



# Preparation for a complex coil removal

## Patient information

### Tayside Sexual & Reproductive Health Service

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The aim of this leaflet is to help you to prepare for removal of your 'lost' or 'stuck' copper or hormone coil (intrauterine device) at Tayside Sexual & Reproductive Health Service.

To make your clinic visit as straightforward as possible and to ensure that the procedure takes place, it is important that you have read all the information below.

**Please bring this form with you when you attend the clinic.**

#### General information

Please tick the boxes to confirm that you have understood and agreed to the following:

**If you are not sure if your coil is still in place as there are no coil threads and you had no recent scan to confirm it is still in place, or if your coil is out of date or lying low:**

- I understand that it is not safe to remove a 'lost' or 'stuck' coil if I might be pregnant. It is therefore important to abstain from sex or consistently use a different contraceptive method like condoms for at least 3 weeks before my appointment.

**If you had a scan over the last 6 months showing the coil in the correct place and your coil is not out of date:**

- I understand that it is important to abstain from sex or consistently use a different contraceptive method like condoms for the 7 days before my appointment.

Your coil removal appointment lasts around 30 minutes and might include a transvaginal (internal) ultrasound scan.

If you are at risk of a sexually transmitted infection (STI) you will be offered STI screening on the day of your procedure.

A complex coil removal is often quick but can be uncomfortable, especially in patients who have never given birth. Your doctor at the Sexual & Reproductive Health Clinic will talk you through the different pain relief options if required.

Some patients might feel slightly dizzy or sick during or straight after the procedure. You should therefore make sure that you have had a light meal on the day of the appointment.

Simple painkillers like Paracetamol and/or Ibuprofen could also be taken around an hour before the procedure.

**Certain medicines are better taken after the procedure**, for example drugs which can lower your blood pressure, reduce anxiety, or help with migraines, like Propanolol or other beta-blockers, or medicine against high blood pressure.

Please give us a call if you have any doubts about when to take your medicines on the day of your appointment or not.

After the procedure you may not feel quite ready to drive home after or take public transport. It would be good to have a backup plan and have someone to call to take you home if necessary, especially if you are travelling some distance.

For the same reason, you might not be able to go back to work or to look after somebody else like a child straight after the procedure.

Please be aware that there are no crèche or child minding facilities at the clinic. You will not be able to look after a child and have a procedure at the same time. Children under the age of 13 are not permitted to wait in our waiting room without supervision.

Rarely, the procedure can't be completed at the Sexual & Reproductive Health Clinic and you will be referred on to the Gynaecology Department to do the procedure under direct vision.

**Please bring a urine sample with you as a pregnancy test may be required**

**Please note – your appointment is:**

**Date** .....

**Time** .....

**Place**.....

**Name** .....

**AN** \_\_\_\_\_ (office use only)

If you are unable to make it to your appointment, please let us know as soon as possible, in order that we can use the slot for someone else.

## **Tayside Sexual Health & Reproductive Health Service Clinics**

### **Dundee**

Tayside Sexual & Reproductive Health Service  
South Block – Level 7  
Ninewells Hospital  
Dundee

### **Perth**

Drumhar Health Centre  
North Methven Street  
Perth

**Central telephone line: 01382 42 55 42**

**Website: [www.sexualhealthtayside.org](http://www.sexualhealthtayside.org)**

**We want to hear about your care experience**  
Share your story – help make our service better



<https://www.careopinion.org.uk/tellyourstory?nacs=T101H-sex-health>

You can find more information about this here:

[https://www.nhstayside.scot.nhs.uk/GoingToHospital/GiveUsFeedback/PROD\\_320144/index.htm](https://www.nhstayside.scot.nhs.uk/GoingToHospital/GiveUsFeedback/PROD_320144/index.htm)

Developed by Sexual & Reproductive Health Services and reviewed by patients.

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This leaflet can be made available in other languages and formats on request  
Speak to the nurse/health professional looking after you to arrange this