

Information for patients

Insertion of intrauterine contraception (coil)

Contraception and Sexual Health Patient Information Leaflet

Important advice for all patients attending for insertion of intrauterine contraception (coil).

Please ensure you read this information carefully prior to your appointment to have an intrauterine device (IUD) or intrauterine system (IUS) fitted.

Contraception prior to your appointment

There must be no risk of pregnancy prior to your appointment. If you are at risk of pregnancy, we may have to rearrange your appointment for another day.

To ensure we can insert the device, you should:

- Continue using a hormonal method of contraception (pill, patch, ring, injection or implant) until the day of your appointment, or
- Use condoms on every occasion you have sex for at least three weeks before your appointment, or
- Abstain from sexual intercourse altogether for at least three weeks before your appointment.

If you are replacing an IUD/IUS which is not out of date, please ensure you avoid any unprotected sex for **seven** days and please use condoms before your appointment. This is to prevent pregnancy in case we are unable to insert a new device after removing the old one.

Infection screen prior to your appointment

We will do a sexual health screening for chlamydia and gonorrhoea prior to fitting a coil on everyone.

On the day of your appointment

Ensure you have had something to eat, such as a light breakfast or lunch. Please take your usual pain relief tablets about 60 minutes before your appointment.

We will provide sanitary towels.

After having the IUD/IUS fitted

You may experience some slight pain in your pelvis. This may last a few hours, and in some cases, it may continue for a few days. You may experience occasional pains and vaginal bleeding, however, if you do experience severe pain or abdominal bleeding and you cannot contact the Contraception and Sexual Health Department, please attend the Emergency Department.

Please do not have sex or use tampons for the first **two** days to avoid any additional risk of infection. Your next period may also be slightly earlier or heavier. Mooncups and tampons do not appear to be associated with an increased risk of coil expulsion, so they can be used after the insertion of a coil.

Protection against pregnancy

You will be protected from pregnancy immediately following the insertion of a copper coil (IUD), and if the hormonal coil (IUS) was inserted within the first **seven** days of your last natural period cycle. If you have a short cycle (23 days or less), this may not be the case. Your nurse or doctor will advise you.

If a hormonal coil (IUS) is fitted more than **seven** days after the onset of your period, you will need to use an extra method of contraception for the first **seven** days after insertion.

Possible risks

- Risk of damage to the womb is less than two in 1000.
- Risk of expulsion is around one in 20, and is most common in first three months of fitting.
- Failure rate of approximately one per cent per year of use. If you get pregnant, you need to get in touch with your GP or Sexual Health Department as there is a small risk of ectopic pregnancy.
- The coil does not protect against sexually transmitted infections.

Follow-up

If you experience any unusual pain or pain during sex, increased bleeding or vaginal discharge, or fever in the first three weeks after your device is fitted, please call the clinic to arrange an appointment. This is because you may have an infection. Routine follow-up is not needed if you are able to feel your threads and are happy with your coil. The nurse or doctor will advise you on how to do this.

If you cannot feel the threads, you feel the device has moved or if you can feel the device itself, please use an alternative method of contraception such as condoms as you may not be protected from pregnancy. Contact the clinic to make an appointment to check.

Contact us

Contraception and Sexual Health
Brierley Hill Health & Social Care Centre
First Floor
Venture Way
Brierley Hill
DY5 1RU

Telephone: 01384 321480

<http://www.dgft.nhs.uk/services-and-wards/sexual-health-community/>

Patient Advice and Liaison Service (PALS)

Freephone: 0800 073 0510 (9am to 5pm, Monday to Friday)
Email: dgft.pals@nhs.net

If you have any questions, or if there is anything you do not understand about this leaflet, please contact:

The contraception and sexual health team on 01384 321480

This leaflet can be downloaded or printed from:

<http://dgft.nhs.uk/services-and-wards/sexual-health-community/>

If you have any feedback on this patient information leaflet, please email dgft.patient.information@nhs.net

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru va rugăm sunați la 0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے۔ براہ مہربانی فون نمبر 08000730510 پر رابطہ کریں۔