

Consent for Immediate Postpartum Intrauterine Contraceptive Insertion

Why is birth control important after having a baby?

The return to fertility after having a baby can be unpredictable. You may be able to get pregnant before your next period even begins. Using birth control to help plan for your future family is important. Waiting at least **a year and a half** before you get pregnant improves your health and the health of your next baby. For example, by waiting to get pregnant you can decrease the risk of health problems, such as having a baby too early (preterm birth), or having a baby who has health issues (growth and development; birth defects).

What is an intrauterine device (IUD)?

An intrauterine device (IUD) is a very effective birth control method that is made of a T-shaped plastic rod that stays in your uterus. There are 2 types of IUDs available:

- Copper IUD (**Paragard®**): Contains no hormones, works for up to 10 years
- Hormonal IUD (**Mirena®**, **Liletta®**, **Skyla®**, **Kyleena®**): Provides a low dose of a hormone (progestin), works for up to 3- 7 years, depending on which IUD is placed.

Once the IUD is placed, it prevents pregnancy in over 99% of women who use it, similar to getting your tubes tied. However, unlike getting your tubes tied, the IUD can be removed at any time, and you can get pregnant right after it is removed.

What is immediate postpartum IUD?

Immediate postpartum IUD is a convenient, safe, and effective way of starting birth control right after having your baby. Immediate postpartum means that the IUD is inserted after delivery of your placenta (within 10 minutes) while you are in your labor and delivery room. This can be done after a vaginal or cesarean delivery. All types of IUDs can be inserted immediately postpartum.

How does immediate postpartum IUD compare to IUD placement in the clinic?

Immediate postpartum IUDs may be more comfortable to place, depending on the type of pain control medication used for your labor and delivery. IUDs placed immediately postpartum may have a higher chance of falling out. This is called an IUD expulsion. An expulsion of an IUD means that the IUD partially or completely comes out of your uterus. An IUD expulsion is not dangerous and will not damage your cervix, your uterus, or future fertility; however, it may be uncomfortable for you and the IUD may not work correctly for birth control. The chance of having an IUD expulsion is 8% if you have an IUD placed at cesarean section, 20-30% if you have the IUD placed after a vaginal delivery, and less than 5% if you have an IUD placed in the office. Placement of an IUD immediately after delivery has *not* been associated with increased rates of infection, damage to your uterus, or bleeding after delivery. Getting the immediate postpartum IUD does not increase women's desire to have it removed early compared to getting the IUD inserted later at a doctor's office.

Postpartum care

If you have an IUD placed at the time of your delivery, you will receive normal postpartum care. Because you have a higher chance of IUD expulsion, it is important to follow-up with your health care provider 4-6 weeks after placement. At your postpartum visit, your provider will do an exam to make sure your IUD is in the correct place. Signs of expulsion include lengthened or absent strings, feeling all or part of the IUD in your vagina, or even seeing the IUD fall out. If an issue is identified, your provider can discuss options with you including removal, another insertion, and other contraceptive choices.

For women who have an IUD placed at the time of delivery, the strings may be felt lower in your vagina as your uterus returns to the normal size. If your strings are bothersome earlier than your next scheduled appointment, please contact your health care provider for an exam to adjust the IUD strings. Do not pull on the IUD strings or try to adjust the strings yourself.

IUDs & breastfeeding

Placement of a hormonal IUD (Mirena®®, Liletta®, Skyla®, Kyleena®) immediately postpartum has *not* been shown to interfere with breastfeeding. However, you may have other challenges that make breastfeeding difficult that are unrelated to getting the IUD immediately postpartum. Your health care provider can help identify these other challenges to breastfeeding.

The Copper (**Paragard®**): This IUD does not contain hormones and will not affect your ability to breastfeed.

I have received information and have chosen to use the following method of contraception (check one)

- Hormonal Intrauterine Device (Skyla®, Mirena®, Liletta®, Kyleena®)
- Copper Intrauterine Device (Paragard)

I have been counseled on the advantages and disadvantages of the IUD and have been given the manufacturer's patient information brochure. I have had an opportunity to have all of my questions answered and understand that my IUD will be inserted within the first ten minutes after delivery of the placenta. I understand that there may be circumstances related to my labor or delivery that prevent me from receiving an IUD immediately after delivery.

Signature

Date

Time