

IUDs – short workshop

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Sexual

Health

Quarters

IUDs

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SHQ





Acknowledgement of Country



We wish to acknowledge the traditional owners of Boorloo, this place we are meeting on, the Whadjuk Noongar people. We pay our respects to them, their culture and their elders, past, present and future

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IUD skills

- This session is an introduction only
- To be competent to insert IUDs you will also need:
 - Further theory training
 - Supervised insertions

Plan

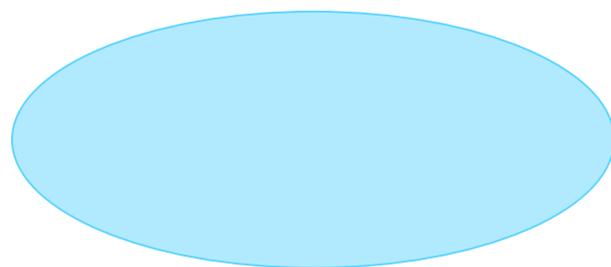
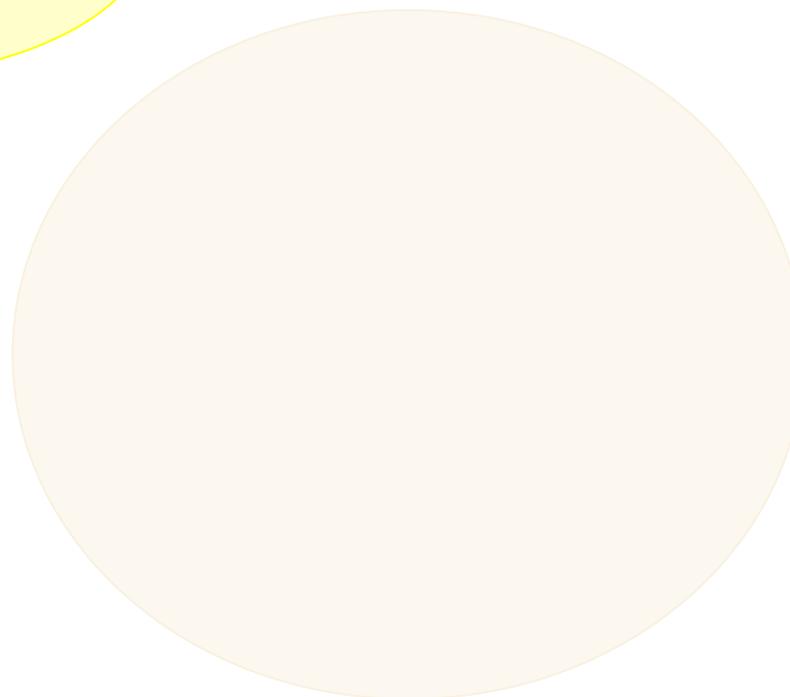
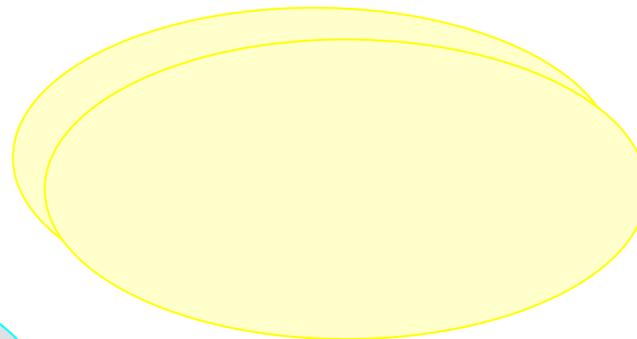
- IUD consultation
 - What to ask?
 - What to tell?
- Insertion and removal techniques
 - Practice on models
- Resources

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Know it's safe – no
contraindications



History

- Menstrual & Vaginal Bleeding
- Gynaecological
- Obstetric
- Sexual
- Medical



Understanding contraindications

Medical Eligibility Criteria (MEC)

- | | |
|---|-----------------------------------|
| 1 | No restriction |
| 2 | Advantages usually outweigh risks |
| 3 | Risks usually outweigh advantages |
| 4 | Unacceptable health risk |

Contraindications – all IUD types

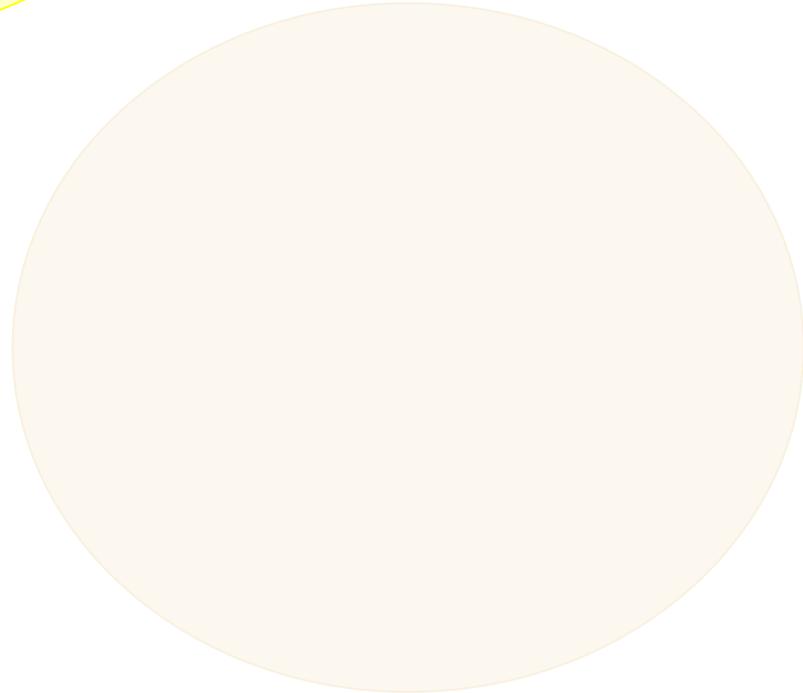
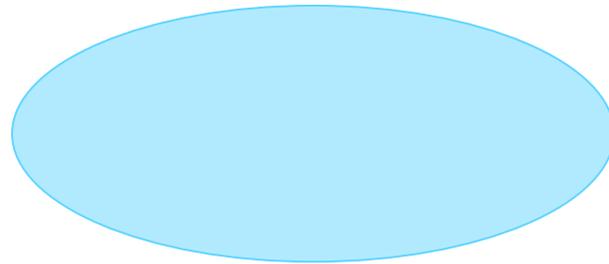
Contraindication	MEC category
Current PID or Chlamydia/Gonorrhoea	4
Unexplained abnormal vaginal bleeding	4
Cervical cancer awaiting treatment	4
Endometrial cancer awaiting treatment	4
Gestational trophoblastic disease	4
Abnormal cavity shape	3
Postpartum 48 hours to 4 weeks	3
Possible pregnancy	?
HIV with CD4 <200	3
Long QT syndrome	3 for new insertion; OK to keep existing IUD

Additional contraindications – hormonal IUDs

Condition	MEC category
Breast cancer in last 5 years	4
Breast cancer > 5 years ago	3
Severe decompensated liver cirrhosis	3
Liver tumour (benign or malignant)	3
Develop IHD/Stroke with IUD in situ	3

Need information to assist choices

Know it's safe – no contraindications



How effective is my contraceptive method?

In 1 year, what are my chances of getting pregnant?

>99%
Set and forget



Contraceptive implant
99.95% effective
Lasts up to 3 years



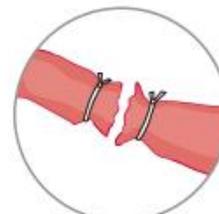
Hormonal IUDs
99.7-99.9% effective
Lasts 5-8 years



Copper IUDs
99.5% effective
Lasts 5-10 years



Tubal surgery
99.5% effective
Permanent



Vasectomy
99.5% effective
Permanent



93-99%
Works well if used perfectly every time



Contraceptive injection
Used typically 96%
Used perfectly 99.8%



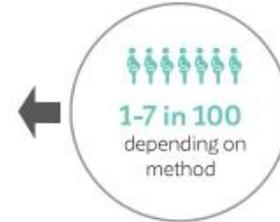
Vaginal ring
Used typically 93%
Used perfectly 99.5%



The Pill (COC)
Used typically 93%
Used perfectly 99.5%



The Pill (POP)
Used typically 93%
Used perfectly 99.5%



76-99%
Less effective methods



Condom external
Used typically 88%
Used perfectly 98%



Condom internal
Used typically 79%
Used perfectly 95%



Diaphragm
Used typically 82%
Used perfectly 86%



Fertility awareness
Used typically 76 - 93%
Used perfectly 95-99.5%



Pulling out
Used typically 80%
Used perfectly 95%



Used perfectly – when the rules are followed perfectly EVERY time

Used typically – real life use where mistakes can sometimes happen (for example: forgetting a pill, condom not used correctly).

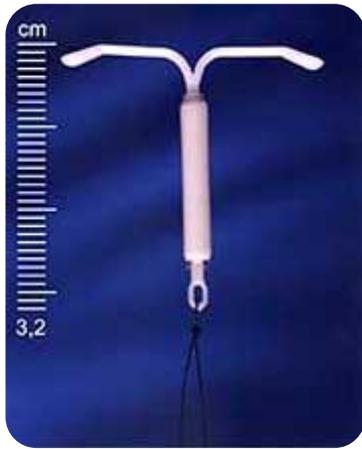
If you experience unwanted side-effects with your contraceptive method, it is important to seek medical advice from a health professional.



Without contraception around 80 in 100 women of reproductive age will get pregnant in a year.

IUDs in Australia

- Hormonal



Mirena®



Kyleena®

- Copper



Copper T
Standard or
Short ®



Load 375 ®

How long do IUDs last for?

Jaydess®/Skyla® (not available in Australia)	3 years
Kyleena®	5 years
Mirena®	8 years
Load 375®	5 years
Copper T short®	5 years
Copper T standard®	10 years

Differences between IUDs

	Copper	Kyleena	Mirena
Bleeding	Usual cycles; may be longer or heavier or more painful	Frequent light initially; lighter with time; 25% amenorrhoea by 5 years	Frequent light initially; lighter with time; 80% amenorrhoea by 5 years
Cost of device	\$100, not on PBS	\$40, or \$6 with HCC; \$172 without Medicare	\$40, or \$6 with HCC; \$220 without Medicare
Hormonal side effects	No risk	Very low risk	Very low risk
Use as emergency contraception	Very effective	No	No
Use as progestogen component of HT	No	No	Yes



Risks of IUDs

- Contraceptive failure <1%
- Vasovagal
- Infection < 0.3%
- Expulsion ~5%
- Perforation < 0.23%
- Non-insertion
- Impact on bleeding

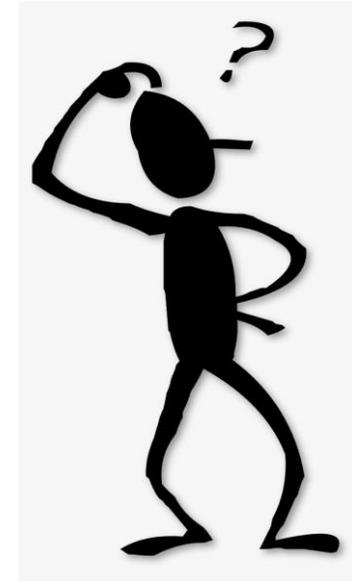
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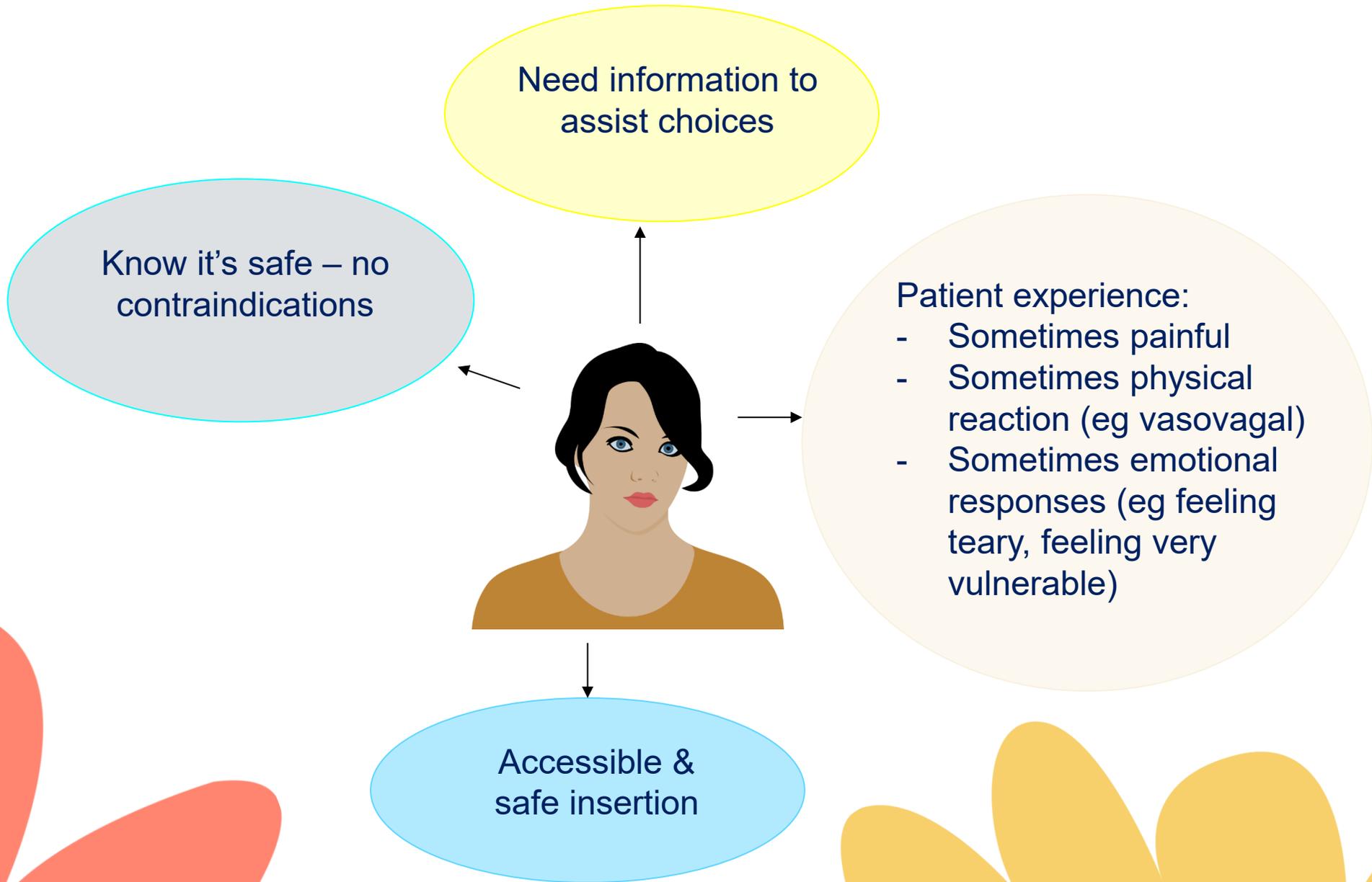
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Timing of Insertion

- How can you confidently exclude a pregnancy?
- When will the IUD be effective?





IUD insertion video links

- **Hormonal IUDs**
 - [Animation for insertion of Mirena IUD - Bing video](#)
- **Copper T**
 - <https://www.youtube.com/watch?v=by-3LIDnzdo>
- **Copper Load**
 - <https://www.youtube.com/watch?v=2cVBpPOjEbo>

Removal

- Firm forceps
- Once IUD begins to move, don't stop!
- Check the IUD
- Difficulties



Resources

- Useful information video for patients (& quick summary for you!)
 - <http://youtu.be/XHRYE2FsXmc>
- Patient information leaflets
 - <https://shq.org.au/resources/health-info/info-sheets/copper-iud/>
 - <https://shq.org.au/resources/health-info/info-sheets/hormonal-iud/>

More information

- Faculty of Sexual and Reproductive Health Care (UK) Guidance
 - eg Medical Eligibility (UKMEC)
 - Guidance on each specific contraception method
- eTG contraception (subscription required)
- SHQ (and other Family Planning sites) for patient and clinician information

Training opportunities at SHQ

- IUD workshop
- IUD clinical supervision

- Contraceptive implant workshop
- FPAA Certificate course (5 day workshop, optional 7 x ½ day clinical supervision)
- Medical abortion training
- Intimate Partner Violence and Reproductive Coercion training (online and face to face options)
- Nurses' courses

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Practice time

Please make sure all practice devices remain on the tables (not on the floor or elsewhere!) at the close of the session



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