

Consent and information prior to having a coil fit

Following on from our telephone consultation we can now book you in for a coil fit but before we do this we want to ensure it is safe and you are aware of all the benefits and risks.

Please watch this video from the Lothian NHS trust

<https://www.youtube.com/watch?feature=youtu.be&v=XHRYE2FsXmc&app=desktop>

Please then carefully read through the attached self-assessment consent checklist. If you are happy and want to go ahead please respond to this text with

YES

Or if you are able you can tick and sign the consent form electronically and attach it to your response.

Once we have received this we can book you into a clinic slot if we haven't already done so.

Remember you must not be pregnant at the time of fitting - please see checklist. If you are having a refit please abstain from sex or use condoms for the week prior to the refit.

Remember on the day of your appointment -

It is very important that you **DO NOT** come into the surgery if you have any symptoms that could be related to corona virus. Please follow the current government guidelines.

Approx 1-2 hours before your appointment we recommend that you have a light meal and take some simple pain relief- either Ibuprofen 2 tablets, if safe for you to take these, or Paracetamol 2 tablets

Please wear a face mask if you can as we still encourage this in health care settings for both your and our safety

You are likely to have some minor bleeding after the fitting- please bring a panty liner/ sanitary towel

If your Health Professional has said you may need a pregnancy test on the day - it would be a good idea to bring a urine sample with you in a clean container. This will reduce the use of the patient toilets.

We would suggest avoiding sex and tampons for the 5 days post fit.