

Patient Information for Overdue Change of IUD/IUS/Implant

This is a summary of a guidance produced by the Faculty of Sexual and Reproductive Healthcare of the Royal College of Obstetricians and Gynaecologists on 20 March 2020.

Q. What should I do if my IUD / IUS (coil) or implant is due for changing and I can't get an appointment during the outbreak of COVID 19?

A. There is no evidence that leaving an IUD, IUS or Implant in for longer than its licence is harmful. Most methods can be used for longer than their licence with a very small risk of pregnancy. If you are worried, please use additional precautions.

IUS (hormone coil) for contraception:

Mirena or Levosert

- These coils can be left for up to 6 years regardless of how old you were when it was inserted. After this, the use of additional precautions is advised.
- If you were aged 45 or over when the Mirena or Levosert coil was inserted, it can be left until you are post-menopausal or aged 55 with no need for additional precautions.

Jaydess

- Additional precautions required after 3 years.

Kyleena

- Additional precautions required after 5 years.

IUS for heavy periods

- This device can stay in place for as long as it is controlling your bleeding. There is no need to have it replaced unless the bleeding returns.
- If you have a sudden change in your bleeding pattern, you may need further investigation before it is changed; please contact your GP for advice.

Mirena for hormone replacement therapy

- This coil can be used for 5 years without replacing
- After 5 years, a combined HRT preparation should be used until the device can be replaced.

IUD (copper coil)

If you were aged 40 or over at insertion

- ANY copper IUD can be retained until after the menopause (2 years after your last period if you were under 50 when you had your last period, or 1 year after your last period if you were 50 or older when you had your last period).
- It doesn't matter whether it is a 5 or 10 year device.

If you were aged under 40 at insertion:

- 10 year devices can be left for 12 years, you should use additional precautions after this time
- 5 year devices – use additional precautions after 5 years
- 10 year devices in the UK are: TSafe380A, TSafe380QL, TT380Slimline
- All other UK devices have a 5 year licence, including the NeoSafeT380, Mini TT380Slimline and GyneFix

If you are not certain whether it is a 5 or 10 year device, please contact whoever inserted it, or if this is not possible, err on the side of caution and use extra precautions after 5 years

Nexplanon Implant

- This implant can be left for 4 years.

If you need additional contraception, please contact the helpline and we will arrange a telephone appointment with you to discuss your needs.

Please note that we do not provide the IUS for heavy periods or HRT purposes.