

# IUD Referral for GPs



## Patient details

First name, Family name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Phone number \_\_\_\_\_

## History

Reason for considering IUD \_\_\_\_\_

Any abnormal menstrual symptoms? (intermenstrual bleeding, postcoital bleeding, breakthrough bleeding) Yes  No

If Yes, investigate and DON'T refer to SHQ. Follow guidelines: Abnormal Vaginal Bleeding In Pre- And Peri-Menopausal Women, found at: [https://canceraustralia.gov.au/sites/default/files/publications/nccgc-vaginal-bleeding-flowcharts-march-20111\\_504af02038614.pdf](https://canceraustralia.gov.au/sites/default/files/publications/nccgc-vaginal-bleeding-flowcharts-march-20111_504af02038614.pdf)

SHQ will not insert IUDs for abnormal bleeding unless it has been fully investigated by a gynaecologist and we have evidence of the letter and the results from this investigation.

Any abnormal vaginal discharge or dyspareunia? \_\_\_\_\_

If yes: Do not refer, please investigate.

Usual cycle \_\_\_\_\_

LMP \_\_\_\_\_

Any other contraindications? (including abnormal cavity, breast cancer, current PID)

\_\_\_\_\_

Current contraceptive method \_\_\_\_\_

Any previous IUD use? \_\_\_\_\_

Obstetric history    Gravity \_\_\_\_\_    Parity \_\_\_\_\_

Date of most recent delivery \_\_\_\_\_    Mode of all deliveries \_\_\_\_\_

Date of last CST \_\_\_\_\_    All CSTs previously normal? \_\_\_\_\_

Has the patient any medical problems? \_\_\_\_\_

Is the patient on any medications? \_\_\_\_\_

Any operations on the uterus? \_\_\_\_\_

## Discussion

Other contraceptive options discussed \_\_\_\_\_

Choice of progestogen and copper devices discussed \_\_\_\_\_

Efficacy discussed (>99%) \_\_\_\_\_

Procedure explained \_\_\_\_\_

Possible benefits, risks and adverse effects discussed, including non-insertion (3%), changes to bleeding, perforation (<1/1000), infection (1/300), expulsion (1-2/100), feeling faint, (5/100) hormonal side-effects \_\_\_\_\_

Costs discussed. Please visit <https://shq.org.au/services/costsiuds> \_\_\_\_\_

Written information given and consent form signed. Please visit:

<https://shq.org.au/services/iud-information-gps> \_\_\_\_\_

Pre-insertion analgesia discussed. Advise NSAID or paracetamol ½ hour to 1 hour prior to appointment \_\_\_\_\_

Please advise patient to eat prior to the appointment and recommend the client arranges for a family member or friend to take them home after the insertion.

## Examination Findings (if done)

Uterus non-tender? Size, shape & position \_\_\_\_\_

Cervix non-tender? \_\_\_\_\_

Adnexae non-tender, no masses? \_\_\_\_\_

## Investigations

*SHQ will not process any IUD referrals until the following investigation results have been received:*

- Screening for Chlamydia/Gonorrhoea: CT/NG PCR (ECS, or SOLVS)?
- CST if due?
- Any non obstetric ultrasounds done in the past have been attached?
- Other investigations done? e.g, blood tests if required
- Copy of results sent to SHQ?

## Plan

Pre-insertion contraception: it is vital there is no risk of pregnancy when the patient presents. Please tick the method to be used:

- Unexpired IUD: Advise abstinence for a week prior to exchange.
- Abstinence from LMP, or 3 weeks prior to insertion
- Contraceptive Implant
- Combined Oral Contraceptive Pill
- Progestogen Only Pill
- Depo
- Vaginal ring

Patient preference:  Progestogen IUD (Mirena)  Copper IUD  Undecided

Please prescribe Mirena® if this is preferred. SHQ will provide copper IUDs at \$100.

Doctor has covered all the above information with me (patient)

Patients name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

## Contact

Please fax/email this referral and all results to SHQ on 9228 9010 | [sexhelp@shq.org.au](mailto:sexhelp@shq.org.au)

Please ask the patient to contact the Sexual Health Helpline (SHH) to make an IUD appointment on 9227 6178 once all the results and the referral have been sent.

If the patient requires a copper IUD for emergency contraception within 5 days of unprotected sexual intercourse, please contact SHH for an urgent appointment on 9227 6178 and we will attempt to assist.

Ideal dates for insertion are Cycle day 1-7 for insertion of Mirena, and Cycle day 1-12 for insertion of Copper IUD.

## Doctors Contact

Please sign and provide your contact details to confirm all the information on this form has been discussed with the client.

Doctors signature \_\_\_\_\_

Doctors name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

[shq.org.au](http://shq.org.au)