

### Intracervical local anaesthesia for IUD fitting

I am grateful for the endorsement in respect of intracervical local anaesthesia (LA) for intrauterine device (IUD) fitting that has been offered by both medical and nursing colleagues.<sup>1,2</sup>

Intracervical LA is easy to do, easy to teach and can make a very significant difference to both the procedure and the patient experience. While it may not be necessary for all, my contention is that it is a technique that should be both available and offered to all women contemplating an IUD fitting. I would agree with Ann Eady<sup>2</sup> that this can be available to nurse fitters just as to doctors.

I remain uncomfortable with the ethics of not being prepared or able to offer an option that will reduce pain if this can

be anticipated. I propose that LA should become an integral element to the practical aspect of training. I do however feel that the e-SRH module 18 pertaining to this needs some modification and would ask that this be considered.

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**Competing interests** None

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## REFERENCES

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- 2 **Eady A.** Local anaesthetic administration for IUD/IUS insertion [Letter]. *J Fam Plann Reprod Health Care* 2011;**37**:254.