

[Your Name]
[Your Address]
[City, State, Zip Code]
[Email Address]
[Phone Number]
[Date]
[Recipient Name]
[Recipient Title]
[Clinic or Healthcare Provider's Name]
[Address]
[City, State, Zip Code]

Dear [Recipient Name],

I hope this letter finds you well. I am writing to formally express my interest in receiving an intrauterine device (IUD) as my preferred method of contraception. After researching various options and discussing my choices with trusted health care professionals, I believe that an IUD aligns with my health needs and lifestyle.

I would like to schedule a consultation at your earliest convenience to further discuss this option and evaluate its suitability for my individual health circumstances. My medical history is as follows:
[briefly list any relevant medical history or concerns]. I am eager to learn more about the different types of IUDs available and their associated benefits and risks.

Please feel free to contact me at [your phone number] or [your email address] to arrange an appointment. Thank you for considering my request. I look forward to your prompt response.

Warm regards,
[Your Name]