

Advice for Levonorgestrel **Intrauterine Device (LNG-IUD)** **Users**

Post-insertion advice for users

You have been fitted with a device

Date of fitting

Date of removal/replacement

The Adam Practice want to acknowledge

*Dorset Healthcare University Foundation Trust in giving us
permission to use an*

adapted version of their patient information leaflet



What can I expect after a device is fitted?

You may expect some staining or fresh bleeding after the device is fitted. This can continue daily for the first 12 weeks. You may have some period type pain or cramps for a few days. Take any simple painkiller that you would take for period pain. Your periods will change. Within 12 months of insertion most women will either have no periods at all or they will be much lighter.

How soon does the device work?

You can rely on your device for contraception immediately if fitted on or before day 5 of a natural menstrual cycle. However, the process of LNG-IUD insertion interferes with the protective mechanism of the cervix which prevents infection, so we recommend abstinence or condom use for the first 7 days after insertion. ***If fitted after day 5 of a natural menstrual cycle (or if otherwise advised by the fitting doctor or nurse) extra precautions, e.g. condoms, should be used for 7 days as the device will not be effective as contraception.***

When can I use tampons?

DO NOT USE tampons for 4 weeks after insertion. This may reduce the risk of infection. After the first month you can use tampons but beware of getting your LNG-IUD threads caught in the tampon when you remove it. Prolonged use of the same tampon (more than 12 hours) is not advised due to the risk of toxic shock.

Is there a risk of infection?

There is a small risk of infection during the first 2-3 weeks after fitting. You should report immediately to the Adam Practice if you develop an offensive vaginal discharge, pelvic pain, bleeding between your periods or after sex, or a temperature greater than 38.5 degrees centigrade, or rigors/shivers. It is important to understand that the LNG-IUD offers no protection against any sexually transmitted infection. Therefore, it is advisable that condoms are used for safer sex, especially if in a new relationship.

How will I know the LNG-IUD is still in place?

Inspect pads/tampons to check that the device has not been expelled. Check the threads of the device by self-examination. The best time to check is usually after a period because it is during periods that it is most likely to fall out. If you do not have regular periods, it is advisable to get into the routine of checking threads on the first day of the calendar month. If the threads can be felt by your partner, they can be cut shorter, but it is advisable to have your LNG-IUD checked at the surgery in case it is falling out.

Are there any side effects?

Some women experience hormonal side effects such as breast tenderness, occasional headaches, skin problems, mood changes etc.



What happens if I become pregnant?

The LNG-IUD should normally be removed in early pregnancy. Pregnancies that occur when a LNG-IUD is in place are more likely to be ectopic (compared to an individual without an IUD in place). This is a potentially dangerous condition. Therefore, if you think you might be pregnant report immediately to The Adam Practice.

How often do I need to come back?

Routine check-ups are not required. However, we advise that within a few weeks of having the LNG-IUD placed, you check to make sure you can feel the treads. If you are not able to feel the treads, or if you develop any problems as listed below, please contact the Adam Practice for review and use additional contraception (i.e. condoms).

What problems should I be concerned about?

Please contact the surgery or see a healthcare professional if:

- You have heavy bleeding
- You have lower abdominal or pelvic pain (especially if any post-insertion pain had initially improved)
- You have offensive vaginal discharge
- You are worried that your device is coming out (i.e. treads feel longer than previously felt, or you can feel the stem of the coil)
- You think you might be pregnant
- You have a pain during sexual intercourse
- You develop a change in your pattern of bleeding or experience bleeding during sex
- You are worried that your threads are missing or can feel the hard end of the coil. If this has happened either abstain from intercourse or use a condom until a healthcare professional has checked the position of the coil. Also, check a home pregnancy test as you may be at risk of pregnancy if you have been sexually active.

How long can a device stay in place?

LNG-IUD can last between 3-8 years depending on the device. You should be advised on the type of LNG-IUD fitted and when it requires removal/replacement.

When my LNG-IUD is due for replacement:

We will give you a card with the date when the LNG-IUD is due for replacement. Please book an appointment with us 1-2 months before this date.

When can I go swimming?

To reduce the risk of infection, wait 3 days after LNG-IUD insertion before going swimming.

When can I go to the gym?

A LNG-IUD will not be expelled by vigorous aerobic exercise so you can resume any fitness regime when you feel ready.

How is it taken out?

A trained doctor or nurse can take out the device at any time. However, if you do not want to become pregnant, we would advise you to abstain from intercourse, or use extra precautions e.g. condoms, for 7 days before the device is removed. Your usual fertility returns as soon as the device is taken out.

What about moon cups?

Use of menstrual cups can possibly increase the risk of a LNG-IUD expulsion. It is important to follow the manufacturer's instructions relating to use of menstrual cups.

Does the LNG-IUD need to be removed before Magnetic Resonance Imaging?

No.

