

The global INTRA group is a panel of independent physicians with an expert interest in intrauterine contraception
Formation of the INTRA group and its ongoing work is supported and funded by Bayer

1 Establish her contraceptive needs

 45 seconds

Match a woman's goals and needs.

Example question:

'Are you sexually active at the moment?'
'Do you have any plans to get pregnant?' 'How important is it for you **not** to be pregnant right now?'

Understand her experience/current use of contraception & knowledge of different methods.

Example questions:

'If you've used an oral contraceptive, how did you get on with it? Do you ever miss a pill?'
'What is the most important factor about your next method of contraception?'

4 Provide reassurance and address her concerns

 90 seconds

Have an appropriate discussion about potential side effects such as risk of ectopic pregnancy, perforation, expulsion, infection and changes to monthly bleeding pattern.

Provide context around side effects in relation to other methods of contraception and pregnancy itself.*

*A list of FAQs is included in the Straight to the Point: Talking IUC Counselling Booklet.

2 Introduce long-acting reversible contraception (LARC)

 30 seconds

Enquire about her contraception.

Gauge her knowledge/interest in LARC:

Example introductions:

'There are different contraception options: some you need to remember to take each day, some you use each month and some that you use longer term.'
'You seem quite knowledgeable about IUC, is there something that has stopped you considering it as an option in the past?'

5 Help her decide

 60 seconds

Share your knowledge and clinical experience.

Show her the device and let her hold it.

Be honest when addressing concerns about discomfort.

Personal disclosure has been found to be useful. E.g. 'In our practice we have a large number of women using this method.'

3 Communicate the potential benefits of IUC

 90 seconds

Once an interest in using IUC is confirmed, expand on the benefits:

Highly effective

No need for daily, weekly or monthly administration

Rapidly reversible

Expand on the potential non-contraceptive benefits

Inserted quickly in most women

6 Confirm her choice and schedule placement (if choice was IUC)

 60 seconds

Provide reassurance that IUC placement can be performed at any time during her menstrual cycle provided it is absolutely certain she is not pregnant.

If she has symptoms of a Sexually Transmitted Infection (STI), advise her that STI screening should be conducted before the device is inserted and provide her with the contact details for her local screening centre.

Set realistic expectations about what to expect following IUC placement by advising of the common side effects.

If the woman does experience any side effects she should contact a Healthcare Professional immediately.