZ Tel: 01733 673758 (voicemail will cut in if the line is engaged – please leave a message so we can call you back) Open Hours: Monday-Friday 0800-1800 Weekends and Bank Holidays 0800-1200
For emergencies only, out of these hours, please attend the ED	

Peterborough City Hospital, Edith Cavell Campus, Bretton Gate, Peterborough, PE3 9GZ