Study Title: Intrauterine Device Insertion Pain Management

NCT Number: NCT06951191

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Written Consent to Participate in a Research Study

Project Title: Applying a New Method for Pain Control in Intrauterine Device Insertion
Principal Investigator Name: Kirby Woodall
IRB Assigned Project Number: 2101465
NCT Number: NCT06951191
Funding Source: Department of Obstetrics, Gynecology, and Women's Health

Key Information About the Study

You are being asked to participate in a clinical trial. The purpose of the clinical trial is to determine if the combination of topical benzocaine spray and injected lidocaine is effective at reducing pain with intrauterine device (IUD insertion), and if the combination is better than existing methods. You are being asked to be randomized to one of the four groups, which are described in further detail in the following section. You are being asked to answer questions about your pain. Possible benefits include pain reduction during IUD insertion. Some possible risks may include a reaction to a medication used, pain with application or injection of lidocaine, or no pain relief at all.

Please read this form carefully and take your time. You can discuss this study with your family, friends, or doctor if you want. Let us know if you have any questions before participating. The research team can explain words or information that you do not understand. Research is voluntary and you can choose not to participate. If you do not want to participate or choose to start then stop later, there will be no penalty or loss of benefits to which you are otherwise entitled. You can discuss with your doctor or provider about receiving pain control during IUD insertion even if you do not participate in the study.

Purpose of the Research

You are being asked to participate in this study because you are choosing to have an IUD inserted. The purpose of the study is to determine if topical benzocaine spray and injected lidocaine together reduce pain with IUD insertion when compared to just lidocaine or just benzocaine or neither.

To find out if the combination of topical benzocaine spray and injected lidocaine works better than ibuprofen, benzocaine spray, or injected lidocaine, for pain control during IUD insertion, this study has 4 groups:

- Topical benzocaine and injected lidocaine with ibuprofen
- Topical benzocaine and ibuprofen with sham injection (no medication in the injection, just a needle poke)
- Injected lidocaine and ibuprofen with placebo saline
- Only ibuprofen with sham injection and placebo saline

Groups who do not receive topical benzocaine will receive a placebo application of inactive saline. Groups who do not receive injected lidocaine will receive a sham injection, involving insertion of a needle into the cervix with no injection of medicine. The inactive saline and

sham injection will simulate receiving topical benzocaine or injected lidocaine, respectively, but do not contain any real medicine. There is no group that does not receive any pain control, as all groups will receive ibuprofen. We will check the pain and symptoms of everyone in all groups at multiple points during the insertion process, 15 minutes after the insertion process. We will also distribute an optional questionnaire 1 day after the insertion. We compare your responses with the responses of other participants in the study.

What will happen during the study?

If you take part in this study, you will have the following tests and procedures:

- You will receive 600mg of ibuprofen 10-30 minutes before your IUD insertion procedure.
- Topical benzocaine spray or saline spray will be administered to the cervix 5 minutes prior to the injection of lidocaine or placebo needle stick.
- A four-point injection of lidocaine or a four-point needle stick to the cervix will occur 2 minutes prior to the IUD insertion.
- You will answer questions regarding your pain at various points during the procedure, and you will rate your pain on a special scale from 0 to 10.
- One day after the procedure, you will be given the option to answer questions about your pain during the procedure and previous IUD insertions and medical history. This questionnaire will be brief and should take less than 30 minutes. No part of the questionnaire is mandatory, and you may elect to not complete it at all.

All medications administered during the study are FDA approved. Lidocaine and ibuprofen will be used on-label in the manner they are approved. Benzocaine and saline sprays will be used off-label as they are not currently approved for vaginal use. Ibuprofen and injected lidocaine are both frequently used during routine IUD insertions. Topical benzocaine is shown to reduce pain during injections and during IUD insertion but is less commonly used for IUD insertion. As these medications and placebos are administered as part of research, and by being randomized you cannot select your intervention, all procedures are considered "research only." The injection of lidocaine in the cervix will involve four points of injection, and the needle stick designed to mimic the injection will be placed at these same four points for the approximate duration of time that it would take to inject the medication, but no substance will be injected with the needle stick.

There will be about 160 subjects participating in this study.

Because we don't know which of the pain control methods is best, we will "randomize" you into one of the 4 study groups. "Randomize" means putting you into a group by chance. It is like flipping a coin or pulling a number from a hat. You will have a one-in-four chance of being placed in any group. A computer program chooses which group you go in. You and the study doctor or provider cannot choose which group you go into.

IRB Approval Date: Aug 13, 2025; Written Consent with HIPAA Authorization ID #797454; Annual Update ID #460270

This study is “blinded”, which means that you will not know which intervention you are getting until the end of the study. This way, your expectations of what will happen in the study will not affect the results.

How long will I be in the study?

Your participation is expected to last the duration of the IUD insertion visit, and you will be given the option to fill out a questionnaire one day after your insertion, for a minimum participation of just the visit and a maximum participation of two days, as you will have a 24-hour window to complete the questionnaire.

Are there benefits to taking part in the study?

You may or may not benefit as a result of your participation in the study. Information learned from the study may help other people in the future. The combination treatment of topical benzocaine and injected lidocaine may give you effective pain relief. Topical benzocaine alone and injected lidocaine alone have both been shown to reduce pain as well.

What are the possible risks of participating in this study?

There are risks expected when taking part in this study. There are some that we know about and some we may not know about yet. Some risks include pain during the insertion (which is expected to be inherent to the IUD insertion), pain with injection of lidocaine or sham injection, bleeding from injection of lidocaine or sham injection, or a reaction to the lidocaine, benzocaine and/or its inactive ingredients, ibuprofen, or the placebo inactive saline spray.

In this clinical trial both the benzocaine and saline sprays are being used “off-label”. Off-label use means that the items are being used differently than their specific approval by the FDA. The benzocaine spray and saline spray are not labeled for vaginal use by the FDA. There is possible risk of irritation occurring from the inactive ingredients as they have not been approved by the FDA for vaginal use. Despite the off-label status, the benzocaine spray used is given for IUD insertions in the clinic during normal care as well. The saline is not, but it considered inactive and of minimal risk. If you have any questions or concerns about the off-label usage, please ask the research staff.

To help lower these possible risks, we will not give you lidocaine, benzocaine, or ibuprofen if you are allergic to them or their inactive ingredients, and we will have standard interventions to reduce bleeding. It is possible that you will have pain with IUD insertion regardless of whether or not you participate in the study. The pain with lidocaine or sham injection is a factor that we are evaluating in the study, so the risk is mitigated only by the administration of ibuprofen, which all study subjects will receive. If you are in a group receiving a placebo for either or both of the benzocaine/lidocaine options, you may have more pain than those receiving the active medications. This pain will also be mitigated only by the administration of ibuprofen.

IRB Approval Date: Aug 13, 2025; Written Consent with HIPAA Authorization ID #797454; Annual Update ID #460270

IUD insertion and ibuprofen use are not safe in pregnancy. To ensure you do not undergo these procedures while pregnant, a urine pregnancy test will be administered prior to your procedure, as is standard of care and is done regardless of your participation in the study.

We will tell you about any new important information we learn that may affect your decision to continue to participate in this study.

You will be put into a group by chance. The intervention you receive may turn out to be less effective or have more side effects than those in the other groups. It may also be less effective and have more side effects than other interventions available for pain relief during IUD insertion.

What other choices do I have if I don't want to be in this study?

You are not required to be in this study. You can simply choose not to participate. Your ability to get an IUD and your ability to discuss pain management options with your doctor or provider do not depend on your participation in this study.

Will I receive compensation for taking part in this study?

For participating in this study, you will receive a $20 electronic gift card after the conclusion of your participation. You will have needed to complete the participation in the clinic during your insertion, but you will not be required to complete the optional survey sent to your email afterwards for the compensation. After the expiration of the optional survey link you will be emailed the $20 electronic gift card.

Are there any costs for participating in this study?

You and/or your health plan/insurance will be billed for everything that is considered standard of care and essential to the procedure. This includes tests and procedures you would receive without being in this study, namely the ibuprofen, the intrauterine device itself, and standard fees associated with the visit and procedure that would be incurred regardless of participation in the study. Some health plans/insurance companies will not pay for these costs for people who are in research studies. Check with your plan/company to find out what they will pay for.

You and/or your health plan/insurance will not be billed for research-specific interventions, including injected lidocaine, topical benzocaine spray, and the inactive saline spray.

Other costs to you from being in this study may include testing or treatment for existing or new health conditions, insurance co-payments for doctor visits, transportation, parking, childcare, and/or time off work. You are not responsible for the cost of the medications administered as part of the study.

A social worker and financial counselor are available to discuss concerns with you. Please let the research staff know if you would like to visit with them and an appointment will be made.

You should discuss any questions about costs with the researchers before agreeing to participate.

IRB Approval Date: Aug 13, 2025; Written Consent with HIPAA Authorization ID #797454; Annual Update ID #460270

Will information about me be kept private?

The research team is committed to respecting your privacy and keeping your personal information confidential, including health information. We will make every effort to protect your information to the extent allowed by law. Your name and other personal information will not be included with your study records. Your results will be given a code number that will not be related to your name.

When the results of this research are shared, we will remove all identifying information so it will not be known who provided the information. Your information will be kept as secure as possible to prevent your identity from being disclosed.

We may share what we collected from you as part of this research, after removing your identifiers, for future research without additional informed consent from you.

The FDA may inspect the records since the study is FDA regulated.

We will scan a copy of this consent form into your medical record. We may also record your research information, including the results of tests and procedures, in your medical record if the information could be useful for future treatment.

Permission to Use your Protected Health Information:

State and federal privacy laws (HIPAA) protect the use and release of your health information. If you decide to take part in this study, you also give us your permission to use your private health information, including the health information in your medical records and information that can identify you.

You have the right to refuse to give us your permission for us to use your health information. However, doing so would mean that you could not take part in this study.

Some identifiers about you will be viewed on your health records and are necessary for this research. The identifiers will include your name, dates related to you, email addresses, and medical record number. and other characteristics that could identify you. If you choose to provide it, your email address will be stored for distribution of an optional questionnaire.

We may share any of this information with the following:

- Authorized members and staff of the University of Missouri Institutional Review Board (IRB).
- Laboratories and other individuals and organizations that may need to see your health information in connection with this study.
- Study monitors and auditors who make sure that the study is being done properly.

IRB Approval Date: Aug 13, 2025; Written Consent with HIPAA Authorization ID #797454; Annual Update ID #460270

- Government agencies and public health authorities, such as the Food and Drug Administration (FDA), the Department of Health and Human Services (DHHS), and the Office for Human Research Protections (OHRP)

Any research information shared with outside entities will not contain your name, address, telephone or social security number, or any other personal identifier unless it is necessary for review or required by law.

The people who get your health information may not be required by Federal privacy laws (such as the HIPAA Privacy Rule) to protect it. Some of those people may be able to share your information with others without your separate permission.

Your permission for us to use and/or release your information will not expire unless you cancel your permission in writing.

You can cancel your permission at any time by writing to:
Investigator's Name: Dr. Kirby Woodall
Institution: University of Missouri Health System
Department: Obstetrics and Gynecology
Address: 909 Hitt St, Columbia, MO 65201
The information we have already collected may still be used for this clinical trial, but we will not collect any more information after we receive your letter.

You have the right to access your protected health information that is obtained or created during this research project until the end of the study.

If you have not already received a copy of the University of Missouri Health Care Privacy Notice, you may request one. If you have any questions or concerns about your privacy rights, you may contact the Privacy Officer at 573-882-9054.

What if I am injured during the study?

It is not the policy of the University of Missouri to compensate human subjects in the event the research results in injury.

The University of Missouri, in fulfilling its public responsibility, has provided medical, professional and general liability insurance coverage for any injury in the event such injury is caused by the negligence of the University of Missouri, its faculty and staff. The University of Missouri also will provide, within the limitations of the laws of the State of Missouri, facilities and medical attention to subjects who suffer injuries while participating in the research projects of the University of Missouri.

In the event you have suffered injury as the result of participation in this research program, you are to contact the Risk Management Officer, telephone number (573) 882-1181, at the Health Sciences Center, who can review the matter and provide further information. This statement is not to be construed as an admission of liability.

IRB Approval Date: Aug 13, 2025; Written Consent with HIPAA Authorization ID #797454; Annual Update ID #460270

Where can I get more information about this clinical trial?

A description of this clinical trial will be available on www.clinicaltrials.gov, as required by U.S. law. This website will not include information that can identify you. At most, the website will include a summary of the results. You can search this website at any time. The NCT number for this trial is NCT06951191.

Who do I contact if I have questions or concerns?

If you have questions about this study or experience a research-related injury, you can contact the University of Missouri researcher at 314-629-9335 or lgcdh2@umsystem.edu

If you have questions about your rights as a research participant, or have problems or complaints, please contact the University of Missouri Institutional Review Board (IRB) at 573-882-3181 or muresearchirb@missouri.edu. The IRB is a group of people who review research studies to make sure the rights and welfare of participants are protected.

If you want to talk privately about any concerns or issues related to your participation, you may contact the Research Participant Advocacy at 888-280-5002 (a free call) or email muresearchrpa@missouri.edu.

Do I get a copy of this consent?

You will receive a copy of this consent for your records.

We appreciate your consideration to participate in this study.

IRB Approval Date: Aug 13, 2025; Written Consent with HIPAA Authorization ID #797454; Annual Update ID #460270

Consent to Participate - Signatures

Subject's Signature	**Date**

Independent Witness	**Date**

(Required when Subject or LAR cannot read or sign name, and as required by the IRB)

Investigator Authorized to Obtain Consent	**Date**

(Required for FDA regulated, and/or treatment/medical procedure studies)

IRB Approval Date: Aug 13, 2025; Written Consent with HIPAA Authorization ID #797454; Annual Update ID #460270