



CALEN HEALTH

Preparing for your Mirena insertion appointment

You have been seen and assessed as suitable to have an IUD inserted (pending the results of any tests). Please read all the written information provided and ensure that you are aware of the following important details before your insertion appointment.

It is important that you use a reliable method of contraception until the insertion of the IUD. Your IUD will not be inserted unless pregnancy can be excluded. Pregnancy tests may not detect a pregnancy for up to 3 weeks after unprotected sex. Please note that condom use, timing of cycles or withdrawal method are not considered reliable contraception.

Contraception methods that are considered reliable until insertion are:

- Abstinence (i.e. no intercourse) from the first day of your period
- Combined oral contraceptive pill or mini pill taken daily
- Current Implanon that was inserted <3 years previously
- Depo Provera injection within 14 weeks
- IUD already inserted (abstain from sex for 7 days prior to changeover)

Insertion of your IUD during your period is preferable as:

- Increases rate of successfully passing through the cervical canal
- The procedure is considerably less painful
- No additional contraceptive cover is required

Insertion during your period is particularly important if you have never had children vaginally or any procedures which have involved opening of the cervix (i.e. a surgical termination or D&C).

Rarely, your doctor may be unable to pass the Mirena into the uterus. In the event that this occurs, there will still be a charge for the time taken and equipment used. You will have the option of being referred to a gynecologist for having an IUD inserted under sedation. If your Mirena device has been opened, it will not be able to be used and you will need to buy another if you choose to attend the gynecologist for insertion.

The Mirena IUD takes up to 7 days to become effective after insertion. If you are already using another hormonal method (eg combined pill, mini pill, Implanon), it is advisable to continue this method for 7 days after insertion so as not to have any break in contraceptive cover. A copper IUD becomes effective immediately on insertion.

Cramping discomfort is common during and for 2-3 days after an IUD insertion. Consider taking 2 x Femin (or other anti-inflammatory) with food about 1 hour before your appointment to lessen the discomfort. Femin is available from pharmacies without a prescription. If you are unable to take anti-inflammatory medication (due to allergies or medical conditions) please discuss alternatives with your nurse or doctor.

A small amount of vaginal bleeding is expected after insertion and a sanitary pad will be provided. We also use antibacterial solution which may stain light colored clothing.

To reduce the risk of infection, it is recommended that women avoid the use of tampons, baths, spas, swimming and vaginal intercourse for 2 days after insertion.

If possible, arrange for someone to accompany you after your insertion appointment. Occasionally during an IUD insertion, a woman may have a fainting reaction during or shortly after the procedure. If this occurs, you may need extra time to recover. Please do not bring children with you to the appointment.

The cost for an IUD insertion is as follows:

- Pharmacy cost: for Medicare card holders ~\$40, HCC holders \$6.40 and non-medicare ~\$250
- Doctor fee: currently bulk billed.



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Occasionally there are unexpected circumstances which make it unsafe or difficult to insert an IUD. The final decision to proceed with the insertion is the responsibility of the inserting doctor on the day of your appointment.

Please call reception or book an insertion appointment online or via AMS app. Please call if you wish to have Pentrox (sedation) green whistle.