



Preparation for the fitting of a 'coil'

Patient information

Tayside Sexual and Reproductive Health Service

Please read carefully before attending your appointment

The aim of this leaflet is to help you to prepare for the fitting of a copper coil (also called IUD or intrauterine device) or hormone coil (also called LNG-IUD, formerly known as IUS or intrauterine system) at the Tayside Sexual and Reproductive Health Service.

Ideally you should already have made up your mind about which coil you prefer before your appointment. However, feel free to ask us any questions you might have to help you with this decision before the fitting.

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

Please read this information carefully

Please watch the video clip on coils (IUD – copper coil or IUS – hormone coil) (see link below) or read the Family Planning Association (FPA) IUD and/or IUS leaflet (see link below for more information).

www.sexualhealthtayside.org/sexual-health-relationships/contraception/

<https://sexwise.fpa.org.uk/contraception/long-acting-reversible-contraception-larc>

or

You already have a coil and are familiar with the benefits and risks of the method and the fitting procedure.

Make sure you are using an effective method of contraception and haven't had any problems recently putting you at risk of pregnancy (for example missed pill, slipped condom, late contraceptive injection or expired coil or implant).

You have not used emergency contraception recently or had unprotected sex since your last period. You understand that it is not safe to insert a 'coil' if you might be pregnant. A pregnancy can only be excluded 3 weeks after the last unprotected sex or taking the emergency contraceptive pill.

If you are having a coil changed, it is important to **abstain from sex for the 7 days before your appointment**, or consistently use condoms during this time.

If you are under 25 years, or have had a new partner, or more than one partner in the last 12 months, you need a recent negative test for chlamydia and gonorrhoea. This sexual health screen will be offered at the coil fitting if not one done already recently.

If you have symptoms of infection like new pelvic pain and/or unusual vaginal discharge, it is possible that your coil fit will be postponed to exclude or treat a suspected infection first.

If you are having period problems (for example irregular, unusual bleeding or heavy periods), have been diagnosed with fibroids or have a complicated medical history, your coil fitting may be postponed for further investigations and/or a coil might not be a suitable.

No method is 100% effective and the coil has a very small risk of failure (less than 1 in 100 chance of pregnancy).

If you do become pregnant with a coil still in place, there is an increased chance of an ectopic pregnancy (outside the womb, inside the fallopian tube). However, the overall risk of pregnancy is still very small.

There is a 1 in 20 risk of the device coming out, either partially (still staying in your womb) or completely, especially in the first months after fitting.

There is a 1 in 500 risk of the coil going into or through the wall of my womb (perforation) at the time of fitting. The risk is slightly higher following recent birth or in patients who are breastfeeding. This complication might require keyhole surgery to remove the device.

The coil will not protect against sexually transmitted infections (STIs).

A copper coil can make periods slightly heavier, longer and more painful.

A hormone 'coil' can make periods lighter or stop them altogether but can also cause erratic bleeding and spotting, especially in the first few months of use. The hormone coil can also cause hormonal side effects (skin, mood, bloating) as a small amount of hormone is absorbed. These side effects are usually mild and settle down with time.

General information about the 'coil' appointment

Your coil fitting or replacement appointment will last around 30 – 40 minutes. Please be aware that there are no crèche or child minding facilities at the clinic and children under 13 cannot wait alone in our waiting area.

We will not be able to fit a 'coil' if you bring a dependent child to your appointment.

A coil fitting is usually very quick but can be uncomfortable. At your appointment we will discuss ways of helping to reduce any discomfort during the procedure. You are in control during the fitting and we can pause or stop at any time if you find it difficult. If you have had particular difficulties in previous insertions, please get in touch with the clinic to discuss this before your appointment, so we can allocate you the most suitable clinic. Please get in touch if you have a coil with lost threads, as confirmed by a nurse or doctor.

Some patients can feel dizzy or even sick during or after the procedure. You should 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.

If you are currently taking beta-blocker medication (for example Propanolol) for a heart condition, blood pressure, anxiety or migraines, or blood thinning medication (anticoagulants like Warfarin); please contact the clinic for more advice before your appointment.

You may not feel ready to drive home after the coil fitting because of pelvic cramps, dizziness or nausea. It may be necessary to have a backup plan of someone to call to take you home, 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 in the first hours after the procedure.

Please be prepared to give a urine sample at the clinic as a pregnancy test may be required

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
South Block
Ninewells Hospital
Dundee
DD1 9SY

Perth

Drumhar Health Centre
North Methven Street
Perth
PH1 5PD

Central telephone line: 01382 425542

Website: 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

This leaflet has been adapted from the Lothian Sexual Health IUD/IUS leaflet.

Developed by Sexual and 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 looking after you to arrange this