

Mirena, Kyleena, Copper IUD Insertion Consent

I, _____, am aware of the possible side effects and risks with the IUD, including irregular spotting and bleeding, 5% chance of the IUD coming out (expulsion), 0.1% chance of pregnancy as well as 0.1% chance of a hole in the uterus (perforation). I consent to the insertion for an IUD by Dr. _____. I also understand that the IUD must be changed in 5, 7 or 10 years (depending on the type of IUD) and yearly follow-up with a physician during the time is recommended.

_____/_____/____

Day/Month/Year

Patient Signature

Physician Signature

Lot No: _____

NEW PATIENT INFORMATION (FOR IUD PATIENTS)

Name: _____

Last

First

Middle

Birth: ____/____/____

Cell #: _____

(Day/Month/Year)

Email Address: _____

Emergency Contact (name and number): _____

Relation to you: _____

Referred to Kanata Clinics by: _____

Medical History:

What was the first day of your last menstrual period: _____

For your periods, do you use: tampons pads a cup (Diva cup)

How many days long is your usual period? _____

How would you rate your worst period cramps on a scale of 0-10 where 0 pain is no pain and 10 is pain as bad as it can be? _____

Have you ever been pregnant? Yes_____ No_____

How many: Births: ____ Abortions: ____ Miscarriages: ____ Tubal/ectopic: ____

Have you ever had an infection, or a sexually transmitted disease, in your uterus or fallopian tubes? (eg. PID, Gonorrhea, Chlamydia)

Yes_____ No_____

How many sexual partners have you had in the past year? _____

When was your last PAP smear/HPV test? (Routine check for cancer)

IUDS

There are two types of IUDs (intrauterine devices in Canada)

<u>Copper IUD</u>	<u>Hormonal IUD</u>
(Liberte, Mona Lisa, Flexi-T)	(Mirena, Kyleena)
They are made of plastic and copper	They are made of plastic and release a hormone called levonorgestrel
They prevent fertilization of the eggs by the sperm and a fertilized egg from attaching to the uterus by interfering with the uterus lining.	They prevent fertilization of the eggs by the sperm and a fertilized egg from attaching to the uterus by interfering with the uterus lining and cervical mucus.
They are very effective with about 1 in a 100 women getting pregnant each year.	They are extremely effective, only about 1 in 1000 get pregnant each year.
Periods become heavier, longer, and more painful by 20-50% for each woman. After 3 months, they get easier. There may be spotting in the first month.	There may be irregular bleeding in the first three months, then periods usually get lighter than normal. Some periods disappear completely.
There are no side effects outside the uterus.	The hormone used is $\frac{1}{3}$ to $\frac{1}{8}$ th the dose in birth control pills (depending on type); so it seldom causes hormonal side effects. About 3% stop using it because of depression or sexual changes. 2% because of acne, and 1% because of weight gain.
Lasts 5 to 10 years (depending on type).	Mirena and Kyleena lasts 5 to 7 years
May be replaced by our clinic up to 5 weeks if comes out or has shifted in position if provided by that company (some do and some don't)	Bayer will replace the IUD at no charge, if it comes out or has shifted in its position up to 5 weeks after insertion.
Effective as emergency contraception up to 7 days after unprotected sex.	Also effective for emergency contraception.

What to expect from today's visit and procedure of IUD insertion:

The doctor puts the IUD inside your uterus. The doctor will measure the size and insert the IUD. You will have a pinching feeling and then a sharp cramping pain which lasts a few minutes. Some women may experience some dizziness, sweating and/or nausea after the insertion. All women will be asked to rest in the clinic longer after the insertion to ensure that they are safe to leave if having significant symptoms.

WHAT TO WATCH FOR:

Infection is slightly more likely in the first two weeks after the IUD is inserted. If you have fever or chills, a smelly discharge from your vagina, or unusual lower abdominal (belly) pain that does not feel like cramps, you should see a doctor as these may be signs of infection.

If you get pregnant, see a doctor. The doctor will take the IUD out right away whether you decide to keep the pregnancy or not.

WHAT TO EXPECT AFTER YOUR IUD INSERTION:**COPPER IUD:**

Your period will get about 20-50% heavier, longer and more painful. This usually gets easier after 3 months. You can expect to have some cramps and bleeding/spotting (on and off bleeding or brown discharge) in the first few months but may be worse in the first 1-2 weeks. Treat the cramps with ibuprofen or Tylenol.

MIRENA, KYLEENA IUD:

You can expect to have some cramps and bleeding/spotting (on and off bleeding or brown discharge) in the first few months, but may be worse in the first 1-2 weeks. Treat cramps with ibuprofen or Tylenol. After the first 3 months, your period will usually get lighter than normal and may disappear completely.

FOLLOW UP:

We recommend you follow up in 5-6 weeks to confirm the IUD is properly placed, rule out initial infection related to the procedure or to talk about any questions or concerns you may have. We can book that for you today.

If you choose not to come for a follow up:

After your first period or in about one month, you should check to see if you can feel the string by putting your finger inside, to the top of the vagina. If you can't feel the string or if you feel any hard plastic, check with a doctor. If you don't want to do the string check yourself, book an appointment with your regular practitioner or with us.

OTHER HELPFUL WEBSITES FOR MORE INFORMATION:

www.sexandu.ca/contraception

www.optionsforsexualhealth.org

www.willowclinic.ca

IUD INSTRUCTION:

Patient is to take *Advil 200 mg - 2 tablets* OR *Alevee 220mg 1 to 2 tab with food* ½ hour before the IUD Insertion appointment. If this is not done, the procedure may be painful. On the day of the procedure, patients will need to do a urine specimen upon arrival.

Thank you,

Doctors at Kanata Clinics.