### OPENING THE CONSULTATION

1. Introduce yourself
2. Confirm patient details
3. Check the patient’s understanding of the types of contraception available
4. Explore the reasons why the patient wants the Copper IUD (ideas, concerns, expectations)

### EXPLANATION

5. Explain what the Copper IUD is
6. Explain how the Copper IUD works
7. Explain effectiveness of the Copper IUD

### ADVANTAGES

8. Effective contraception (99% effective and lasts 5 years)
9. Immediate contraception
10. Reversed easily (with quick return of fertility)
11. No interactions with other medications
12. Safe to use when breastfeeding
13. No hormonal content

### DISADVANTAGES

14. Heavier, more painful periods
15. No protection from STIs
16. Infection after insertion
17. Expulsion
18. Damage to the womb (perforation)
19. Ectopic pregnancy (though still less risk of ectopic than no contraception)

### COPPER COIL FITTING

20. Explain what will happen before (pregnancy test, bimanual examination, analgaesia)
21. Explain what will happen during (speculum, local anaesthetic, measurement of womb cavity, insertion of copper IUD, trimming of threads)
22. Explain what will happen after (painful cramping and light vaginal bleeding)

### FOLLOW-UP

23. If patient able to feel threads, no need for routine review
24. Need to return if can’t feel threads, approaching expiry date or wanting to get pregnant
### REMOVAL OF DEVICE

25 Can be removed at any time

26 Need to abstain from unprotected sex for the week prior to removal

### CHECKING THREADS

27 Demonstrates using test device or diagram

28 Check threads a few times in first month and then at regular intervals (e.g. after period each month)

### CLOSING THE CONSULTATION

29 Ask if patient has any further questions

30 Check understanding

31 Summarise key points

32 Provide leaflet

33 Thank patient

### KEY COMMUNICATION SKILLS

34 Active listening

35 Summarising

36 Signposting