How will I know if the IUS is still in place?
An IUS has four threads attached to the end which will begin to pull away from your walls into the top of your uterus. The doctor or nurse will touch you so that the threads are visible.

What if I change my mind?
A观点的医生 or nurse can take out the IUS at any time. If you are not getting on with another IUS put in, and you don’t want to become pregnant, you will need to use an extra contraceptive method, such as condoms, for seven days before the IUS is taken out.

This is so that sperm getting into your body. Sperm can live for up to seven days inside your body and could fertilize an egg if the IUS is removed.

When you start your period and fertility returns quickly after removing the IUS.

What if the IUS affects my periods?
At first there is usually irregular or non-existing bleeding. Most women find that after the first few months, periods become lighter and normal. Some women may find that their periods do not altogether. If this happens to you, do not worry at all. Of course you are perfectly healthy. When the IUS is taken out your periods will return to how they were before it was put in.

What if I get pregnant while I am using an IUS?
It is very rare to get pregnant with the IUS, but if you miss a period and are worried that you might be pregnant you should see a doctor or nurse as soon as possible. If you are pregnant your doctor will need to discuss with you and end out the IUS.

I’ve just had a baby. Can I use an IUS?
You can have an IUS fitted after a vaginal birth or eight weeks after a caesarean. If you have sex in the meantime you should use another contraceptive method until then.

How soon can I have an IUS fitted after an abortion or miscarriage?
You can have an IUS fitted immediately after an abortion or miscarriage if you were pregnant for less than 12 weeks.

I want to have a baby. Will I be able to get pregnant as soon as the IUS is removed?
Your usual fertility returns immediately as soon as the IUS is taken out. It will usually be possible to get pregnant in a month or so, after the IUS is removed. As soon as you are fertile the pregnancy rate increases such as taking folic acid and avoiding smoking.

How do I find a family planning doctor or clinic?
Contraception is free through the National Health Service.

Emergency contraception
If you have had sex without using contraception or think your method might have failed there are two emergency methods you can use.

Emergency pill
- Must be started at least three days (72 hours) after sex, if possible. If you are more effective the earlier they are started after sex.
- An IUD must be fitted within 5 days after sex.

Sexually transmitted infections
Mumps and female condoms can help protect against sexually transmitted infections. If you think you have the HIV, your partner or clinic and in any case, you should avoid any sexually transmitted infections.

How to use a contraceptive:

How to use a contraceptive:

- Use a condom or barrier method of contraception (see Contraception: A guide to family planning services).
The intrathecal system (IUS)

An IUS is a small, T-shaped plastic device which contains the hormone progesterone. A trained doctor or nurse will put it into your womb. The IUS releases progesterone to prevent pregnancy.

Questions & Answers

How effective is an IUS?  
Out of every 100 sexually active women who don’t use any contraception, 80 to 99 will get pregnant in a year. Out of every 120 women who use an IUS, less than 1 woman will get pregnant in a year.

When will an IUS start to work?  
Immediately, it is fixed in the first 24 hours of your menstrual cycle. If it is fixed at any other time, you will need to use another contraceptive method for the first 10 days.

How does an IUS work?  
It thickens the uterine lining. This makes it harder for sperm to move through it and reach an egg.

How does an IUS affect your periods?  
It thickens the lining, so it is less likely to accept a fertilized egg. In some women, it stops the bleeding (occurring as a withdrawal bleeding), but most women who use an IUS continue to have menstruation.

What is the chance of getting pregnant while using an IUS?  
1 in 10,000 (0.01%).

I have had an IUS inserted. How will I know if it is working?  
After you have used an IUS for about 3 months or so, your periods usually become lighter and thinner. An IUS can be useful if you usually have very heavy, painful periods. An IUS usually reduces or gets rid of period pain. Your usual fertility returns quickly when the IUS is removed.

What are the disadvantages of an IUS?  
It is a very effective method. It is highly effective for the first year. There are no side effects. After about 2 years, it is less effective.

How effective is an IUS?  
Out of every 100 sexually active women who don’t use any contraception, 80 to 99 will get pregnant in a year. Out of every 120 women who use an IUS, less than 1 woman will get pregnant in a year.

What are the advantages of an IUS?  
- It is a highly effective method.
- It is easy for you to use.
- It doesn’t interfere with sex.
- It stops periods.
- If you have used an IUS for about 3 months or so, your periods usually become lighter and thinner.
- An IUS can be useful if you usually have very heavy, painful periods.
- An IUS usually reduces or gets rid of period pain.
- Your usual fertility returns quickly when the IUS is removed.

Are IUSs safe?  
Yes, it is safe to use spermicides if you have an IUS fitted.

active liver disease
uncontrolled bleeding from your vaginas (for example, during periods or after sex)
- a heart attack or stroke (severe arterial disease)
- a spontaneous sexually transmitted infection
- an abnormal heart valve - this will require treatment

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If I haven’t had a child, can I use an IUS?  
Having an IUS fitted might be more uncomfortable if you’ve had children but you can use one.

Where can I get an IUS fitted?  
You should see a doctor about IUS if you have a normal sex life and you want to avoid pregnancy.

How is an IUS fitted?  
An IUS has to be put in and removed by a specially trained doctor or nurse. It is put in either towards the end of your period or a few days after. The doctor or nurse will put a cover over the IUS to prevent any trace of the IUS from being visible to the naked eye.

- Active liver disease
- Uncontrolled bleeding from your vaginas (for example, during periods or after sex)
- A heart attack or stroke (severe arterial disease)
- A spontaneous sexually transmitted infection
- An abnormal heart valve - this will require treatment

If you feel unwell after the IUS is fitted, you should see your doctor or nurse. It is possible that you may feel a little unwell for a few days after the IUS is fitted. Painkillers can help with this.

If you feel unwell and have any pain in your loins, abdomen or lower back, also if you have a high temperature or a sore throat, speak to your doctor or nurse. It is possible that you may feel a little unwell for a few days after the IUS is fitted. Painkillers can help with this.