

Sexual health

Extended use of contraceptive devices during COVID restrictions

Information for patients, relatives and carers

This leaflet provides guidelines for the extended recommended use of contraceptive intrauterine system / devices (hormonal coils, copper coils) and subdermal implants during the current COVID -19 pandemic. This is to avoid non urgent face-to-face contact to keep you safe and allow our staff to care for patients infected by the COVID-19.

With extended use, the effectiveness of contraceptives cannot be guaranteed but likely to be adequate.

There is no indication to remove expired intrauterine system / devices unless you wish to become pregnant* or have serious adverse side effects. These recommendations are endorsed by the Faculty of Sexual and Reproductive Healthcare (FSRH) of the Royal College of Obstetricians and Gynaecologists:

***Advice about discontinuing contraception to plan a pregnancy**

- there is limited information about pregnancy outcomes with COVID -19
- there is a risk of COVID -19 transmission associated with contact between patients and healthcare professionals during antenatal and peripartum care
- there are restrictions on access to medical care should complications arise, this may not be the best time to stop contraception to plan a pregnancy

The table below outlines the extended use recommendations for intrauterine system / devices

Type	Normal length of use	New length of use	Risk
52mg LNG-IUS [Mirena® and Levosert®]	Five years if fitted before the age of 45 years	Six years	Low risk of pregnancy in 6th year, however individuals may wish to use condoms, or add in a progestogen-only contraceptive pill (POP) in addition. If you wish to speak with a healthcare professional call 0203 312 6614
52mg LNG-IUS [Mirena®]	If IUS fitted after the age of 45 years, it is effective till 55 years at which time contraception is no longer required.	No change	
52mg LNG-IUS [Levosert®]	If you had it fitted after the age of 45 years, it is seven years effective for five years [current license]	Seven years	Short term extension to reduce unnecessary face-to-face contact
Mirena IUS	Women on oestrogen only HRT require change at four years	Five years	IUS changed at five years (or stop estrogen, or switch to a combined HRT preparation). If you wish to speak with a healthcare professional call 0203 312 6614

Kyleena® IUS	Five years	No change	Use condoms in addition, or to add in a progestogen-only contraceptive pill (POP). If you wish to speak with a healthcare professional call 0203 312 6614
Jaydess® IUS	Three years	No change	Use condoms in addition, or to add in a progestogen-only contraceptive pill (POP). If you wish to speak with a healthcare professional call 0203 312 6614
Copper-IUDs licensed for five years	Five years	No change	Additional use of condoms / desogestrel POP is advised from the time of expiry of Copper-IUDs. Note any Copper-IUD inserted over age 40 years will provide effective contraception until age 55 yrs. If you wish to speak with a healthcare professional call 0203 312 6614
Copper-IUDs licensed for 10 years	10 years if you had it fitted before you were 40 years old.	12 years	Extremely limited evidence, however individuals may wish to use condoms in addition, or add in

			<p>progestogen-only pill (POP). Note any Copper-IUD inserted over age 40 years will provide effective contraception until age 55 yrs. If you wish to speak with a healthcare professional call 0203 312 6614</p>
<p>Subdermal implant [Nexplanon®]</p>	<p>Three years</p>	<p>Four years</p>	<p>Low risk of pregnancy in fourth year of use, however individuals may wish to use condoms in addition, or add in progestogen-only pill (POP). Beyond four years of use additional POP should be offered. If you wish to speak with a healthcare professional call 0203 312 6614</p>

References:

FSRH CEU clinical advice to support provision of effective contraception during the COVID-19 outbreak

<https://www.fsrh.org/documents/fsrh-ceu-clinical-advice-to-support-provision-of-effective/>

FSRH CEU recommendation on extended use of the etonogestrel implant and 52mg levonorgestrel-releasing intrauterine system during COVID restrictions

<https://www.fsrh.org/documents/fsrh-ceu-recommendation-on-extended-use-of-the-etonogestrel/>

FSRH CEU: information to support management of individuals requesting to discontinue contraception to plan a pregnancy during the Covid-19 outbreak (26 March 2020)

<https://www.fsrh.org/documents/fsrh-ceu-information-to-support-management-of-individuals/>

Alternative formats

This leaflet can be provided on request in large print or easy read, as a sound recording, in Braille or in alternative languages. Please email the communications team: imperial.communications@nhs.net

Wi-fi

Wi-fi is available at our Trust. For more information visit our website: www.imperial.nhs.uk

Department name
Published: April 2020
Review date: April 2022
Reference no: 0304
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