

Observational Study of Benelux Health Care Providers with the Use of the Atraumatic Suction Cervical Stabilizer in IUD insertion:

Easy Learning curve and High Satisfaction rate.

Background: Intra-uterine devices (IUD) are a frequently used contraceptive method. However, the insertion of an IUD can be painful and a recent survey in The Netherlands showed that three out of ten women stated that they will not choose an IUD insertion due to the fear of pain (ref).

Different stages of an IUD insertion can be painful. One of those is where a clamp (tenaculum) is used to grasp the cervix and apply traction.

A new atraumatic suction cervical stabilizer has been designed. It has proven to be an instrument that reduces pain and bleeding during an IUD insertion when compared to the tenaculum.

Aims and Objectives: To investigate the feasibility, satisfaction and implementation of a new atraumatic suction cervical stabilizer for IUD insertion by collecting user experiences.

Methods: This observational pilot was conducted between February 2025 and November 2025 in Benelux. Forty-one health care providers provided 518 reports of their user experience of routine IUD insertions by using the atraumatic suction cervical stabilizer. Patient age, parity, uterine position and menstrual cycle phase were recorded as well as completion rates, user convenience and health care provider and patient satisfaction. After exclusion, 497 questionnaires were studied for analysis.

Results:

Mean age was 30.5 years (range 15 – 53), 61% was multiparous and 39% nulliparous. In 73% of the procedures, additional forms of pain relief were used, primarily oral analgetic (97%).

IUD insertion was completed in 80,3% (399/497) of cases with the atraumatic suction cervical stabilizer alone (nulliparous 77%; multiparous 82%). In the other patients a switch to the tenaculum was made for completion of the IUD insertion. Uterine position and insertion during menstruation did not influence the success rate.

A steep learning curve was found. The completion rates increase with the number of procedures performed by the health care provider from 76% (1-5 procedures), to 81 % (6-10 procedures), up to 91% (>15 procedures).

91% of health care providers reported that the new atraumatic device was easy to use with sufficient workspace to perform the procedure, simple traction of the cervix and removal of the device after completing the procedure.

The patients reported in 84% to be satisfied with the IUD insertion with the new device and 82% rated the procedure as less painful than expected.

Conclusions: A multicenter clinical setting in Benelux showed that using the new atraumatic suction cervical stabilizer resulted in high completion rates for IUD insertions and high satisfaction for healthcare providers and patients. A steep learning curve following a short initial training including hands-on experience was found.