
Having a coil fitted

The coil is best fitted up to day 7 of your cycle. It can be fitted later, subject to discussion with a GP.

The procedure can be uncomfortable, usually short sharp pains at the time and then a period pain type ache for a few hours afterwards. It is sensible to take painkillers before attending.

You should consult a doctor if any of the following occur:

- Prolonged tummy pain (severe or beyond 48 hours).
- A delayed period and lower or one-sided abdominal pain.
- Vaginal discharge with or without pain
- If you suspect that the coil has come out, or is coming out.

Follow-up

There is no routine follow-up required after the coil insertion. You should be able to feel the coil threads easily by yourself.

You should book an appointment with a practice nurse if you cannot feel the threads, and use other contraceptive methods (such as condoms) until it is confirmed by the nurse that the coil is still there.

For more information see:

www.sexwise.fpa.org.uk/contraception

Removal of IUCD/IUS

A coil can be removed at any time by a trained doctor or nurse. If you plan to have it removed, but do not want to get pregnant, then you should abstain from having sex, or use other methods of contraception (such as condoms) for seven days before the coil is removed.

Coil replacement

IUS (Mirena) coils last 5 years. Some copper coils last up to 10 years. At the time of coil fitting you will be told when replacement is due and should be given a card with this date.

Please book a telephone review with the doctor 2 months before this due date.

The old coil will be removed by the practice nurse at a separate appointment several hours before the replacement coil is fitted. This is to reduce the risk of spasm of the cervix which otherwise can make the procedure more difficult & uncomfortable.



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Patient Information Leaflet

Dr Odwell & Partners
Towcester Medical Centre
Link Way
Towcester
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NN12 6HH

01327 359953

Please read this information carefully and speak to the doctor if you have any queries

Benefits

- Very effective in preventing pregnancy
- Is easily reversible
- Offers contraceptive “privacy”
- Does not affect fertility once removed
- Can be used in women who cannot take pills due to medical reasons
- If you are aged 40 or over when the IUD is fitted (aged 45 for IUS), it can be left until the menopause.
- With IUS, periods could become lighter and in some cases even stop
- The IUS can be used as part of HRT

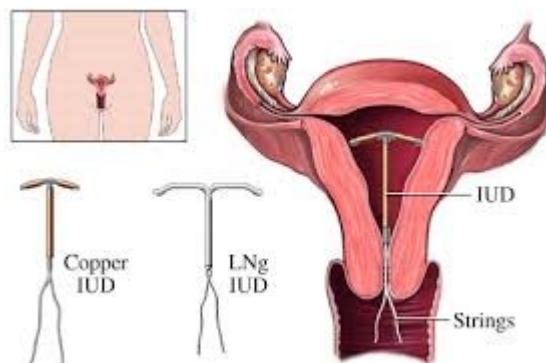
Risks

- Risk of infection
- Offers no protection against HIV or sexually transmitted infections
- Small risk (2 in 1000) of perforation of womb during insertion
- Contraceptive Failure i.e. Pregnancy (including Ectopic—pregnancy outside the womb)
- Heavy or prolonged periods with IUD which can take a few months to settle
- Irregular bleeding with IUS which can take up to 6 months to settle

There are different types of IUD (coil) to suit different women:

An **intrauterine system (IUS)** is a small plastic device that is inserted into the uterus and slowly releases a hormone called progesterone.

An **intrauterine device (IUD)** is a small plastic and copper device that does not contain any hormone.



Prior to Coil Fit Appointment

1. Book a phone call with the doctor to discuss whether you are suitable for a coil and which type you would prefer.
2. It is important you are up-to-date with your cervical smear tests and are sure there is no chance of pregnancy.
3. Prior to a coil fit we ask that you perform a self-swab for Chlamydia. Chlamydia is a sexually transmitted infection but can stay dormant for many years. As it is unlikely to give symptoms we test for this prior to fitting a coil to prevent complications in the future.

1. Open swab packet which will contain
 - Vial
 - White swab
 - Blue swab
2. Discard white swab
3. Insert blue swab into vagina (where you would insert a tampon) and rotate against vaginal walls for approximately 10-30 seconds
4. Take white cap off vial & insert blue swab
5. Snap off remainder of swab & discard
6. Reapply white cap onto vial
7. Fill in personal detail on side of vial
 - Full name
 - Date of birth
 - Date swab is taken
8. Return to Towcester Medical Centre
9. Please phone for your result 7-10 days after dropping in



(Illustrations courtesy of Gen-Probe Incorporated, San Diego CA)