



IUD Consent

Dear Patient:

We work as carefully and as cleanly as possible, however, complications may occur with any medical procedure that we do.

Some more serious complications that rarely occur include (but are not limited to):

1. becoming pregnant with the intra-uterine device in place
2. Infection of your uterus and fallopian tubes
3. Perforation of your uterine muscle

If you have any of the following symptoms in the next 28 days, please seek medical attention immediately. You can either call HEALTHLINK at 811 or call or return to the IUCD clinic or see your family doctor ASAP.

1. Fever, palpitations, or malodorous (stinky) vaginal discharge.
2. Severe uterine cramping that does not settle within a couple of hours after taking anti-inflammatory pills.
3. You or your partner cannot feel the strings of the IUCD.

Other side effects that are usually self-limiting and treatable include:

1. Breakthrough bleeding (spotting)
 - a. Bleeding can be common for the first 3-6 months, however, your periods usually get lighter or cease all-together with the Mirena.
 - b. On the Jaydess or Kyleena you will usually still see your period every month.
 - c. The copper IUCD can make your period heavier and more crampy. If you become anemic or cannot tolerate the pain, please speak with your doctor or return to the IUCD clinic for help.
2. Acne
 - a. Blemishes may worsen initially, however if scarring acne occurs, please speak with your doctor or return to the IUCD clinic for help.
3. No periods
 - a. The Mirena thins the uterine lining sufficiently to eliminate periods. This effect is temporary and completely reversible upon removal of the device. There is no effect on subsequent fertility. So enjoy the freedom!

4. You may still experience PMS or painful ovulations or ovarian cysts. If this is already an issue for you then an IUCD might not be the best option for you.
5. Discomfort or pain during intercourse. This should not hurt you or your partner, and if it does, please come back to see us; we may need to adjust it or shorten the strings.
6. The IUCD does not protect you against getting pelvic inflammatory disease or ectopic pregnancies, so please protect yourself against STIs by using barrier methods like condoms and if you have symptoms of an infection or pregnancy - please see your doctor.

ADVICE TO STICK TO, TO ENSURE IT WORKS BETTER:

It is very important that you check for your strings after each period. The IUCD only works if it is in your uterus. So if your periods don't change or go away after the Mirena is in it might not be in the right place – see us. With the Jaydess, Kyleena and Copper IUD you still have your period every month so please check regularly if you can still feel your strings.

Please avoid using tampons or diva cups for the first period after we've put it in – it might accidentally come out with it. After the first 6 weeks the IUD is a lot less likely to fall out so tampons or a Diva cup would be fine after that.

Come in and see us 4-6 weeks after insertion so we can chat and feel and make sure you are ok.

If it does fall out – please bring it back in and use back-up contraception in the meantime.

Patient or consenting adult's name _____

Signature patient _____

Signature doctor _____

Date: _____

MH/Oct/2017