

Straight to the Point: Talking IUC

Simple steps to successfully counselling women about
intrauterine contraception (IUC) in under 7 minutes

Counselling Checklist

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 by Bayer Pharma

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?'

2 Introduce long-acting reversible contraception (LARC)

 30 seconds

Whatever the reason for her visit, ask a woman 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?'

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

Cost effective

Non-contraceptive benefits

Inserted quickly in most women

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.

5 Help her decide

 60 seconds

Share your knowledge and clinic experience.

Ask if she is interested in seeing the device.

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.'

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.

Advise that STI screening can be performed on the same day as placement.

Set realistic expectations by advising of the common side effects following IUC placement.

If the woman does experience any serious side effects she should contact an HCP immediately.