**Patient Information Leaflet **

**Having a Coil Fitted**

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***Please read this information carefully and speak to the doctor if any queries.***

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 progestogen.

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



**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 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

**Risks**

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

**When to book your appointment**

Prior to having your coil fitted, please book an appointment with a practice nurse for vaginal swabs up to 4 weeks preceding the coil insertion. If an infection is found treatment may be needed.

Please book a telephone appointment with the doctor to discuss whether you are suitable for a coil and if so which sort you would prefer.

**Having a Coil Fitted**

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

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

* Prolonged tummy pain (severe or beyond 48 hour)
* A delayed period and lower or one-sided abdominal pain
* Vaginal discharge with or without pain
* If you suspect that the IUCD 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.

**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. A the time of the 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 can otherwise make the procedure more difficult and uncomfortable.