

## **THE CHISLEHURST MEDICAL PRACTICE**

**January 2016**

If you wish to have a coil fitted please book a 10 minute routine consultation with the Nurse Practitioner or GP – they will advise you what needs to be done BEFORE your coil is fitted

*Essential information about your coil appointment*

Please ensure you read this before attending

Please ensure you read the following to ensure that when we see you to have your coil fitted the appointment goes as smoothly as possible. Doing so will help us to ensure there is no avoidable reason that we cannot fit your coil on the day.

- **WE CANNOT FIT A COIL IF THERE IS ANY CHANCE OF PREGNANCY** so ensure you don't have to delay by using condoms or proper contraception if you have intercourse any time from the first day of your period until the coil is fitted.
- **PLEASE ENSURE YOUR SWAB IS DONE.** This is to test for sexually transmitted infections and is routine before a coil is fitted, even if it isn't your first coil. Instructions can be found in your coil pack. We will need to see the swab result before we see you for the coil, so please leave at least a week between doing your swab and your coil appointment, to ensure we have enough time to get the result back.
- Try to time your appointment to when you are on your period. This is not essential but makes fitting the coil quicker and easier.
- If you have recently had a baby and are not having regular periods you should ensure you use condoms or other contraception for any intercourse, and certainly in the 4 weeks prior to your coil appointment.

Please take time to read the online leaflet on your new contraception. This gives you up to date information about the risks, benefits and effectiveness of the coils. Please do then feel free to ask any questions you may have when you come to your coil appointment;

***Mirena:***

[www.fpa.org.uk/contraception-help/ius-intrauterine-system](http://www.fpa.org.uk/contraception-help/ius-intrauterine-system)

***Copper Coil:***

[www.fpa.org.uk/contraception-help/iud-intrauterine-device](http://www.fpa.org.uk/contraception-help/iud-intrauterine-device)

