

West Timperley Medical Centre

**Patient Information Leaflet**

**Intrauterine Device (coil) fitting**

Please ensure you read this leaflet prior to attending your appointment to have your coil fitted

Is this the correct method of contraception for you?

An IUD or coil is an excellent method of contraception but not suitable for everyone. Please make sure you have discussed the best method of contraception with one of the doctors or nurses. It is important that you know the difference between the non-hormonal (Copper coil) and the hormone (Mirena/Kyleena) coil.

Timing of fitting a coil

* We can fit a coil on any day of your menstrual cycle as long as you are 100% certain that you have no risk of pregnancy. Please refrain from intercourse from the 1st day of your last period unless you have a coil or implant in place or are taking the contraceptive pill. If you are taking the pill continue this right up until your coil fit.
* If in any doubt at all, please wait for your next period and book a coil fit around the last day. It doesn’t matter if you are still bleeding when you have your coil fitted.
* If you are attending to have your coil changed please abstain from intercourse for 7days before your appointment.

What are the risks of having a coil fitted?

Having a coil fitted is a very safe and simple procedure. With any medical intervention there are always some risks which you must be aware of before proceeding with a coil fit.

* Risk of infection – there is a tiny risk of introducing an infection into the womb. Generally this would present as heavy discharge and /or pain a few days after the coil fit and can be treated with antibiotics
* Risk of expulsion – occasionally people expel the coil. This normally happens in the first 6 weeks and normally with a period if at all
* Contraceptive failure – the coil gives one of the best methods of contraception and is over 99% effective
* There is a very small risk 1:1000 of perforation of the womb at the time of insertion of the coil – it is very unlikely to happen and can be easily dealt with

On the day of the coil fit

* Please take Ibuprofen 400mg or Paracetamol 1g about 30 minutes before your appointment. This helps the womb to relax and reduces the cramping pain afterwards
* Please ensure you have not missed a meal and ensure you have had something to eat and drink on the day of the procedure
* Please allow up to an hour at the surgery. Sometimes patients feel a little faint after the procedure and may need some time to sit quietly afterwards and be monitored
* It is normal to have light bleeding and period-like cramping for the rest of the day
* Please bring a sanitary pad with you as you may bleed lightly after the procedure
* Please try your best not to bring toddlers/young children with you

If you have any questions then please ask before making the appointment to have your coil fitted. It is possible to make a telephone appointment with the Doctor or Nurse fitting the coil.