

- ☐ I have watched the video on IUD/IUS *or* read the leaflets *or* I already have an IUD/IUS and am familiar with the method
- ☐ I am using an effective method of contraception and haven't had any problems (e.g. burst condom, missed pills, IUD overdue for change). I have not had unprotected sex (or used withdrawal) since my last period. I have abstained from sex for the last 7 days if I am having my IUD or IUS changed.
I understand that it is not safe to insert an IUD/IUS if I might be pregnant.
- ☐ I will make sure that I have had breakfast/lunch on the day of the appointment. A painkiller can be taken around an hour in advance.
- ☐ I am not at risk of sexually transmitted infection (e.g. I do not have a new partner) or I have been tested recently for chlamydia / gonorrhoea.
- ☐ I understand that no method is 100% effective and that the IUD/IUS has a very small risk of failure (less than 1 in 100 chance of pregnancy).
- ☐ I understand that there is a 1 in 1000 risk of perforation of the womb at the time of insertion of the device.
- ☐ I understand that there is a 1 in 20 chance of the device falling out.
- ☐ I understand that the IUD/IUS will not protect against sexually transmitted infections and condoms in addition are recommended for this if for example I have a new partner.
- ☐ I understand that there is a small risk of infection (1 in 100) in the first few weeks following insertion of a device.
- ☐ I know that a copper IUD will make my periods slightly heavier, longer and more painful.
- ☐ I know that an IUS will make my periods much lighter but causes erratic bleeding and spotting in the first few months of use.
- ☐ I will have a pregnancy test when I arrive in clinic so need to attend with a full bladder.