



# COIL CLINIC

## Patient Information

This leaflet is for patients receiving copper or hormonal (Mirena) intrauterine devices. The leaflet shall refer to both as 'coil'.

If you do not have a coil currently fitted, or your current coil is no longer in date, please ensure you **do not have sex, or use a reliable contraception method for at least 3 weeks** before your new coil is fitted.

If you currently have a coil that is in date, **please do not have sex 7 days before your appointment for coil replacement.**

**If you have unprotected sex before attending your coil clinic appointment you will be turned away due to risk of pregnancy and will have to rebook an appointment.**

Copper and Hormonal coils are highly effective, convenient, reversible contraception options.

#### When given your Coil Clinic Appointment

Before attending the Coil Clinic, you must **speak to a doctor** to make sure the Coil is the right option for you. If you have not, or your discussion with a doctor was several months ago, please ring the practice and ask to make a telephone appointment with a doctor to discuss the Coil as contraception before attending your Coil Clinic appointment.

#### To ensure the Coil can be fitted

Do not have sex from the first day of your period before your Coil Clinic appointment unless you are using the contraceptive pill/patch/injection reliably. If you do not have regular periods, or are not using a reliable form of contraception, please do not have sex for 3 weeks before your coil fitting.

If your current coil is out of date and you are booking to have it replaced, please use an alternative form of contraception (e.g pill/condoms) from the coil expiry date until the date of your coil replacement.

If you are having your current coil removed and replaced, which is still in date, please avoid sex for 7 days before your coil clinic appointment.

This is the most common reason that patients are turned away from the Coil Clinic on the day.

#### Day of the appointment

Please make sure you have eaten breakfast/lunch

Take ibuprofen or paracetamol 1hr before

Please arrange for someone to look after babies/young children while you have your appointment.

You may have some bleeding immediately after insertion and for a few hours later, so some women prefer to bring a sanitary towel with them.

### Getting your Coil fitted

Your Coil is fitted by a Doctor at NHG. At the start of the appointment, the doctor will talk you through the Coil-fitting procedure and ask you a few questions about your medical history to ensure the procedure can take place.

The coil-fitting procedure should take approximately 10-15 minutes, but please allow 1 hour for the appointment to take account for the discussion before-hand and if the procedure takes longer than expected. Some women may need to lie down for a short time afterwards.

We may be able to insert, remove or change a coil at any time of your cycle, including during a period.

We will tell you how soon you can rely on your coil (new or replaced) after it is fitted. This depends on the type of coil you choose and where you are in your cycle when it is fitted.

### Coil removal

If you are getting a coil removed and not getting a replacement fitted and do not wish to get pregnant, please avoid sex or use condoms for 7 days before your appointment. We recommend you start your next form of contraception (pills/implant/injection) at least 7 days before the coil is removed or within 5 days of your period.

The coil can be removed at any time in your cycle without avoiding sex if you wish to become pregnant or no longer need contraception.

### After your appointment

After you have your coil fitted, you may experience some cramps, similar to period pain and spotting. This will usually settle, if it does not settle after 3 days please contact your GP.

To ease the cramps, you may use a hot water bottle or take ibuprofen.

Checking your coil is in the right place: after your coil has been fitted, the doctor will advise you how to self-check your coil to make sure it is in the right place. You can gently feel the threads. If you are not comfortable self-checking or cannot feel your threads, get in touch with the practice and we may offer a follow-up appointment to check for you.

Please contact the GP if you get any of the following occur:

- You are having any problems with your coil. Such as missing threads, concerns that it is not in the right place, your coil has fallen out, or are experiencing ongoing pain.
- You have any signs of infection, such as: smelly discharge, lower abdominal pain, pain during sex, high temperature or irregular bleeding.
- You want your coil removed
- You are worried that you may be pregnant, or have taken a home pregnancy test that is positive whilst your coil is still in place

If you no longer wish to have a Coil fitted, or your appointment is no longer convenient, please telephone the practice to be added to the waitlist for the next Coil Clinic.

**Telephone: 01667 452096**