

INTRAUTERINE DEVICES

An intrauterine device (IUD) is a small “T” shaped device which is inserted by a trained health professional into the uterus to prevent pregnancy.

There are two main types – the hormonal IUD and the non-hormonal (copper) IUD.

The hormonal IUD (Mirena®) is 99.8% effective at preventing pregnancy and is now able to be inserted at Myaree Medical Centre by Dr Thorpe.

The non-hormonal (copper) is currently not inserted at Myaree Medical Centre, however Dr Thorpe can do your initial assessment and refer you elsewhere for insertion.

Benefits of IUDs include:

- They are much more effective at protecting against pregnancy compared to other forms of contraception, including the oral contraceptive pill
- They are a “set and forget” form of contraception – no more needing to remember to take a pill everyday
- Periods tend to become lighter sometimes stop altogether (hormonal IUD only)
- They can be removed at any time by a trained health professional with an immediate return of fertility
- They are safe to use in breastfeeding and in women who cannot take oestrogens for medical reasons
- The Mirena device can stay in place for up to 5 years before needing to be removed or replaced (some non-hormonal devices can last up to 10 years)

What is involved?

An initial consultation is required to assess your suitability for an IUD and to discuss the process in more detail. This appointment must be booked as a **long** appointment. It will include a pelvic examination and speculum examination to assess the uterus. Other investigations such as updating cervical screening (Pap smear) and STI screening may also be performed.

The insertion consultation must be booked by our receptionists (either in person or over the phone – they cannot be booked online). You must inform us at the time of booking that it is for an insertion. Mirena insertions are usually booked in a late morning slot with both Dr Thorpe and the practice nurse. On the day you must bring in your Mirena device (you will be provided with a script at the initial consultation). Please note, even if you have been prescribed the Mirena elsewhere you must still book in for an initial consultation with Dr Thorpe.

As part of the IUD process you must return for a 6 week check-up. This involves a speculum examination. This appointment can usually be booked as a standard appointment as long as you are not having any issues with the Mirena.

Costs	
Initial planning consultation (long)	Billed at usual consultation rates
Cost of Mirena® device	Varies depending on pharmacy, usually around \$40*
Insertion	<p>\$150 insertion fee \$65 equipment cost fee (Total to pay on day = \$215)</p> <p>You will receive \$46.25 back from Medicare*, leaving you with an out of pocket (GAP) payment of \$168.75</p> <p>Any other requirements on the day (e.g. pre-insertion consult, pregnancy test) will be bulk-billed*</p>
6 week check-up	Billed at usual consultation rates

*With a valid Medicare card