

## Advice on starting intrauterine contraception (FSRH Guidelines)

Circumstance	Method inserted	Timing of insertion	Additional contraceptive precautions required
All circumstances	CU-IUD	Any time in menstrual cycle if reasonably certain the woman is not pregnant or at risk of pregnancy (unless qualifies for use as EC)	No
	LNG-IUS	Any time in menstrual cycle if reasonably certain the woman is not pregnant or at risk of pregnancy (outside terms of product licence after Day 7)	Yes, required for 7 days unless inserted in the first 7 days of the menstrual cycle
Postpartum (including post-caesarean section and breastfeeding)	CU-IUD	Any time after 4 weeks postpartum and it is reasonably certain the woman is not pregnant or at risk of pregnancy (unless qualifies for use as EC)	No
	LNG-IUS	Any time after 4 weeks postpartum and it is reasonably certain the woman is not pregnant or at risk of pregnancy (outside product licence which says 6 weeks)	Yes, required for 7 days unless inserted in the first 7 days of menstrual cycle or if fully meeting LAM criteria
Following abortion (all induced or spontaneous abortions <24 weeks' gestation)	CU-IUD	Post-surgical abortion IUC: ideally should be inserted at the end of the procedure	No
	LNG-IUS	<p>Post-medical abortion IUC: can be fitted any time after completion of the second part of the abortion (i.e. passage of products of conception confirmed by clinical assessment and/or local protocols)</p> <p>Post-surgical abortion IUC: ideally should be inserted at the end of the procedure</p> <p>Post-medical abortion IUC: can be fitted any time after completion of the second part of the abortion (i.e. passage of products of conception confirmed by clinical assessment and/or local protocols)</p>	If an LNG-IUS is fitted after Day 7 post-abortion, additional precautions are required for 7 days
Following administration of oral EC	CU-IUD	<p>Within the first 5 days (120 hours) following first UPSI in a cycle or within 5 days from the earliest estimated day of ovulation</p> <p>Outside of the above criteria Cu-IUD should not be inserted following administration of oral EC until pregnancy can be excluded by a pregnancy test no sooner than 3 weeks after the last episode of UPSI</p>	No additional precautions required
	LNG-IUS	Should not be inserted following administration of oral EC until pregnancy can be excluded as above	Not applicable