



NORTH DAKOTA DEPARTMENT OF HEALTH
Family Planning Program

**CONSENT FOR
INTRAUTERINE DEVICE (IUD)**

Name _____ Chart No. _____

I choose the intrauterine device (IUD) as my method of birth control and give permission to have it inserted. The two intrauterine contraceptives available in the United States are the Intrauterine Copper Contraceptive (ParaGard T 380A) and the Levonorgestrel Intrauterine System (Mirena). The IUD 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 IUD 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 STI – sexually transmitted disease), 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 IUD. 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 IUD works and how it is inserted. I have been instructed about how to check for the strings of the IUD. I understand the IUD does not protect against STIs (sexually transmitted infections) or HIV. Women at high risk for STIs may also be at risk for developing pelvic inflammatory disease (PID) while using an IUD.

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

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

Client Signature

Date

Witness

Date

[]

INSTRUCTIONS FOR IUD USERS

1. **INSERTION:** An IUD 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 IUD insertion to soften the cervix or to help reduce any cramping that may occur with the insertion. The strings attached to the IUD 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 IUD strings or if you can feel part of the plastic. You can expel or lose the IUD without knowing it. Check for the strings several times the first few months you have the device. Check menstrual pads and tampons for the IUD.

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. Use a second method of birth control (such as spermicide and condoms) until you have been examined.
3. You will 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 IUD. The pamphlet is produced by the manufacturer. Read the entire pamphlet carefully.
 6. You need to learn the side effects of the IUD and the early IUD 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. **IUD REPLACEMENT:** The Mirena has been approved for five years of contraceptive protection. ParaGard has been approved for 10 years of protection.
 8. **IUD REMOVAL:** When you want to have your IUD removed, return to the clinic or your doctor. Never try to remove the IUD yourself or have your partner pull on the strings.

A (PARAGARD) (MIRENA) IUD has been inserted. The strings are _____ inches long.

The IUD should be removed prior to _____.