Intrauterine Devices and Medical Termination of Pregnancy

Dr. Lou Sanderson
GP and Medical Educator
Kardinia Health
Intrauterine devices (IUD)

- Long acting reversible contraception (LARC)

- Family Planning Victoria provide training in IUD insertion in Box Hill

- Since 2014, at Kardinia Health, we have been running the theory course with Bayer and Family Planning Victoria followed by practical training, usually 2-3 sessions, at Kardinia Health

- Parity is no longer a barrier to IUD insertion, though the procedure is more painful in women who have not had a vaginal birth

- Currently at Kardinia Health we are looking at research to see if any other pain interventions are more effective in reducing pain in nulliparous women
Mirena

- Levonorgestrel releasing
- Lasts 5 years
- On PBS cost of a standard prescription
- Reduces bleeding
- Contraception, better than copper in women under 40y
- Progestagen component of HRT
- Reduces primary dysmenorrhea and pain associated with endometriosis and adenomyosis
- Require a procedure to insert that can have complications
- Require a procedure to remove
- Hormonal side effects tend to settle after a few weeks
- Bleeding pattern can take up to 5 months to settle
Load - Cu 375 (Multiload)

- Copper
- Lasts 5 years
- Costs approximately $120

- Contraception
- Emergency contraception up to 120 hours after unprotected intercourse
- Immediately effective

- Heavier bleeding
- Require a procedure to insert that can have complications
- Require a procedure to remove
- No hormonal side effects
- Uterus must sound at > 7cm
TT380 standard and TT380 short

- Copper
- Lasts 10 years (Short lasts 5 years)
- Costs approximately $120

- Contraception
- Emergency contraception up to 120 hours after unprotected intercourse
- Immediately effective

- Heavier bleeding
- Require a procedure to insert that can have complications
- Require a procedure to remove
- No hormonal side effects
- Uterus must sound at > 7cm for standard and < 7cm for TT380 Short
Procedure at Kardinia Health

- A 30 minute consultation before insertion appointment
  - For history, examination, investigation, explanation, consent, discussion of analgesia (paracetamol, naproxen, EMLA, tramadol)
  - STI screen, ultrasound may be required prior to insertion to investigate abnormal bleeding
  - Consent to training doctor or research/audit

- A 45 minute appointment is made for the procedure
  - Nurse present throughout procedure, monitor BP and observe 20 minutes after procedure
  - Ultrasound following to check position of IUD
Contraception: an Australian clinical practice handbook - 4th edition (Hardcopy)

Price: $88.00 (including tax)

FPNSW Unit: Family Planning NSW Bookshop

Quantity: 1

Click to enlarge
Medical Termination of Pregnancy (MTOP)
Medical abortion
Materials

**Patient information booklet**
This colour booklet provides detailed yet patient-friendly information about taking MS-2 Step (mifepristone, misoprostol) for termination of early pregnancy. It includes preparation and clear instructions on how to take the medicines, signs and symptoms and possible side-effects of the treatment.

**Patient Consent to Treatment form pad (50 pages)**
These double-sided Consent forms come in pads of 50 leaves. They are a legal requirement for the patient to complete when being prescribed the treatment.
Consultation 1

- Confirmation of pregnancy and discussion of choices. Non directive pregnancy counselling
- If choosing termination, provide information about medical and surgical options
- Past and family history, allergies, social history
- Determine dates - MTOP can be done under 63 days or 9 weeks gestation in Victoria
- Blood tests - blood group, FBE, UEC, LFT, beta HCG (quantitative)
- STI screen if appropriate
- Provide written information
MTOP Consultation 2

- Consent
- Explanation of procedure
- Timing of medications and availability of support person for 24 hours minimum after Step 2
- Follow up to ensure procedure has been effective
- Discuss and provide plan for future contraception
- Provide schedule of when to take medications
- Provide letter to ED
MS2Step

- Step 1: Mifepristone 200mg orally
  May experience some vaginal bleeding
  Antibiotics may be given and anti D if rhesus negative
- Step 2: Misoprostol 800mg buccally (preceded by oral antiemetic
  Bleeding and cramps usually occur within 4 hours
  Bleeding and cramps usually last 4-6 hours and are heavier and more painful than a normal period
  Bleeding like a period may last up to a week and light bleeding may occur for 2 weeks
  Antiemetics and pain killers are recommended
  24 hour support line
  Review at 7-14 days with repeat beta HCG
Complications

- Heavy bleeding - if soaking through a sanitary pad every ½ hour for 2 hours, go to ED
- Pain - if pain not relieved by analgesics provided, go to ED
- If in the 2 weeks following MTOP cramps or bright bleeding recur, or vaginal discharge, fevers, bowel symptoms, vomiting or aching - go to doctor
- If beta HCG has not dropped by 80% in 6-7 days, ultrasound to check for failed termination or pregnancy or retained products of conception
Kardinia Health

- 150 MTOPs over past 2 years
- Average age 29 years

- If referring to Kardinia Health for MTOP
- Please tell receptionist the booking is for MTOP to ensure correct GP and time for appointment is provided
- Should be given appointment within 3 days
- Blood test better close to time of appointment
- Don’t delay waiting for an ultrasound, we can order if appropriate