

[Your Name]  
[Your Address]  
[City, State, Zip Code]  
[Email Address]  
[Phone Number]  
[Date]  
[Recipient's Name]  
[Recipient's Title]  
[Clinic/Hospital Name]  
[Clinic/Hospital Address]  
[City, State, Zip Code]

Dear [Recipient's Name],

I hope this letter finds you well. I am writing to discuss the possibility of placing an intrauterine device (IUD) for birth control. I have been considering my options for contraception and believe that an IUD may be a suitable choice for my needs. I would appreciate the opportunity to have a thorough discussion about the procedure, including the types of IUDs available, potential benefits, risks, and any follow-up care that may be required.

Could we schedule an appointment to meet and discuss this in detail? I am looking forward to your guidance and recommendations regarding the best path forward.

Thank you for your time and assistance.

Sincerely,

[Your Name]