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**Axess Urogynaecology Service**

**Patient Information Leaflet following IUS insertion**

Today you have been fitted with an intrauterine system or IUS to help to control your heavy periods.This device also provides reliable contraception and this will have been discussed with you during the consultation. The information below provides some basic advice about what you need to do to check that the device stays in its correct position, and what to do if you have any problems or concerns.

* Immediately after the device has been inserted, you may notice some mild abdominal discomfort, similar to period pains. These usually settle within a few days. Some people may experience these cramps/pains on and off in the first 1-2 months following insertion. Simple painkillers, such as paracetamol, are usually enough to settle the discomfort.
* You may notice a small amount of spotting/bleeding for a few days after the device has been fitted, this is normal and should quickly settle.
* You will have been advised to check the threads of your IUS. The easiest position to check the threads is usually either squatting or standing with one leg on the side of the bath or chair. Wash your hands, then get into position, place one/two fingers up into your vagina, until you can feel something firm and smooth, similar to the tip of your nose, this is the cervix. As you do this, you may feel the threads coming out of the cervix, or you may feel the length of the threads folded back over the cervix.
* If you do not like to check yourself, your partner can check the threads for you at any time.

You should contact your GP if you experience:

* Severe or persistent pain, bleeding or discharge
* You cannot feel your threads, feel the tip of the device or threads feel longer
* If you are worried about any problems which you think is related to your IUS