**Preparing for the removal of an intrauterine system (hormone-releasing IUS) OR intrauterine device (copper IUD without hormones)**

We want to make your clinic visit as straightforward as possible and remove the IUD/IUS at a single appointment. Therefore it is important that you have read all the information and are suitable for the procedure on the day you come. You can also discuss other methods with us and ask any questions. **Please bring this form with you when you attend the clinic.**

Please tick the boxes to confirm that you have understood and agreed to the following:

* If your coil is still **in date** please use additional contraception (e.g. condoms or the contraceptive pill) for at least **7 days** before your appointment.
* If your coil has **expired** please use additional contraception (e.g. condoms or the contraceptive pill) for at least **3 weeks** before your appointment.

Please ensure you eat a light meal before attending.

You may also wish to take a simple painkiller (e.g. paracetamol) approx. one hour before your appointment.

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_