



# MERRITT HEALTH & WELLNESS

## **-Intrauterine Device (IUD) Contraceptive -Client Information for Informed Consent / PARQ-**

**IUD's are small, T-shaped devices.** They are put into the uterus. There are 5 types. The ParaGard has copper and no hormones. The Mirena, Skyla, Kyleena, and Liletta have a hormone like the progesterone made by a woman's body.

### **How does the IUD work?**

All IUDs work mainly by affecting the way sperm move so that they can't join with an egg. For some women, hormonal IUDs may prevent the egg from leaving the ovary. This keeps sperm from getting to the eggs. IUDs may also thicken a woman's cervical mucus. The mucus blocks sperm and keeps it from joining with an egg.

***ParaGard can also be used as emergency contraception (EC) when put in within 5 days of unprotected sex.***

### **How well does the IUD Work?**

*For every 100 women who use an IUD, fewer than 1 will get pregnant each year.*

Depending on when in your cycle the IUD is inserted, you may need to use a back-up method until the IUD begins to work. There's nothing you have to do before having sex to make it work. Being able to get pregnant comes back quickly after removing the IUD. Paragard is good for 12 yrs. The Mirena is good for 7 yrs. Kyleena is good for 5 years, and Skyla and Liletta for 3 yrs.

### **How well does the ParaGard work as EC?**

It is the EC that works the best! It reduces the risk of pregnancy by more than 99% when put in within 5 days of unprotected sex.

### **How is the IUD put in?**

We will examine you and put a speculum into your vagina. Your provider will hold your cervix with an instrument. The IUD will be put into the opening in your cervix and up into the uterus. You may feel cramping and some pain at this point. Pain level is different for everyone. A short length string will hang down into your vagina. You can check for the string periodically to make sure the IUD is still in place.

Before the IUD is put in, you may be offered medicine to help open your cervix, but this is not typically needed. You may also be offered medicine to help numb the cervix to reduce discomfort.

### **Advantages of IUDs**

#### **HORMONAL IUD**

Fewer Menstrual Cramps  
Lighter periods/less blood loss

#### **PARAGARD**

No Hormones  
Can be used for EC

Periods often stop  
Less Anemia (low iron)



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every long time

**What are the side effects?**

Mild to moderate

Cramping or backache for a few days after insertion

Irregular periods or spotting between periods in the first 3-6 months- (hormonal type)

Potentially heavier, longer, and worse menstrual cramps- w/ ParaGard

***The IUD does not protect you from sexually transmitted infections (STI's)***

**Risks of using the IUD:**

**Perforation:** Very rarely, the IUD could make a small hole in your uterus when being put in. It could be pushed through the wall of the uterus. This is called perforation and it could damage your internal organs. Minor surgery is often needed to remove the IUD.

**Expulsion:** Occasionally, the IUD will slip out of the uterus. This is called expulsion. You can become pregnant if this happens. The IUD must be removed if it comes out part-way.

**Pregnancy:** There is a small chance you could get pregnant. You should see your provider right away if this happens. Your IUD needs to be removed. And we need to make sure you do not have a pregnancy in your tubes. This could lead to serious health problems.

**Infection:** Your chance of getting a pelvic infection (PID) from an IUD is only increased in the first 3 weeks after the IUD is put in. If you get PID- whether or not you have an IUD- you need to get treatment right away. If PID is not treated, it may be hard to get pregnant in the future.

Women with certain health problems can't use the IUD. We will talk to you about your personal risks and health problems. We will examine you and help you decide if the IUD is right for you. You may need special tests or extra visits to the clinic or a specialist referral for placement of your IUD.

**Warning Signs- Call the clinic right away if you:**

Notice any change in the length of the string or can feel part of the IUD

Have ongoing pain or bleeding with intercourse

Have signs of pregnancy

Have unprotected sex with women who has an STI

Have unusual pain, cramping, or soreness in your lower belly or stomach

Have unusual vaginal discharge

Have unexplained fever or chills

Have bleeding from the vagina that is heavier than usual

Have trouble breathing

**If you decide to get an IUD-** Read the package insert that comes with it. The information may be different from ours. Let us know if you have questions.

\_\_\_\_\_ I request a (circle one) Mirena / Kyleena / Liletta / Skyla / ParaGard

**I understand the following (INITIAL):**

\_\_\_\_\_ I will have a pregnancy test before the IUD is inserted. If I had unprotected sex within the past 7 days the pregnancy test may not be accurate and may read negative when a early pregnancy is starting.

\_\_\_\_\_ The ParaGard may be used as emergency contraception for up to 5 days after unprotected sex.

\_\_\_\_\_ Mirena protects against pregnancy for 7 years, Kyleena for 5 years, and Liletta and Skyla for 3 years. The ParaGard protects against pregnancy for 12 years

\_\_\_\_\_ I understand that I may have my IUD removed by my health care provider at any time.

\_\_\_\_\_ I **must** have my IUD removed or replaced in \_\_\_\_\_ years

\_\_\_\_\_ The possible serious risks of IUD placement include infection, bleeding, allergic reaction, perforation of (poking a hole in) the uterus, and expulsion (falling out) of the IUD.

\_\_\_\_\_ I may have irregular bleeding and cramping for the first 3-6 months after the IUD is placed. Ibuprofen or a heating pad may help with these symptoms.

\_\_\_\_\_ With the hormonal IUDs my periods may get lighter and disappear and I understand this is not dangerous. Possible side effects of the IUD hormones include breast tenderness, headaches, and moodiness.

\_\_\_\_\_ With the ParaGard IUD my periods may get heavier, last longer, and be more uncomfortable.

\_\_\_\_\_ I understand that if my most recent Gonorrhea and Chlamydia results are not available at the time of IUD insertion, if I have a sexually transmitted infection today I may be at risk for pelvic inflammatory disease (a pelvic infection that can be severe and result in infertility or hospitalization). This could happen even though I would receive a medication that can prevent pelvic infection. Pelvic infection risk may be lowered if I have the IUD inserted after I know the results of my tests and have been treated for Gonorrhea or Chlamydia.

\_\_\_\_\_ I can/may check the strings of the IUD once a month to make sure it is in the right place. I will come into the office to have the IUD checked if I can't feel the strings.

\_\_\_\_\_ I have been offered a Client Information sheet (the earlier section of this form) to take home about IUDs. I also know it is available on the MHW Website.

\_\_\_\_\_ I understand that I must return to the clinic for a follow-up appointment in 4-6 weeks after my insertion if my provider asks me to do so.

\_\_\_\_\_ I understand that if my insurance has a “Buy and Bill policy” for the IUD, MHW will check my benefit coverage for the device, and if there is anything but expected coverage, I will be contacted. Once MHW orders and pays for the device at the current manufacturer cost, they will then bill my insurance plan for 100% reimbursement of the device. *If MHW is not reimbursed by my insurance plan within 6 months of purchase for the device, I understand that I will be billed for the total cost of the device by MHW, and upon prompt payment of that bill to MHW, I can receive a receipt from MHW which I can then submit to my insurance plan for reimbursement.*

\_\_\_\_\_ I hereby consent that \_\_\_\_\_ (provider name) insert the IUD for me.

**Take care of your health- Don't forget to get regular checkups and screening for STI's and cancer.**

\_\_\_\_\_  
**Patient Signature**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
Guardian Signature (if needed)

\_\_\_\_\_  
Date

I witness the client received this information, said she read and understood it, had an opportunity to ask all related questions, and verbalized understanding of all answers to questions.

\_\_\_\_\_  
**Provider Signature**

\_\_\_\_\_  
**Date**