Mirena/ IUD insertion Clinic

- This service is for any women requiring insertion of Mirena or an IUD for long-term contraception, management of menorrhagia, or progestosterone protection for women taking oestrogen HRT.
- This clinic is only for the insertion of Mirena/IUD. It is not designed to manage/treat abnormal uterine bleeding or contraceptive issues.
- The referring GP is to give a prescription for the device to the patient who must bring the device with her to the clinic. We do not provide the device.
- **IT IS NOT A GYNAECOLOGY CLINIC**
- The Mirena clinic runs within the colposcopy clinic so contact information and results are addressed to “Colposcopy & Mirena clinic”.
- **Please note- the referral should not be given to the patient to arrange an appointment. No appointments can be made over the phone. Once a referral has been made the patient is notified by mail of her appointment date and time.**

### Categories for Appointment

<table>
<thead>
<tr>
<th>Category 1 - Urgent</th>
<th>Clinical description</th>
<th>Timeframe for Appointment</th>
</tr>
</thead>
<tbody>
<tr>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
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</table>

<table>
<thead>
<tr>
<th>Category 2 - Routine</th>
<th>Clinical description</th>
<th>Timeframe for Appointment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Insertion of Mirena/IUD</td>
<td>≥ 3 months</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Emergency</th>
<th>Clinical description</th>
<th>Timeframe for Appointment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women with emergency gynaecological conditions</td>
<td>Immediate via Emergency Department</td>
<td></td>
</tr>
</tbody>
</table>

### Eligibility Criteria

**REFERRAL CRITERIA**

**All women must have the following prior to referral**

- **Chlamydia Screening** Cervical Swab or first-pass urine for PCR testing. Results should be forwarded to “The Colposcopy & Mirena Clinic, Women’s Health Unit, Frankston Hospital” OR sent with referral and need to be received prior to the appointment.
- **Pap Smear** (up to date)
- **Pregnancy Test (within 1 week)**
- **Mirena Prescription** The referring GP is to give a prescription for the device to the patient who must bring the device with her to the clinic

### Exclusions

- Women who are at long term risk of contracting sexually transmitted infections (STIs)
- Women who have undiagnosed vaginal bleeding or known genital...
malignancy
- Women with active pelvic inflammatory disease or current STI
- Women who require insertion under anaesthetic
- Pregnancy

### Alternative Referral Options

- Private services
- Family Planning Victoria

### Clinic Information

- Thursdays 0830-1230
- Women’s Health Unit- Level 4 Frankston Hospital
- Ph: 0429 567 933
- Fax: 9784 7560

### Minimum Referral Information Required

(Please note, cannot be processed if minimum information is missing)

- **Referral must be addressed to a named practitioner – Dr Amar Trivedi**
  - Referring practitioner name, provider number and signature.
  - Date of referral.
  - Patient’s name, address, date of birth, Medicare number and phone number.
  - Clinical details and reason for referral.
  - Period for which referral is valid (if different to standard referral validity).
  - Relevant medical history
  - Medications & Allergies
  - **Results of current pathology - Pap smear result** (up to date), **Pregnancy test** (within 1 week), **Chlamydia** testing (Cervical swab Chlamydia or first pass urine PCR)

### Other Information

**An IUD should be used with caution in women with:**

- Impaired immunity (ie who are Immunocompromised)
- Acute liver disease
- Fibroids that significantly obstruct the cavity
- Cardiovascular problems
- Migraine, stroke or hypertension
- Valvular heart disease (Antibiotic prophylaxis required)
- Breast cancer (no proven risk)

**Advice for women:**

- The appointment usually takes approximately 30 minutes.
- Insertion may be associated with some discomfort. This service does not offer anaesthetic during insertion.
- Some women experience cramps or light-headedness after insertion and
they may wish to bring a support person with them to provide transport home.

- Insertion is very occasionally not possible if there are technical difficulties or if women are finding the procedure too uncomfortable.
- Women will be counselled about the device at the time, but should be advised of the common side effects of the device being inserted.
- Women must be responsible for their contraception up to the time of insertion.
- Either medical students or trainees may be present at the clinic.