

# Information for patients and carers

## Post Partum Intrauterine Device at Caesarean Section (PPIUD)

A decorative graphic at the bottom of the page consisting of three overlapping, wavy horizontal bands in shades of blue, ranging from a light sky blue to a dark navy blue.

## Post partum intrauterine device (IUD)

This leaflet is designed for women who have had a coil (post-partum intrauterine device - PPIUD) inserted at the time of caesarean section.

### What is an intrauterine device (IUD)?

An intrauterine device (IUD) is a device the size of a small paper clip (2-3cm) that is placed within the womb to provide contraception.

There are hormonal or non-hormonal (copper) options, and your doctor or midwife will discuss these options with you antenatally and consent you for your chosen option.

A summary of the options can be found in Table 1

### Which type of IUD?

Your doctor will provide you with information regarding the type of IUD that you had fitted at the time of your caesarean.

All IUDs are safe to use when breastfeeding.

Most commonly we use a hormonal coil, which provides contraception for 8 years

Type of IUD	Benefits	Risks
<b>Hormonal</b>	No need to remember contraceptive pills	Irregular bleeding
Mirena/Levosert/ Kyleena/Benilexa	Up to 8 years contraception	1 in 20 will fall out
	Lighter/ No periods	No protection against sexually transmitted infections (STIs)
	Less hormonal side effects compared to oral medication	Damage to womb (2 in 1000)
	Safe to breastfeed	Ectopic pregnancy
<b>Non-Hormonal (copper)</b>	No need to remember contraceptive pills	Heavier periods
T Safe 380 AQL/ UT380/ Neo safe T380	Up to 10 years contraception	1 in 20 will fall out
	No hormones	No protection against STIs
	Safe to breastfeed	Damage to womb (2 in 1000)
		Ectopic pregnancy

**Table 1 – Types of IUD**

## Postnatal advice

We advise women to use barrier methods of contraception (condoms) if they are sexually active before their follow up appointment to check the IUD placement.

It is common for women to not feel the coil threads, or for the threads to be very long and require trimming at follow up.

There is a slightly higher risk of expulsion (the coil coming out) when the coil is fitted after childbirth – this can be up to 1 in 7 cases, compared with 1 in 20 when the coil is inserted after the postnatal period.

## Postnatal follow up

You will be referred to the community sexual health service at a community sexual health clinic for an examination with, or without, an ultrasound scan to check the placement of your IUD at around 6 weeks postnatally.

If you have any problems with your IUD and are within the first 4 weeks after the birth of your baby, you can contact:

**Maternity triage, Sharoe Green Unit on 01772 524495**

If you have problems with your IUD and are more than 4 weeks after the birth of your baby, you can contact:

**Blackpool and Lancashire Sexual Health Service on 0300 1234 154**

## Contact details

Maternity triage, Sharoe Green Unit: **01772 524495**

Blackpool and Lancashire Sexual Health Service: **0300 1234 154**

## Sources of further information

[www.lancsteachinghospitals.nhs.uk](http://www.lancsteachinghospitals.nhs.uk)

[www.nhs.uk](http://www.nhs.uk)

[www.accessable.co.uk](http://www.accessable.co.uk)

[www.patient.co.uk](http://www.patient.co.uk)

[www.lancsteachinghospitals.nhs.uk/veteran-aware](http://www.lancsteachinghospitals.nhs.uk/veteran-aware)

<https://bepartofresearch.nihr.ac.uk/>

[www.lancashiresexualhealth.nhs.uk](http://www.lancashiresexualhealth.nhs.uk)

[www.contraceptionchoices.org](http://www.contraceptionchoices.org)

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[www.lancsteachinghospitals.nhs.uk/patient-information-leaflets](http://www.lancsteachinghospitals.nhs.uk/patient-information-leaflets)

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Our patient information group review our leaflets regularly, if you feel you would like to feedback on this information or join our reading group please contact on email address:

[patientexperienceandinvolvem@LTHTR.nhs.uk](mailto:patientexperienceandinvolvem@LTHTR.nhs.uk)

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