

Procurement Checklist

for LARC provision in GP surgeries

Please note that this is a document designed to help facilitate setting up LARC provision in GP settings.

It is intended to supplement current guidance provided by the Faculty (www.FSRH.org).

It assumes that those using this document are proficient in LARC provision and are up to date with resuscitation guidelines and have the provision to provide adequate resuscitation.

General Equipment for LARC Provision

- Adjustable couch with facilities for head down tilt
- Adjustable light source
- Clinical trolley with work surface

Sub-dermal implant fitting equipment

- Most implant insertion packs contain extraneous unnecessary equipment and are more expensive

- The most ideal and cheapest way is to order equipment separately and place in one box labelled for implant fittings and removals
- Most GP practices will have some equipment ordered separately for other uses and it can be useful to assimilate what is already on order to help resource management and also reduce wastage
- Wound care kits – commonly used in general practice and cost about £1-3 can easily be used for implant insertions – some kits can cost up to £10
- Wound care kits – often contain sterile gloves, a container for fluids, yellow bag for bodily fluids, swabs, and a sterile field
- Spot plasters can also be used instead of steri-strips or other wound closure devices if small wound

Checklist for insertion and removal equipment for implants

- Skin disinfectant/alcohol wipe
- 2ml - 5ml syringe
- Green needle (21G)
- Orange needle (25G)
- Gloves, non-sterile, range of sizes (have boxes available)
- Gauze swabs – non woven 4 ply swabs – come in sterile packs of 5
- Hypoallergenic plaster/mepore (5cm²)
- Steri strips OR any wound care closure strips OR spot plasters
- Sterile towel (to create a sterile field around the removal site) removal
- Straight edged scalpel no 11 removal
- Mosquito forceps x 2 (straight and curved) removal

Checklist for insertion and removal equipment for implants (cont.)

Drugs

- Local anaesthetic 1%-2% Lidocaine (plain)
- Implant device

Others

- Sharps disposal

It is debatable whether bandages are necessary for implant insertion or removal procedures.

Requirements for training in IUD/IUS fitting

- IUD fitting packs can range from £5 - £20
- Choose wisely
- It is not necessary to have a speculum within the pack – nor plastic dishes – provided the operator does not de-sterilise it, the unwrapping of the sterile instruments can be a sterile field in itself
- Metal disposable instruments are/can be more reliable for procedures
- Uterine sounds: Plastic disposable sounds are recommended as they are less rigid than the metal sounds
- Dilators: If you have been trained to use cervical dilators it is a good idea to have a range of dilators in place. They come in ranges of 1-2mm, 3-4mm and 5-6mm. It would be unusual to dilate beyond 5mm as this will usually allow the insertion of the widest devices.
- IUD removal kits per se **ARE NOT NEEDED** and are often expensive – sponge forceps (which are available singly) and a speculum is all that is required
- Plastic sounds are more malleable than the metal ones - there are several companies that

manufacture these

Sterile instruments required

- do not need to be part of one pack

- Speculums – full range of sizes
- Plastic Uterine sound (more malleable than metal)
- Allis forceps – metal
- Sponge holder
- Spencer wells artery forceps
- Gallipot and gauze swabs/sterile water/saline
- Long scissors e.g. Mayo
- Hegar dilators sizes 3/4 and 5/6
- Clinical sheet
- Gloves in all sizes, **non sterile**, latex free

Local anaesthesia for IUD/IUS fittings

- Clinicians carrying out intracervical cervical blocks should have received specific training and have been assessed to be competent to do this. Paracervical blocks are not recommended
- Its very important to consider the analogy of going to the dentist without a local anaesthetic <http://jfprhc.bmj.com/site/misc/jfprhc0037.pdf> is an excellent article discussing the need for local anaesthesia for IUD/IUS insertions
- All local anaesthetics are claimable against the PPA
- Single use dental syringe and needle with ampoule of mepivacaine plain 3%
- <http://www.kentpharm.co.uk/> - supply a safe-inject system that

includes 27G short needles and mepivacaine (separately)

- Please contact your local SRH or colposcopy department to enquire about use of dental syringes if not familiar with the technique
- Instillagel and Instillaquill - there is limited evidence of efficacy therefore routine use is not advised

Companies that manufacture IUD kits – nb - this list is not exhaustive

<http://www.farlamedical.co.uk/Index/Basic-IUCD-Pack-With-No-Speculum/>

http://www.gpsupplies.com/Product/Family_Planning/IUCD/IUCD-instrument-set.aspx#Family%20Planning

www.durbin.co.uk

http://www.farlamedical.co.uk/category_Single-Use-Instruments-1269/Farla-22-cm-Cervix-Dilators/

http://www.durbin.co.uk/clinic_sales.htm

<http://www.pelicanhealthcare.co.uk> – uterine sounds

<http://www.wms.co.uk> – Williams medical supplies - comfounds

http://www.robinsonhealthcare.com/images/Surgical_Brochure.pdf

STOCK

- Implants are not yet claimable on the PPA and therefore cannot be bought in bulk. The exception may be with some PCTs' LES that enable stock of implants
- Mirena IUS and all IUDs are claimable on the PPA
- T-safe 380 A copper IUD is the gold standard, and has a 10 year licence