

Liletta Procedure Skills

LARC for Beginners



Disclosures

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Objectives

On completion of this session, you will be able to:

- Identify the components of the Liletta and the manufacturer's insertion device.
- Demonstrate proper and safe technique for placement and removal of Liletta.



Supplies for Insertion

- Gloves (sterile optional)
- Lubricant for bimanual exam
- Speculum
- Sterile uterine sound
- Sterile tenaculum
- Antiseptic solution, applicator
- IUD with inserter in sealed package
- Sterile, sharp curved scissors
- Os finder (unopened)



Practicing Insertion Skills

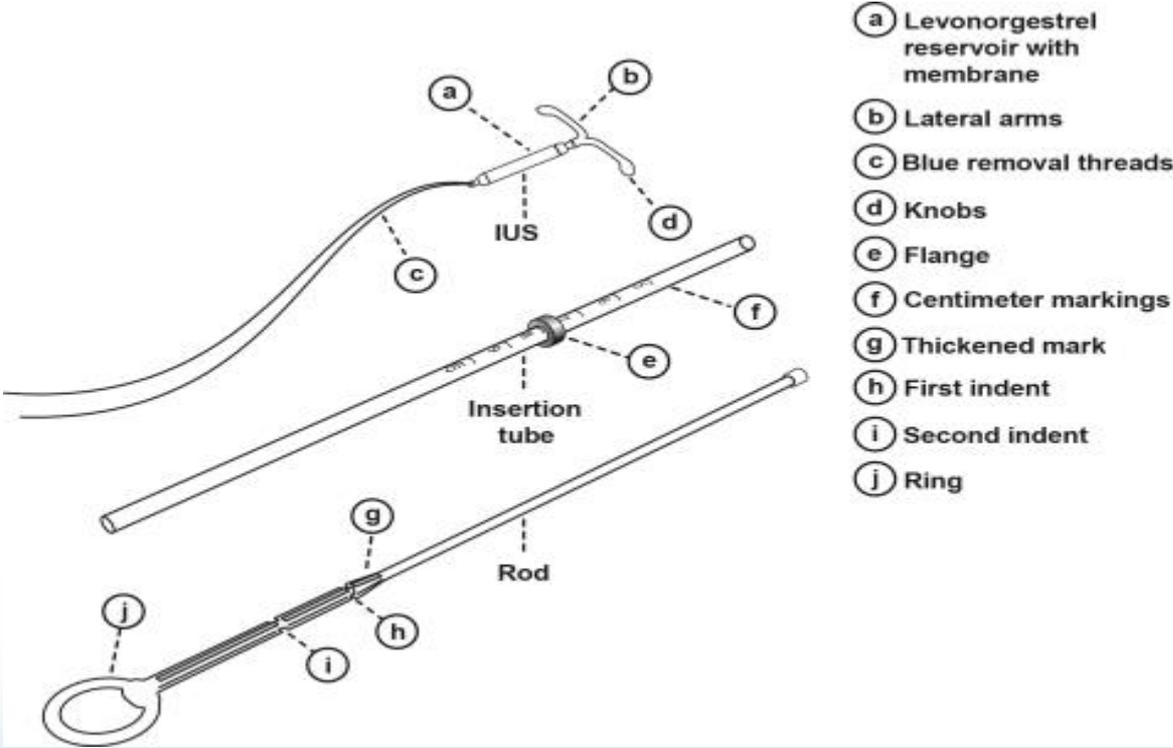
- Place tenaculum gently
- Retract tenaculum whenever advancing to ensure proper alignment of cervical canal
- Sound uterus slowly and gently
- Place IUS
- Remove IUS



Liletta IUS



Components of Insertion Device



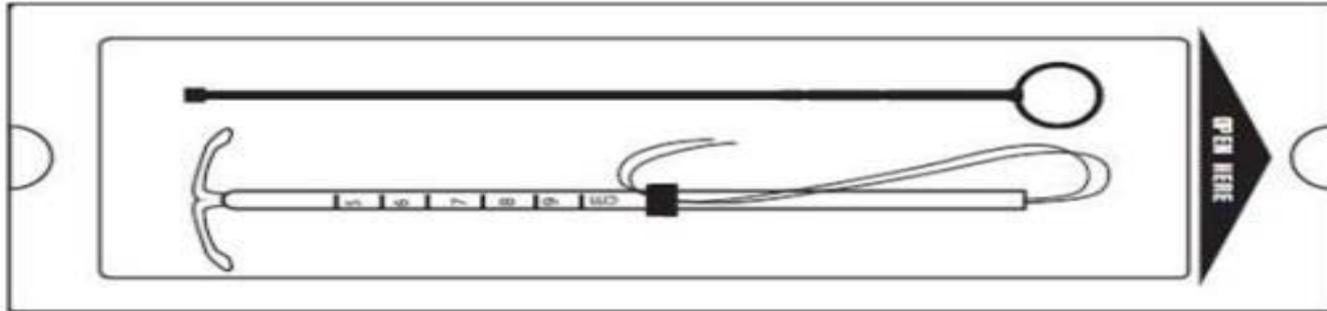
Insertion Procedure

Before opening the sterile IUD package:

- Identify uterine position using bimanual exam
- Place speculum
- Cleanse cervix with antiseptic solution
- Place tenaculum
- Sound uterus



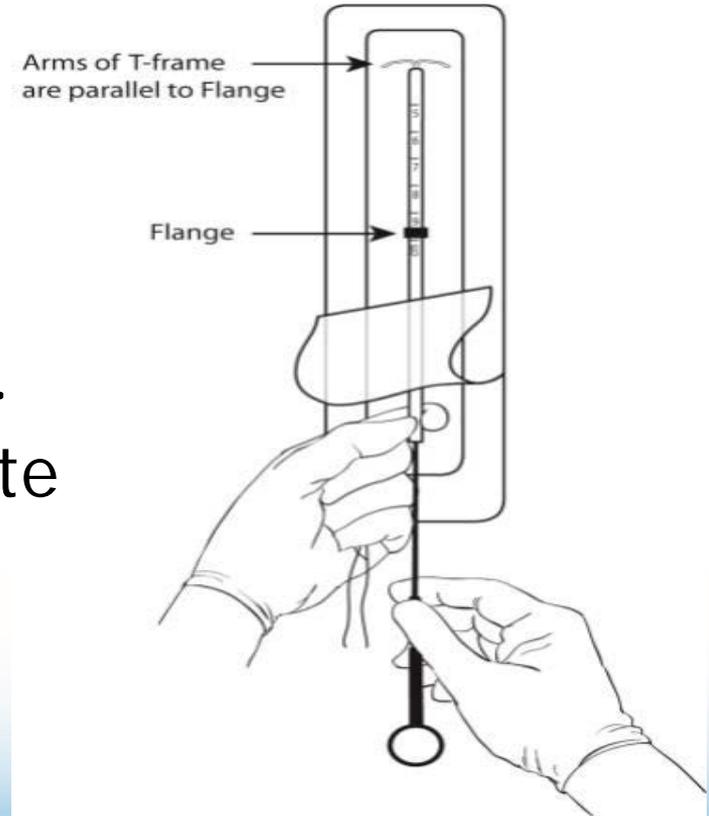
Insertion Procedure



Insertion Procedure

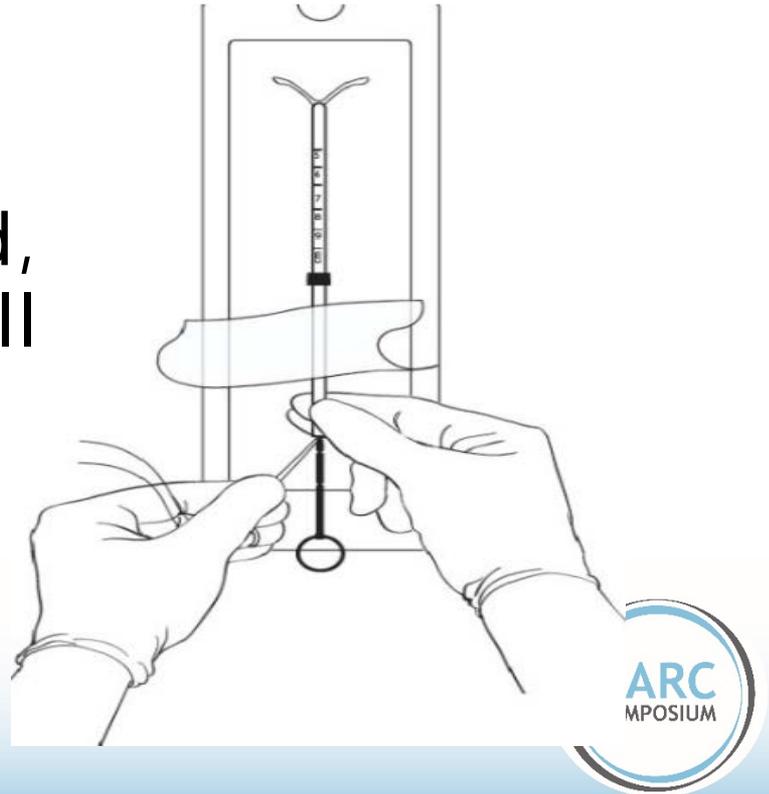
Loading device with non-sterile gloves:

- Open about 1/3 of package.
- Remove blue strings from flange.
- Using *dominant* hand, insert white rod into tube to around the 5cm mark.



Insertion Procedure

Using non-*dominant* hand, pull on the threads to pull the IUS into the tube.

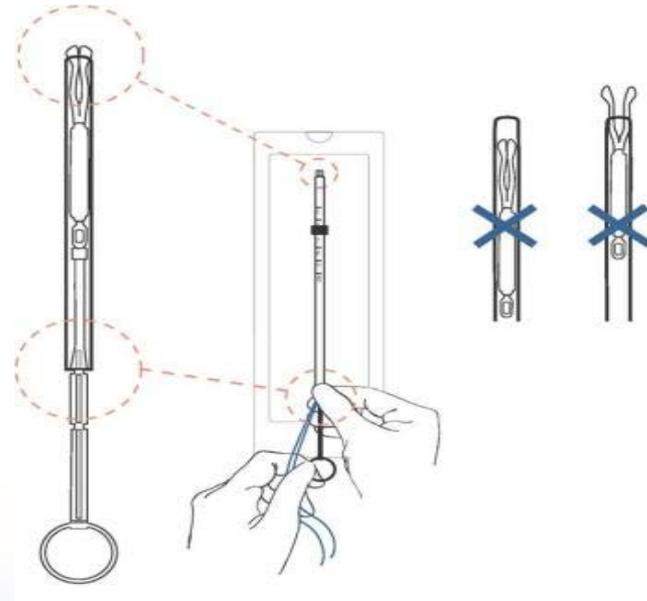


Insertion Procedure

Pull until you create a hemispherical dome.

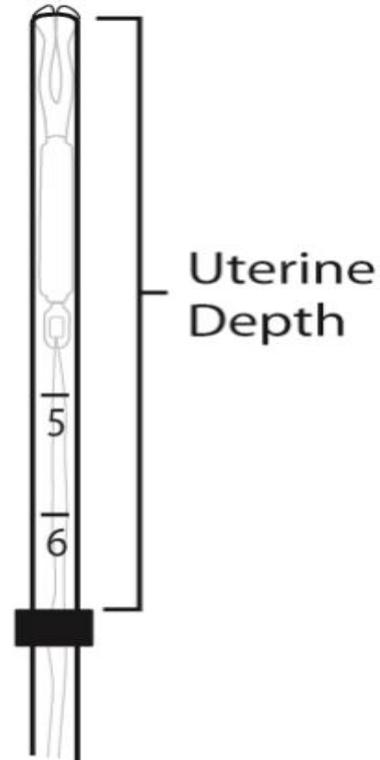
First indent of rod should be positioned at the base of the tube.

Using your dominant hand, pinch the tube and rod where they meet at the first indent.



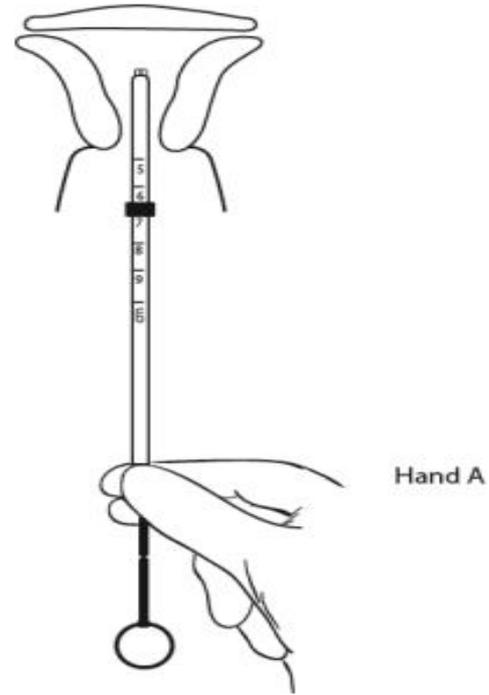
Insertion Procedure

Adjust the flange.



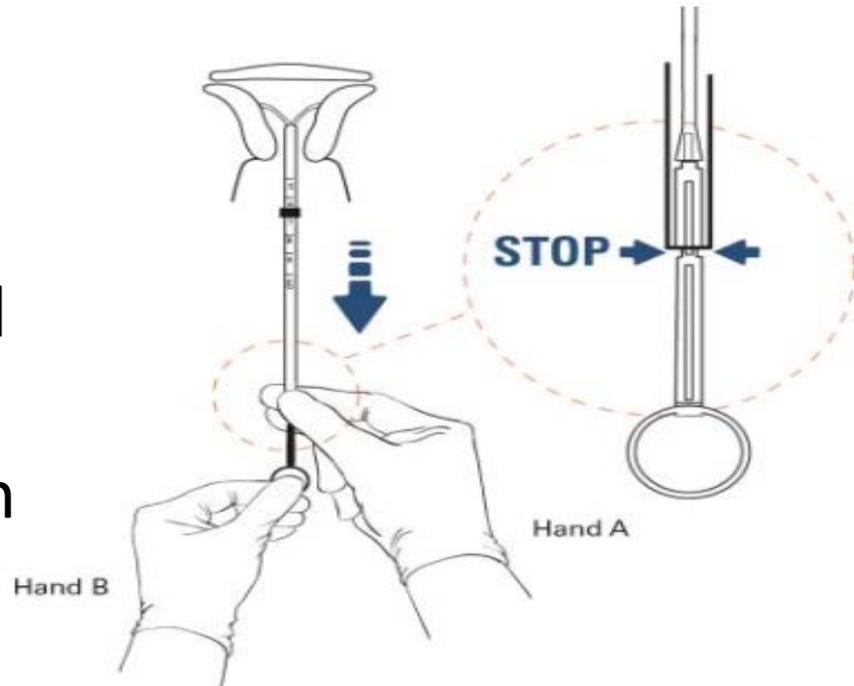
Insertion Procedure

- Retract with tenaculum.
- While holding the rod and the tube, advance into the uterine cavity.
- Advance to 1.5 – 2.0 cm from the cervix.



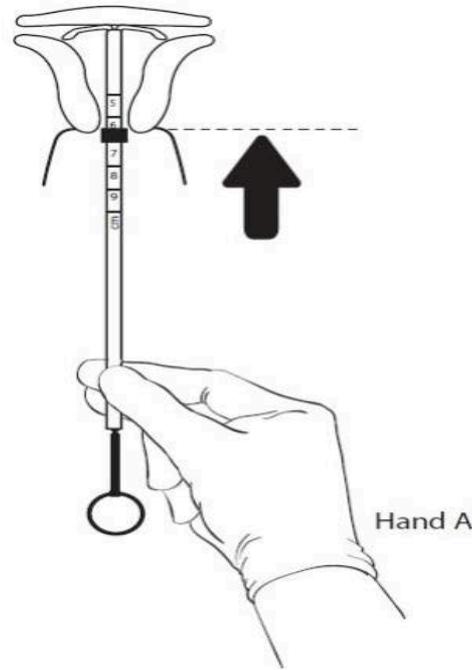
Insertion Proc

Hold the rod still and pull back the tube to the second indent on the rod.



Insertion Procedure

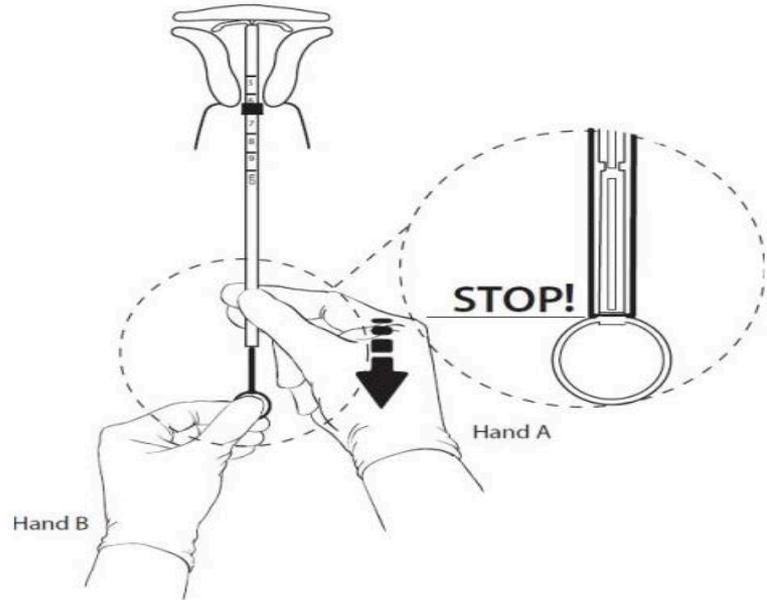
After 10 – 15 seconds, advance to the fundus while holding both the rod and the tube.



Insertion Procedure

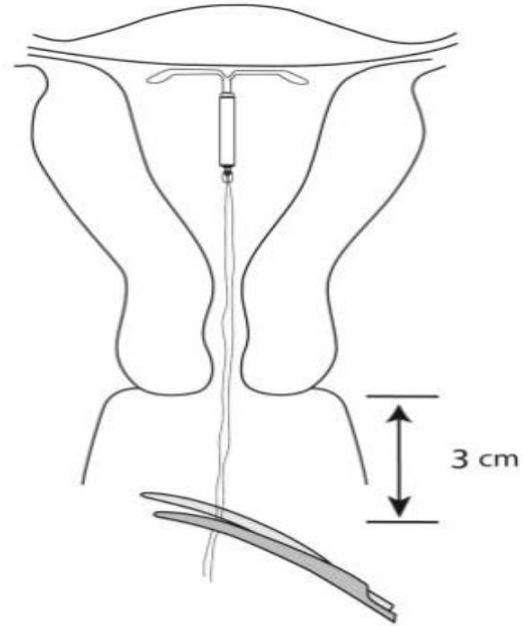
Hold the rod still and pull back the tube all the way to the ring on the rod.

While holding the inserter tube with Hand A, withdraw the rod from the insertion tube all of the way out before withdrawing the insertion tube.



Insertion Procedure

Trim the strings.



Key Points

- Use dominant hand (Hand A) on insertion tube for loading and placing IUS
- Hemispherical dome is important
- “Pinch” where the tube and rod meet
- Never use the white rod as a plunger.



Questions?



Let's Practice!



Need more practice?

Optional office hours with pelvic simulators:

4:00 - 5:30

Practice technique
Ask experts your questions!

