

# MIRENA / IUD INSERTION INFORMATION SHEET



Health  
South Eastern Sydney  
Local Health District

Dear \_\_\_\_\_

You have been scheduled to have a Intra-Uterine Device (IUD) inserted at the Gynaecology Outpatient Clinic at The Royal Hospital for Women on:

\_\_\_\_\_ at \_\_\_\_\_  
(Day and Date) (Time)

## For your appointment please bring:

- Referral letter (including list of current medication)
- Medicare Card
- IUD Device (prescription provided by GP or referring doctor)  
*Be aware that the box is large due to the insertion device and packaging, the IUD is approximately 2cm in length.*

## What to expect:

The ideal time for placement of your IUD is either during your period or in the following seven days (prior to day 14 of your cycle which is when most women are ovulating).

If you are sexually active, please ensure that you are using effective contraception (eg. Condoms) or have abstained from intercourse since your most recent period. If you have been sexually active without contraception, you may be asked to have a pregnancy test upon arrival to confirm that you are not pregnant.

You do not need to fast for this procedure as there is no general anaesthetic involved. Eat and drink normally.

The doctor may administer a local anaesthetic to help alleviate any discomfort during the procedure. We recommend that you take pain relief medication (**either** ibuprofen or naproxen sodium) approximately 1 hour prior to your appointment.

After your procedure we recommend non-strenuous activities for at least the next 48 hours. This includes but is not limited to the gym, physical activity and heavy lifting.

Please avoid swimming, baths, sexual intercourse and tampon use for 7 days.

You may bring a support person to accompany you to your appointment and we encourage you to arrange someone to escort you home from your appointment.

If you have any questions please do not hesitate to call the Gynaecology Outpatients Clinic on (02) 9382 6248.