

Intrauterine devices- Duration of use and referral guidance (V1 , May 2024)

Copper IUD (list not exhaustive)	Duration of Use
T safe 380A & T safe 380A QL Copper T 380A Optima T Cu 380A	10 years If over 40 at insertion can keep until 55
Ancora 375 Cu & Ancora 375Ag Eurogine T 380 Ag Normal & T 380 Ag mini Eurogine T 380 Cu Normal & T 380 Cu mini FlexiT 300 & FlexiT+380 Gynefix Load 375 MiniTT380 Slimline Multisafe Cu375 Neosafe T380 Nova T Novaplus T 380 Cu UT380 Short & UT380 Standard	5 years If over 40 at insertion can keep until 55
LNG-IUD	Duration of Use
Jaydess 13.5mg for CONTRACEPTION	3 Years
Kyleena 19.5mg for CONTRACEPTION	5 years
Mirena, Levosert, Benilexa 52mg for CONTRACEPTION	8 years >45 yrs at insertion until age 55 years
Mirena, Levosert, Benilexa 52mg for HRT	5 years

Referral criteria

Self referral is for uncomplicated women under 55 who need contraception

Referral required

- 1. Failed insert at practice** Please refer explaining what difficulty was
- 2. Potential medical complications-** please refer with full details
- 3. Change with threads not seen-** please refer indicating if scan has been done or not
- 4. LNG -IUD as part of HRT-** refer to menopause clinic

IUCDS being used for contraception & HRT that need to be changed at 5 years should be referred to the menopause clinic as indication for change is HRT use.

- 5. LNG- IUD for menstrual problems and not needed as contraception** e.g. sterilised or partner sterilised: Refer to gynaecology IUCD clinic