

Advice for after the fitting of a hormone intrauterine system (IUS)

Information for patients



You have been fitted with a:

Date of insertion: Date for removal/change:

After insertion of a hormone intrauterine system (IUS)

In the first few days you may experience some abdominal cramps. You can take a painkiller such as paracetamol or ibuprofen to help. If the pain gets a lot worse and you are worried you should contact the clinic or your GP.

During the first few weeks after insertion there is a slightly higher risk of infection. The signs to watch for are:

- Persistent pain
- A temperature
- Heavy discharge.

If you are worried you should contact the clinic or your GP.

Tampons and menstrual cups

We usually recommend that you don't use tampons and menstrual cups in the first few weeks after a hormone IUS insertion because of the risk of infection. After that, it is fine to use tampons and menstrual cups but take care on the days of light bleeding as very occasionally the tampon can become entangled in the threads and dislodge the device or the IUS can be accidentally pulled out if the suction on the menstrual cup is not broken first.

Bleeding patterns

You will probably experience irregular bleeding or spotting for several months. This will almost always settle and, in time, your periods will become very light and may even stop.

Pregnancy

You should avoid sex or use condoms or other contraception for 7 days after having a hormone IUS fitted. The risk of pregnancy with a hormone IUS is extremely small but, if concerned, you should do a pregnancy test and seek advice.

Checks

If possible you should feel for the hormone IUS threads high in the vagina each month. If you cannot feel the threads or you can feel something hard (similar to the end of a matchstick) in the cervix (neck of the womb) when you are checking the threads, you should contact your GP surgery who will be able to help. If there is a problem or they cannot help then they may suggest you are seen in one of our clinics.

Please specifically check for the threads 4-6 weeks after the hormone IUS has been inserted. If you do not want to or cannot do this, please contact your GP surgery.

If you have any problems, do not hesitate to contact us

Chalmers Centre
2A Chalmers Street
Edinburgh
EH3 9ES

Telephone: **0131 536 1070**

You can also watch the video on our website for information about common side effects:



www.lothiansexualhealth.scot/contraception/iud-ius

