

# Choices Clinic - Your IUD appointment

The Royal Women's Hospital Fact Sheet / [www.thewomens.org.au](http://www.thewomens.org.au)



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You have been booked into the Choices Clinic for an insertion of an Intra Uterine Device (IUD). You may need an IUD for contraception or to help stop your heavy periods. Before you attend your appointment, it is important that you have swab tests to check for infections and an up-to-date Pap smear. We will do this in the Choices Clinic if they haven't already been done by your local doctor – either way the tests need to be done before you book your IUD appointment.

## When is the best time to insert an IUD?

The ideal time to insert an IUD is just after your period has started. This is so we know that that you are not pregnant, it is also because the opening to the uterus (the cervix) will be slightly open, which makes it easier to insert the IUD.

It is important that you are not pregnant when we insert the IUD. To be certain that you are not pregnant we will ask you whether you have been having sex without contraception. If you have been using contraception methods that are not very effective, such as the withdrawal method, it may be necessary to do a pregnancy test.

### It is important that you are not pregnant before inserting an IUD because:

- there is a greater likelihood of the uterus being damaged
- if you are pregnant, removing the IUD may cause a miscarriage
- continuing with a pregnancy with an IUD in place will lead to complication for you and your baby
- it is very expensive to you and the health system to go through the process of inserting an IUD only to remove it again straight away.

You will need to have a pregnancy blood test if:

- your period is overdue
- you have not had a period because you are breastfeeding
- you are not using adequate contraception.

This blood test is important as it will tell us whether it is safe to insert the IUD.

## What you will need to do on the day of your appointment?

If you have been asked to have a blood test before your appointment, please attend the Pathology Collection department on Level 1 (located near Pharmacy) at least 30 minutes before your Choice Clinic appointment. They are open from 8.30am Mon – Fri. The blood test results will be phoned through to the doctor when they are ready.

If the result indicates that you are in the wrong time of your cycle, we will need to cancel the IUD appointment and rebook it; this will be arranged before you leave.

On the day of your appointment:

- have a light breakfast
- if possible, have someone accompany you home - occasionally some women experience cramping and feel lightheaded after the procedure
- if you have children, please organise childcare. The Women's Childcare Centre provides childcare, at a small cost, to women attending appointments at the hospital; contact them on (03) 8345 2099 to arrange a booking.

If you decide to cancel the IUD insertion, please ring the hospital as soon as possible on the appointment line (03) 8345 3032.

This allows us to use the time for another woman.

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**If you have any queries, please ring the Choices Clinic Nurse Coordinator on (03) 8345 3137 Tuesday, Wednesday or Thursday morning.**

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