



Primary Care
Women's Health Society

10 top tips for the use of intrauterine devices

DR JAN WAKE

This resource has been produced on behalf of the PCWHS. It is for guidance only; healthcare professionals should use their own judgment when applying it to patient care.



Copper intrauterine device use – table 1

Table 1 – Current FSRH guidelines

	Fitted <40 years	Fitted ≥40 years	
Copper IUD <300mm ²	Follow licence.	Follow licence.	<ul style="list-style-type: none"> • None available in UK. • Be careful if a device was fitted outside the UK and you don't know its duration.
Copper IUD >300mm ²	Follow licence 5 or 10 years.	Until 55 years or menopause.	

Levonorgestrel (LNG) intrauterine device use for contraception– table 2

Table 2 – Current FSRH guidelines, different from product licences

	Dose of LNG	Contraception <45 years at fitting	Contraception ≥45 years at fitting
Jaydess®	13.5mg	3 years	3 years
Kyleena®	19.5mg	5 years	5 years
Mirena®	52mg	8 years	Until 55 years
Levosert®	52mg		
Benilexa®	52mg		

For more resources visit: www.PCWHS.co.uk

For more resources, visit www.pcwhs.co.uk

Date of publication: April 2025. Date of next review: April 2028. This guidance was correct at the time of publication. Healthcare professionals are responsible for their own actions and the PCWHS can take no responsibility for decisions made due to the use of this guidance. For further information, or to leave any feedback, please contact admin@pcwhs.co.uk



Levonorgestrel intrauterine devices and endometrial protection/HRT – table 3

Table 3 – Current FSRH guidelines, differ to product licences

	Licence	In reality
Mirena®	4 years	5 years
Levosert®	No license, but use is approved in FSRH guidance	
Benilexa®		

For more resources visit: www.pcwhs.co.uk.

For more resources, visit www.pcwhs.co.uk

Date of publication: April 2025. Date of next review: April 2028. This guidance was correct at the time of publication. Healthcare professionals are responsible for their own actions and the PCWHS can take no responsibility for decisions made due to the use of this guidance. For further information, or to leave any feedback, please contact admin@pcwhs.co.uk



Top trumps when choosing duration

1. Endometrial protection
2. Contraception
3. Heavy menstrual bleeding (HMB)

10 top tips from the new IUD guidelines – for primary care

1. Coils are now called IUDs, either LNG-IUD or Cu-IUD – but everyone will keep on calling them coils

2. All 52mg LNG-IUDs can be used for eight years as contraception and for five years as endometrial protection in HRT.

3. All Cu-IUDs fitted in the UK aged 40+ can be used until age 55.

4. All 52mg LNG-IUD fitted aged 45+ can be used for contraception until age 55.

5. IUDs fitted within 48 hours of delivery have a higher expulsion rate – add this to your postnatal checklist and trim extra-long threads

For more resources visit: www.PCWHS.co.uk.

For more resources, visit www.pcwhs.co.uk

Date of publication: April 2025. Date of next review: April 2028. This guidance was correct at the time of publication. Healthcare professionals are responsible for their own actions and the PCWHS can take no responsibility for decisions made due to the use of this guidance. For further information, or to leave any feedback, please contact admin@pcwhs.co.uk



6.

Refer IUD fittings to specialist clinics if the woman has a distorted uterine cavity or has had endometrial ablation

7.

Due to limited evidence around mal-positioned IUDs (any type), consider pain, IUD in the cervical canal or IUD >2cm from the fundus as reasons to replace the IUD. Make sure the woman has other contraceptive cover whilst waiting for the re-fit.

8.

Missing threads could be due to pregnancy, expulsion, perforation or just retraction. If the ultrasound scan shows that the IUD is correctly sited in the uterus, only reassurance is needed, and referral for hysteroscopy when removal is due. Make sure the woman has other contraceptive cover whilst waiting for the scan.

9.

When removing IUDs check and document that the device is complete

10.

A LNG-IUD being used just for menorrhagia (without any need for contraception or endometrial protection in HRT) can be left for as long as it is controlling symptoms.

References:

- FSRH. [Intrauterine contraception](#). Jan 2025.
- FSRH. [Mirena 8 years contraception](#). Jan 2024.
- FSRH. [Extended use of all 52mg LNG-IUDs for up to eight years for contraception](#). May 2024.

For more resources visit: www.PCWHS.co.uk.

For more resources, visit www.pcwhs.co.uk

Date of publication: April 2025. Date of next review: April 2028. This guidance was correct at the time of publication. Healthcare professionals are responsible for their own actions and the PCWHS can take no responsibility for decisions made due to the use of this guidance. For further information, or to leave any feedback, please contact admin@pcwhs.co.uk