

## INFORMED CONSENT FOR INSERTION/ REMOVAL OF IUD/IUS

I hereby give my consent to Dr. .... to perform the following intervention procedures relying on his/her professional competence:

1. Insertion of IUD/IUS [.....] (please mark if applies), [.....] (please specify the type of the device);
2. Removal of IUD/IUS [.....] (please mark if applies);

The health care specialist has explained alternative contraception methods to me comprehensively.

The details of the procedure or treatment have been explained to me in terms that I understand and I am fully aware of its purpose and possible consequences. I have been duly informed that unforeseen circumstances may occur during procedure, which may lead to additional interventions.

3. To my best knowledge, I am not allergic to any medications or metals (copper, silver, gold).
4. Except for (if applicable): .....

### IUD/IUS Birth Control

IUD (releasing copper) and IUS (releasing hormones) are both available in Lithuania.

The doctor inserts the device (coil) into the uterus. The coil works by preventing the spermatozooids from reaching the egg or disrupts the implantation of a fertilized egg in the uterus. The coil is usually inserted during the menstrual cycle or right after it. In case of giving birth, the coil can be inserted 2 months after natural delivery or 6 months after Caesarean section.

The insertion of the coil is painless and takes only a few minutes. A special thin and sterile plastic tube is required to insert the coil. The coil is folded and inserted into the tube and then implanted into the uterus.

The coil has a visible string that remains in your cervix. The IUD string is so thin that it does not obstruct sexual intercourse. The patient is examined by an obstetrician/gynecologist a month later and then every 6 months. During the first few months after the IUD/IUS insertion, the patient may experience pelvic pain and increased menstrual bleeding. However, these unpleasant sensations will go away. Depending on the coil type, it can stay inserted for 5-9 years. The IUD/IUS is removed by the doctor. The procedure itself is painless and takes just a few minutes.

#### Advantages:

The efficiency of this birth control method is 98%.

#### Disadvantages:

The IUD/IUS does not protect against HIV or other sexually transmitted diseases.

There have been cases of women with IUD/IUS getting pregnant.

#### Possible adverse effects:

- Irregular menstrual bleeding: irregular bleeding or spotting is a frequent adverse effect during the first three months of using the IUD/IUS.
- After the said period, the menstrual bleeding becomes lighter and shorter. In about 20% of women with IUD/IUS, the menstrual cycle completely disappears within a year from the insertion of the device.
- Uterine perforation occurs very rarely.
- Pregnancy complications: the possibility of getting pregnant when using IUD/IUS is very small; however, in such a case, ectopic pregnancy and infections are possible.
- Ovarian cysts: increased follicles or ovarian cysts are diagnosed in about 12% of patients with IUD/IUS. Most of these follicles are asymptomatic but sometimes they might be a cause of pelvic pain or painful sexual intercourse. In most cases, increased follicles disappear on their own within 2–3 months.

#### Contraindications:

The IUD/IUS cannot be used by women who:

- Are pregnant or may be pregnant
- Are experiencing pathological cervical bleeding, the cause of which is yet to be determined
- Have untreated cervical or uterine cancer
- Have breast cancer or are under suspicion of having one
- Have certain uterine or related disorders
- Have infectious diseases

**I hereby confirm I have read and understand the information above**

.....

(patient's (authorized representative's) signature)