



IUD Insertion: Before, During and After

Moderator's Guide



Faculty Credentials/Disclosures

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Faculty Biography

Dr. Hawkins

Dr. Lesley Hawkins is a generalist Obstetrician and Gynecologist at Humber River Hospital with special interests in family planning, contraception care and minimally invasive surgery. She completed her residency training at the University of Toronto in 2018. She holds faculty positions at the University of Toronto and Queen's University. She graduated from her Master's in Health Professionals Education at McMaster University in 2021 and has a passion for clinical teaching and simulation-based team building curricula. You can find her @lesleyhawkinsmd on Instagram working on her passion project to combat misinformation and educate her community on various OBGYN topics.

Learning Objectives

- Understand the impact of needs-based contraceptive counselling algorithms and be able to confidently use these algorithms in routine clinical practice.
- Describe the step-wise insertion process for IUC. Participants will be able to utilize this knowledge to provide procedural-based counselling to contraceptive patients.
- Identify suitable patients for IUC, and successfully respond to patient questions and concerns regarding the IUC insertion procedure.



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Guidance for the Moderator:

The following program suggestions are from the faculty listed above and are for your consideration. While the learning videos are pre-recorded, as the moderator you maintain full editorial control of your presentation. If you would like to build on any pre-recorded content from the faculty, please pause the video viewing and add your insights or comments.

Program Overview

This program will take approximately 40 min to complete.

Time Points	Topic
0 min	Introduction & Disclaimers
2:51 min	Contraceptive Counselling
12:57 min	Preparing for IUD Insertion & Key Considerations
18:23 min	Insertion & removal process
29:03 min	Post-IUD Insertion & Key Considerations
39:11 min	Resources

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Program Opening

As you open the session, please consider addressing the following items:

- Welcome everyone to the session and thank them for attending
- Ask everyone to introduce themselves and mention where they practice
- Review the program objectives
- Explain the program structure: the video by Dr. Hawkins is 40 minutes in length and will be followed by a discussion period.



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Program Instructions

Play this video in its entirety.

After the video has ended, open up the discussion to the group and utilize available uterine models. *Questions may be posed to the entire group or asked as a roundtable question, giving each participant an opportunity to answer.*

Program Closing

Thank everyone for attending. If participants have any further questions, please submit them to the event organizer who will communicate them to the planning committee for answers.

Resources/References

If participants ask for further details about any of the data or guidelines mentioned by Dr. Hawkins in the video, references are as follows:

Section 1: Contraceptive Counselling

1. Black A, et al. *J Obstet Gynaecol Can* 2015;37(12):1086-1097
2. Black A et al. Canadian Contraception Consensus (Part 1 of 4). *J Obstet Gynaecol Can* 2015;37(10):936-42.
3. Cook J, et al. *J Obstet Gynaecol Can* 2019;41(8):1084-92
4. Algorithm developed by Dr. Rupinder Toor, NE Calgary Women's Clinic, Calgary, AB
5. United Nations, Department of Economic and Social Affairs, Population Division. Trends in Contraceptive Use Worldwide, 2015.
6. The Eshre Capri Working Group. *Hum Reprod Update*. 2008; 14: 197–208
7. Trussell, J. *Contraception*. 2011; 83: 397–404
8. Winner, B., et al. *N Engl J Med*. 2012; 366: 1998–2007
9. Andersson, K., et al. *Contraception*. 1994; 49: 56–72;4
10. Heinemann, K., et al. *Contraception*. 2015; 91: 280–283
11. www.sexandu.ca accessed on December 8, 2017
12. Black A et al. Canadian Contraception Consensus (Part 3 of 4): Chapter 7 - Intrauterine Contraception, *J Obstet Gynaecol Can* 2016;38(2):182-222.



13. IUC Expert App, accessed on January 2nd, 2018
14. BC PharmaCare Drug Information. Ministry of Health, Pharmaceutical Services Division. [Link](#). Accessed on Jan 7, 2021.
15. Canadian Menopause Society Pocket Guide – Menopause Management. Accessed March 1, 2023.
16. Black et al. Eur J Contracept Reprod Health Care 2012; 17: 340-350
17. Sivin, Stud Fam Plann 1989; 20: 355-359
18. Rivera et al. Am J Obstet Gynecol 1999; 181: 1263-1269.
19. Stanford and Mikolajczyk. Am J Obstet Gynecol 2002; 187: 1699-1708
20. WHO. World Health Organ Tech Rep Ser 1987; 753: 1-91.
21. Fisher WA, Black A. Contraception in Canada: a review of method choices, characteristics, adherence and approaches to counselling CMAJ. 2007. 27;176(7):953-61.
22. Gemzell-Danielsson K et al. A randomized, phase II study describing the efficacy, bleeding profile, and safety of two low-dose levonorgestrel-releasing intrauterine contraceptive systems and Mirena. Fertil Steril 2012; 97(3):616-622.
23. Mirena® Product Monograph, Bayer Inc. September 21, 2021
24. Kyleena® Product Monograph, Bayer Inc. September 21, 2021

Section 2: Preparing for IUD insertion: Key considerations

1. Bluestone J et al. IUD guidelines for Family Planning Service Programs: A Problem-Solving Reference Manual. 3rd edition. Jhpiego; 2006.
2. Mirena® Product Monograph, Bayer Inc. September 21, 2021
3. Kyleena® Product Monograph, Bayer Inc. September 21, 2021,
4. MonaLisa 10 CuT 380A QL Intrauterine Device, Information for Patients.
5. Black et al. Canadian Contraception Consensus, J Obstet Gynaecol Can 2016;38(2):182-222
6. Costescu D, Guilbert E. Module 3: The IUC Insertion Visit. *Intrauterine Contraception (IUC) Insertion Preceptorship Program*. Advancing Practice. 2015.

Section 3: Insertion and removal procedures: a 3D simulation

1. Bluestone J et al. IUD guidelines for Family Planning Service Programs: A Problem-Solving Reference Manual. 3rd edition. Jhpiego; 2006.
2. Costescu D, Guilbert E. Module 3: The IUC Insertion Visit. *Intrauterine Contraception (IUC) Insertion Preceptorship Program*. Advancing Practice. 2015
3. Acevedo R. (2020) Empathic Pelvic Examination. In: Heath C., Sulik S. (eds) Primary Care Procedures in Women's Health. Springer, Cham.
4. Jain S et al. *J Hum Reprod Sci*. 2016;9(4):230-235.



5. Caddy et al. Best Practices to Minimize Risk of Infection with Intrauterine Device Insertion J Obstet Gynecol Can 2014;36(3): 266-274
6. NAF Clinical Practice Guidelines 2014.
7. Black et al. Canadian Contraception Consensus, J Obstet Gynaecol Can 2016;38(2):182-222
8. Mirena® Product Monograph, Bayer Inc. September 21, 2021.
9. Kyleena® Product Monograph, Bayer Inc. September 21, 2021

Section 4: Performing the Insertion

1. Bluestone J et al. IUD guidelines for Family Planning Service Programs: A Problem-Solving Reference Manual. 3rd edition. Jhpiego; 2006.
2. Costescu D, Guilbert E. Module 3: The IUC Insertion Visit. *Intrauterine Contraception (IUC) Insertion Preceptorship Program*. Advancing Practice. 2015.
3. Mirena® Product Monograph, Bayer Inc. September 21, 2021.
4. Kyleena® Product Monograph, Bayer Inc. September 21, 2021

Section 5: Key safety considerations surrounding IUD insertion and use in special populations

1. Mirena® Product Monograph, Bayer Inc. September 21, 2021
2. Kyleena® Product Monograph, Bayer Inc. September 21, 2021
3. Black A et al. Canadian Contraception Consensus (Part 3 of 4): Chapter 7 - Intrauterine Contraception, J Obstet Gynaecol Can 2016;38(2):182-222.
4. Grimes DA. Intrauterine device and upper-genital-tract infection. Lancet. 2000;356:1013-1019.
5. Caddy et al. Best practices to minimize risk of infection with intrauterine device insertion. J Obstet Gynaecol Can 2014; 36(3):266-274
6. World Health Organization. Medical eligibility criteria for contraceptive use. 2015, 5th edition.
7. MonaLisa 10 CuT 380A QL Intrauterine Device, Information for Patients. August 2016
8. Reed SR et al. Lancet. 2022;399:P2103-P2112.
9. Armstrong MA, et al. *JAMA Netw Open*. 2022;5(2):e2148474.
10. Getahun D, et al. Am J Obstet Gynecol. 2022;227(1):59. e1-59.e9.