

## Copper Coil Pre and Post fitting information

All coils are fitted at **Wistaria surgery**, 18 Avenue Rd, Lymington SO41 9GJ

**If you are unable to attend your fitting appointment, please ensure that you cancel with as much notice as possible.**

**Ensure you are not Pregnant at the time of fitting** - We need to be sure you are not pregnant when we fit the intrauterine device. If you have conceived prior to the time of fitting, the coil may not protect you from that pregnancy. Please ensure that you are using a reliable method of contraception in the month before your appointment. If you are taking a pill keep taking this until the date of the fitting. If you are not having regular periods and not using a reliable method of contraception as above, you must avoid having intercourse for at least 2 weeks before your fitting appointment. We will perform a pregnancy test before fitting your IUD/IUS, so please **bring a urine sample to your appointment**.

**Bleeding** - We can fit the intrauterine contraception at any time of the month, including bleeding days.

**Smears** – If you are due a smear, please have this and ensure that the results are back prior to having your fitting. If there is any abnormality with your smear, you may need to have treatment without the coil in situ.

**If you are having one coil removed and a new one inserted**, please don't have unprotected intercourse for 1 week prior to the change. If we are not able to insert the new coil once the old one has been removed, you will not be protected for 1 week pre removal.

If you have **just had a baby**, you should start using reliable contraception 21 days after giving birth. You can have a IUD/IUS fitted 4 weeks after giving birth.

**How soon does it work after insertion?** We advise you not to have intercourse for 7 days after having a coil fitted to ensure it has time to settle and minimise expulsion. Contraceptive cover will start after these 7 days.

### **On the day of your appointment**

Take a painkiller 1-2 hours before your appointment, this may help reduce the discomfort and cramping.

Mefenamic acid 500mg  
Ibuprofen 400mg  
Paracetamol 1g

Please allow 1 hour for the appointment. Although the procedure itself usually takes 5 mins, a few women can feel faint afterwards and need time to rest and recover.

Please don't bring children with you.

Bring a panty liner as you can have some spotting post fitting.

Tampons are not recommended for 4 weeks post fitting.

## **Advice AFTER the fitting of the Copper Coil**

Copper coils work as contraception for either 5 or 10 years and you will be advised which one you have.

**Note it is your responsibility to contact us when it is time for removal or replacing your device (Book a GP appointment a few months before the due date). You will NOT be sent a reminder.**

### **WHAT TO EXPECT AFTER YOUR DEVICE HAS BEEN FITTED**

Some irregular spotting or bleeding is common after the fitting and over the first few months. You may have some period type pain or cramps for the first few days. Take any simple painkiller that you would take for period pain.

**It is important to see a doctor if you suffer any symptoms of infection  
These might be: Worsening pain, pain not settling. Abnormal discharge from the vagina, Fever, shivering and feeling severely unwell**

**Or if you think you might be pregnant  
Or if you think your device may have fallen out**

### **HOW SOON DOES THE DEVICE WORK?**

Immediately – unless your doctor has advised you otherwise

### **DO NOT DO THE BELOW POST FIT FOR**

Moon cup – not for 6 wks

Tampons – not for 4 wks

Sexual intercourse – not for 7 days

Swimming/Jacuzzi - not for 7 days

### **HOW DO I CHECK THAT THE IUD IS STILL IN PLACE?**

It is important to check threads every month to ensure that IUD is still in place. The best time to check the threads is after your period, as it is during your period that the IUD is most likely to fall out. Occasionally IUD's are expelled and this happens most commonly in the first 4 weeks after fitting. If you have concerns please come and see your GP.

### **WHAT WILL HAPPEN TO MY MENSTRUAL PERIOD?**

Menstrual periods are likely to be slightly heavier and longer, especially in the first few months after insertion. Ibuprofen or another non-steroidal anti-inflammatory pain killer is a good option if this occurs and can lighten the periods.

### **HOW IS THE DEVICE TAKEN OUT?**

A trained person can take the device out at any time, quickly and easily. If you have had unprotected intercourse in the 7 days prior to the removal of your device, you are at risk of pregnancy. Use condoms or abstain for 7 days prior removal if you don't want to get pregnant. Your fertility returns as soon as the device is removed.