



NORTH DAKOTA DEPARTMENT OF HEALTH
Family Planning Program

CONSENT FOR
INTRAUTERINE CONTRACEPTION (IUC)

Name _____ Chart No. _____

I choose intrauterine contraception (IUC) as my method of birth control and give permission to have it inserted. There are two types of intrauterine contraceptives available in the United States: the Copper-bearing (non-hormonal) and the Progestin (hormonal) devices. The IUC is 98 percent to 99 percent effective when used correctly.

BENEFITS:

- * Decreased risk of tubal pregnancy
- * High level of user satisfaction
- * Option if cannot use hormones (ParaGard)
- * Possible protection against endometrial cancer
- * Rapid return to fertility
- * Reduction in cramps and bleeding (Mirena)

RISKS/SIDE EFFECTS:

- * Spotting, bleeding, hemorrhage or anemia
- * Partial or complete expulsion of device leading to pregnancy
- * Puncturing of the uterus, embedding or cervical perforation
- * Cramping and pain
- * Lost IUC string or other string problems

I need to call a doctor or the family planning clinic if I have any of the following early warning signs:

- P** -- Period late (pregnancy), abnormal spotting or bleeding
- A** -- Abdominal pain, pain with intercourse
- I** -- Infection exposure (any STD), abnormal discharge
- N** -- Not feeling well, fever, chills
- S** -- String missing, shorter or longer

ALTERNATIVES: I understand and have received written information about the other methods of birth control, and I choose the IUC. For situations of suspected contraception failure, emergency contraception is available and offers a second chance to reduce the risk of unintended pregnancy.

INSTRUCTIONS: I have received information about how the IUC works and how it is inserted. I have been instructed about how to check for the strings of the IUC. I understand the IUC does not protect against STDs (sexually transmitted diseases) or HIV. I also understand that I should not use an IUC if my partner or I have multiple partners.

DECISION TO DISCONTINUE USE: I may have the IUC removed at any time. Only a qualified medical person may remove the IUC.

QUESTIONS: I was given the chance to ask questions about the IUC and may contact the clinic with further questions.

Client Signature

Date

Witness

Date

INSTRUCTIONS FOR IUC USERS

1. **INSERTION:** An IUC may be inserted any time during the menstrual cycle as long as you are not pregnant. Before insertion, your clinician will perform a pelvic examination to determine size, shape and position of the uterus. An instrument called a speculum will hold your vagina open so the cervix can be seen.

The cervix is cleaned with an antiseptic solution. An instrument used to hold the uterus steady is attached. Another instrument is used to measure the depth and position of the uterus.

Your health-care provider may recommend medication prior to the IUC insertion to soften the cervix or to help reduce any cramping that may occur with the insertion. The strings attached to the IUC will extend into the vagina. Remain lying down for a while and rise slowly to prevent fainting.

2. **CHECK YOUR STRINGS.** You may not be protected if you cannot feel your IUC strings or if you can feel part of the plastic. You can expel or lose the IUC without knowing it. Check for the strings several times the first few months you have the device. Check sanitary napkins and tampons for the IUC.

How To Check For Strings:

- a. Wash your hands with soap and water.
 - b. Squat down or seat yourself on the toilet.
 - c. Insert your middle finger deep into the vagina and locate the opening of the cervix (a round hole or slit-like opening in the center of the cervix). It feels firm, like the tip of your nose.
 - d. Feel for the strings.
 - e. If you cannot feel the strings, can feel the plastic, or think the strings are longer than when you last checked, return to the clinic.
 - f. Use a second method of birth control (such as spermicide and condoms) until you have been examined.
3. You may be instructed to return to the clinic after your first menses.
 4. If you miss a period or think you are pregnant, return to the Family Planning clinic or your health-care provider at once.
 5. You will be given a pamphlet about your IUC. The pamphlet is produced by the manufacturer. Read the entire pamphlet carefully.
 6. You need to learn the side effects of the IUC and the early IUC danger signs (listed on the reverse side). Do not ignore a problem or wait to see if it will go away. Call the Family Planning clinic or your health-care provider immediately to explain your problem. Note that the first letters of the early danger signs spell out the word PAINS.
 7. **IUC REPLACEMENT:** The hormonal IUC will need to be replaced in 3-5 years, depending on which type was inserted. The copper bearing IUC has been approved for 10 years of protection.
 8. **IUC REMOVAL:** When you want to have your IUC removed, return to the clinic or your doctor. Never try to remove the IUC yourself or have your partner pull on the strings.

A _____ IUC has been inserted. The strings are _____ inches long.

The IUC should be removed prior to _____.