

# Identification of the Intrauterine Contraception (IUC) Candidate – CON 2

## DEFINITION

Intrauterine Contraception (IUC) is a flexible, polyethylene device with copper or levonorgestrel added that is inserted into the uterus to prevent pregnancy. There are five intrauterine contraception devices available in the U.S. The ParaGard T380A Copper is approved for 10 years of use. The Mirena 52 mg levonorgestrel IUC is approved for 8 years of use. The Liletta 52 mg levonorgestrel IUC is approved for 8 years of use. The Kyleena 19.5 mg levonorgestrel IUC approved for 5 years of use. The Skyla 13.5 mg levonorgestrel IUC is approved for 3 years of use. The criteria for candidacy for each type of IUC are similar with a few exceptions noted. Intrauterine contraception is safe for most women, including teens and HIV-positive women. Medical eligibility criteria and the clinician's discretion are used when determining if a woman is a good candidate.

## SUBJECTIVE

Should include:

1. LMP
2. Medical, sexual, and contraceptive use history: initial or update, as appropriate.

Must exclude:

1. Any method-specific Category 4 conditions from the CDC MEC table [Summary Chart of U.S. Medical Eligibility Criteria for Contraceptive Use. \(cdc.gov\)](#)

## OBJECTIVE

Should include:

1. Age appropriate physical examination, as indicated.
2. A pelvic exam to determine uterine size, position and exclude cervical motion tenderness.
3. A uterine size obtained through sounding of:
  - a. 6-9cm is advised for the copper IUC
  - b. 6-10cm is advised for Mirena
  - c. Minimum of 5.5cm is advised for Liletta; no maximum written
  - d. No size discussed for Kyleena or Skyla, other than being large enough to accommodate IUC
4. In women with acute pelvic infections including PID, endometritis, postpartum sepsis, immediate post-septic abortion, mucopurulent cervicitis, and pelvic tuberculosis, do not place the IUC until resolved.

## LABORATORY

May include:

1. A negative pregnancy test.
2. A test to rule out GC and chlamydia. It is NOT necessary to delay IUC placement until results are available.

## ASSESSMENT

Candidate for IUC use.

## PLAN

1. If patient has copper allergy, Wilson's disease, anemia (Hgb <9g/dL), excessive menstrual bleeding, or severe dysmenorrhea, consider placement for LNG-IUS rather than the copper IUC.
2. Some providers recommend nonsteroidal anti-inflammatory agent 1-2 hours prior to IUC insertion.

3. Misoprostol may be of benefit for patients in whom insertion is difficult or has failed. Misoprostol regimens vary: 100-200mcg tablet can be administered vaginally, buccally, or sublingually a minimum of 2-3 hours before insertion. May be self-administered the evening before the procedure.
4. Provide interim birth control method if IUC is to be inserted at another date.
5. Review and sign consent.
6. Insert IUC (see insertion technique per manufacturer's instructions).
7. If clinician does not insert the IUC or insertion has failed, refer patient.
8. If IUC expulsion occurs within 3 months after insertion, consult with pharmaceutical representative for possible free replacement of the device.
9. The Cu-IUD also can be inserted within 5 days of the first act of unprotected sexual intercourse as an emergency contraceptive. If the day of ovulation can be estimated, the Cu-IUD also can be inserted >5 days after sexual intercourse as long as insertion does not occur >5 days after ovulation.

#### CLIENT EDUCATION

1. Provide education handout(s). Review manufacturer's inserts. Review symptoms, complications, and danger signs.
2. Review safer sex education (women who are at risk of acquiring STIs should be advised to use condoms but are generally still good candidates for IUC).
3. Discuss the expected short-term side effects following placement, including unscheduled bleeding and cramping. Advise that these symptoms should subside.
4. Recommend client RTC PRN for problems and annually.

#### CONSULT / REFER TO PHYSICIAN

1. Any client with precautions listed on the U.S. Medical Eligibility Criteria for Contraceptive Use.
2. STAT MD referral for any client with symptoms of perforation (i.e., excessive uterine depth on sounding, lack or loss of uterine resistance during sounding or IUC insertion, client with symptoms of tachycardia, diaphoresis, hypotension, unusual bleeding, syncope, or intense pelvic pain).
3. Any client with difficult insertion.

#### REFERENCES

1. Hatcher RA, Nelson A, Trussell J, Cwiak C, Cason P, Policar MS, Edelman A, Aiken ARA, Marrazzo J, Kowel D, eds. Contraceptive Technology. 21 edition. New York, NY: Ayer Company Publishers, Inc., 2018. pp 157-177, 181-183.
2. [US Medical Eligibility Criteria \(US MEC\) for Contraceptive Use, 2016 | CDC](#)
3. [SPR- rr6504.pdf \(cdc.gov\)](#)
4. [Liletta Prescribing Information](#) 2019
5. [Mirena Prescribing Information](#) 2022
6. [Skyla Prescribing Information](#) 2023
7. [Paragard Prescribing Information](#) 2020
8. [Kyleena Prescribing Information](#) 2023
9. [How to Switch Birth Control Methods](#) 2023

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