



# An Investigation Into Managing Pain For The Insertion Of Intrauterine Contraceptives For Women In The UK

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## Background

Intrauterine contraceptive insertion (IUC-I) can be a painful and invasive procedure, in the UK currently there is no necessary recommendation for analgesia. This can be a barrier, particularly in young women<sup>1</sup>. The FSRH indicate anxiety, nulliparity, and length since period/pregnancy as predictors of pain, but do not suggest further pain relief in these groups<sup>2</sup>.

## Methods

- + 10 questions on SurveyMonkey.com shared via social media, with IUC-I pain scored on Universal Pain Assessment Tool (see figure)
- + Pain scores analysed on Excel and stratified to exclude effects of confounding variables such as type of device, time since insertion and parity

## Results

- + 59% left their appointment in pain
- + 34% experienced nausea or vomiting
- + 34% experienced dizziness or fainting
- + 47% felt pain was worse than expected
- + 62% not offered pain relief during their appointment
- + 60% were encouraged to take basic pain relief prior to IUC-I
- + Time since insertion and device type did not affect pain scores

## Discussion

- + Mode pain score was 8 suggesting IUC-I is severely painful and analgesia is indicated
- + 7% surveyed rated pain as 0-1 – not all women need pain relief
- + Pain scores 39% higher in nulliparous than parous women – consider offering analgesia
- + Considering continuing this study with a review of experimental literature into pain relief options and a survey of healthcare professionals

## References

1. Bharadwaj, P., Akintomide, H., Brima, N., Copas, A. and D'Souza, R., 2012. Determinants of long-acting reversible contraceptive (LARC) use by adolescent girls and young women. *The European Journal of Contraception & Reproductive Health Care*, 17(4), pp.298-306.
2. Faculty of sexual and reproductive health. (2015, updated 2019). (*Intrauterine Contraception*). (Faculty of Sexual & Reproductive Healthcare Clinical Guidance). Retrieved from <https://www.fsrh.org/standards-and-guidance/documents/ceuguidanceintrauterinecontraception/>

## Research Questions

- + 1. Is IUC-I painful?
- + 2. Are patients provided with adequate analgesia for this procedure?

