

PRACTICAL POINTS IUD INSERTION

ICGP MASTERCLASS

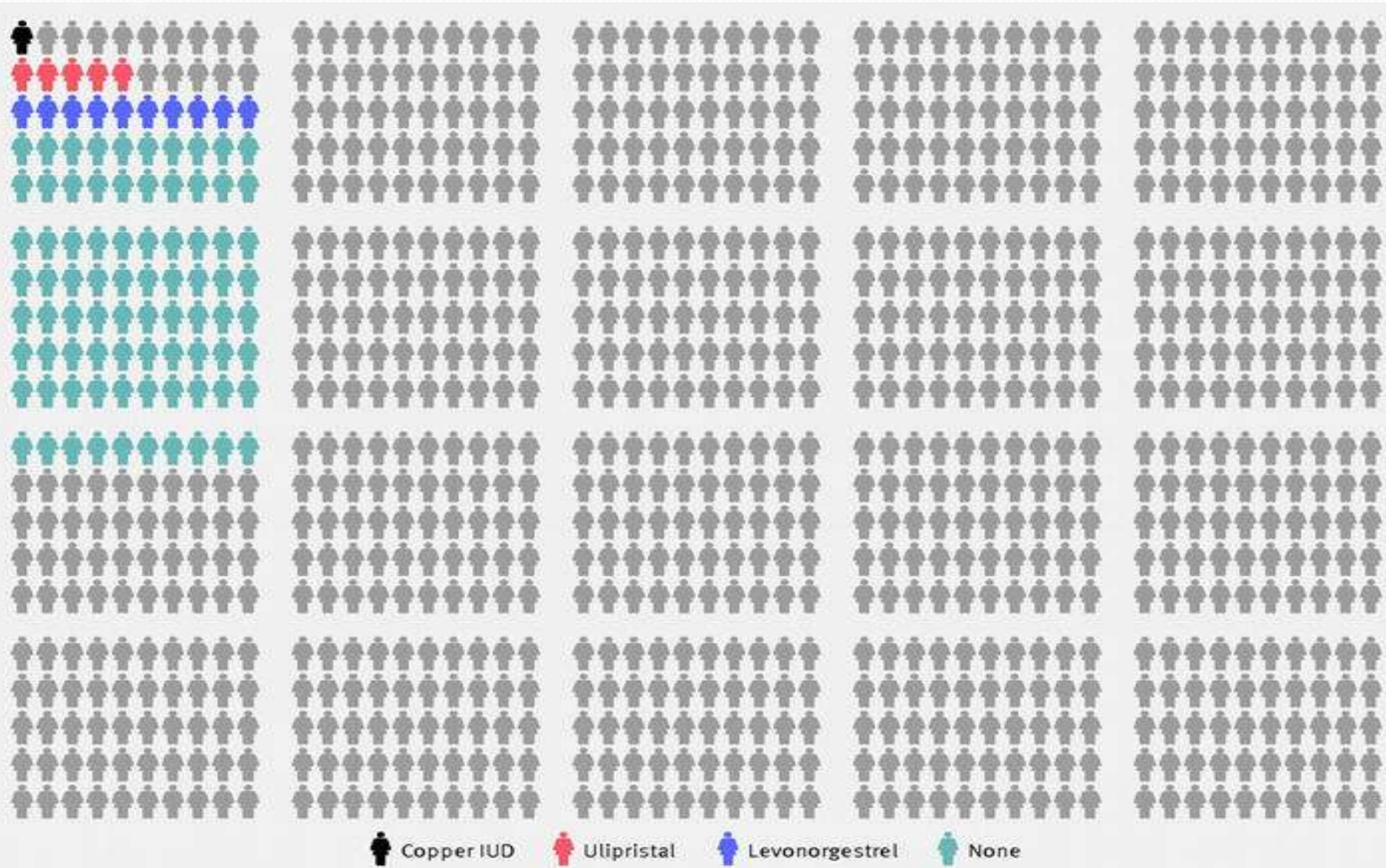
2015

OPTIONS

- **COPPER:** >10 VARIETIES : **wide variations in inserter mechanisms** (JG says pick one or two & GET USED TO THEM)
 - Some: 5 YEARS *(many different shapes & sizes)*
 - Some: 10+ YEARS *& sizes)*
 - ALL appropriate for POST COITAL/Emergency Contraception but only those with >380 mm² Copper can be used for on- going contraception
- **Progestagen IUS:** (BOTH “EVO-INSERTION” DEVICES)
 - MIRENA: 5+ YEARS
 - JAYDESS: 3 YEARS

1000 women & No precautions

No Emergency Contraception: 110 pregnancies/ Levonelle: 10 pregnancies/ ellaOne: 5 pregnancies/ Cu Coil: 1 pregnancy.



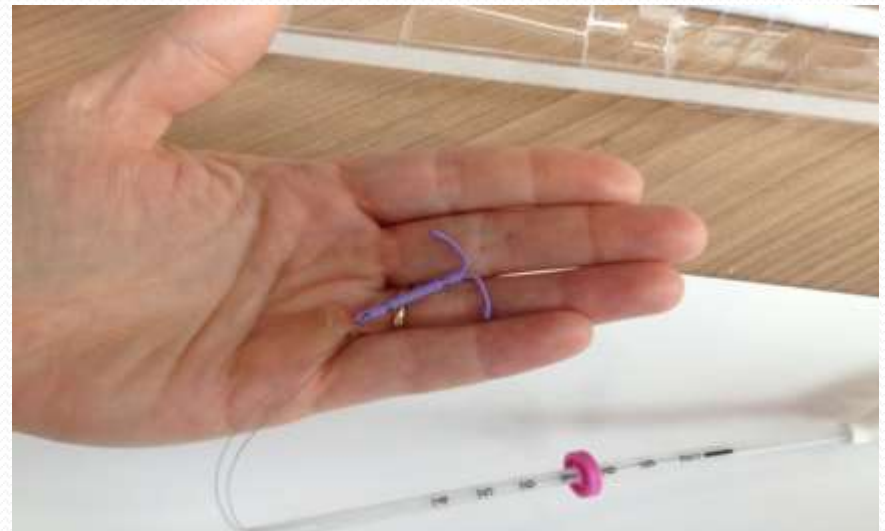
“JAYDESS”

now licensed here; Launch tomorrow! But on sale now

****SMALL FRAME MIRENA
AIMED AT NULLIPAROUS WOMEN
or THOSE WHO HAVE NEVER
DELIVERED PV**

**** ONLY HAS 13.5 mg
Levonorgestrel so:
ONLY 3 YEARS PROTECTION**

**LESS EFFECTIVE AT
CONTROLLING
MENORRHAGIA... release rate
decreased to 10 mcg/24hrs**



LICENSING ISSUES

- No brand of Cu Coil holds an Irish license
- But *any* brand with a “CE” mark can be fitted in an Irish patient because :
- Class III Medical devices (which includes copper coils) need only be licensed & approved in ONE member state after which they can be sold throughout Europe
- Guidance Document: MDEDEV 2.4/1 Rev. June 2010

SOURCING PRACTICALITIES

- No Irish chemists keep any wide stock of IUCD's
- If a patient convinces her local chemist to order one she then pays the full carriage
- Most Copper Devices cost < £15 from UK wholesalers but cost to women may be very high
- “Gallery Quay Pharmacy” (Dublin 2) Initiative

GALLERY QUAY PHARMACY

Suppliers of IUDs in Ireland

- TT380 Slimline IUDs
- Mini TT380 Slimline IUDs
- Flexi T 380 IUDs

All IUDs are priced at **21 euros** (plus post & packaging) and can be collected directly from Gallery Quay Pharmacy in Dublin 2 or posted anywhere throughout Ireland directly to either the Doctor or patient's address. For further information please contact:

Grainne O'Leary MPSI
Gallery Quay Pharmacy
Unit G6, Gallery Quay
Pearse Street,
Dublin 2
Ireland
Phone: +353 1 7071883
Email: gqpharmacy@gmail.com

Fax: +353 1 7071884
www.gqpharmacy.ie

CERVICAL PRIMING

- No RCT's show any reduction in pain relief with Misoprostol ('Cytotec')
- Some show slight advantage in inserter perception of "ease of insertion"
- Rates of failed insertion unchanged



PATIENT RECRUITMENT

- All patients should be informed of superior efficacy rates with LARC even if they are content with their current method
- They should ideally be left on or started on a hormonal method prior to insertion date (“BRIDGING”)
- This allows you the freedom to arrange insertion bookings independent of menses &
- Ensures she is not pregnant at time of insertion

IUD'S, NULLIPARITY & YOUNG PATIENTS

- American College of OB/Gyn Committee Opinion 2012
- Contraceptive “CHOICE” Project (USA)
- UK NICE Guidance (“IUDs may be used by adolescents, but STI risk should be considered where relevant.”)
- FSRH UK Menarche – 20 yo MEC 2
- New Zealand Studies A nationwide cohort study of the use of the levonorgestrel intrauterine device in New Zealand adolescents
See Contraception 79 (2009) 433–438

IUS Audit at Leeds Student Medical Practice

Dr Deborah Smith

- 100 consecutive IUS fittings were recorded from November 2009 – May 2010
- The average age of these patients was 22.5 years, only 2 of which were parous

High Continuation/Satisfaction : >85% after 1 year

Reasons for removal at 1 year:

- 1 failed insertion
- 3 removed for pain < 48 hours
- 3 partial expulsions
- 2 removed for pain 6-12 months
- 2 unacceptable bleeding patterns 6-12 months
- 1 threads in the way
- 1 affected concentration
- 1 removed at colposcopy

- 10 lost to follow up

Practical Tips for Intrauterine Devices Use in Adolescents

Paula J. Adams Hillard, M.D.

Department of Obstetrics and Gynaecology, Stanford University School of Medicine, Stanford, California

- With regard to side effects of IUC., telling teens that **“you may have irregular bleeding”** may be interpreted by adolescents as **“it can't/won't happen to me,”** given the developmentally normal response within the context of a **“personal fable.”**
- Adolescent egocentrism includes the concept of the personal fable—the belief that the individual is special, unique, and invulnerable to harm.
- More recent studies have suggested that this egocentrism may re-emerge and influence behaviour when an individual enters into a new environment, such as going off to college.
- Thus egocentrism may be a factor in adolescent tolerance of side effects such as breakthrough bleeding.
- Data indicate that unscheduled irregular bleeding or spotting occurs frequently in the first 4–6 months after Levonorgestrel intrauterine system (LNG-IUS) insertion ...It was suggested to potentially **overstate the likelihood for side effects**, by saying, for example,

“You WILL have breakthrough bleeding in the first 1–3 months after the Mirena or Jaydess is inserted,” rather than **“You MAY have breakthrough bleeding.”**

ask them..... “What will you do when the bleeding starts while you're at school?”

A Cochrane review of the use of NSAIDs for bleeding or pain associated with intrauterine device use concluded that NSAIDs should be considered first-line therapy

