

Contraceptive Coil: After your fitting

This leaflet explains what you need to know and do after you are fitted with either an Cu-IUD (intrauterine device) or an LNG-IED (intrauterine system). The Cu-IUD or LNG-IED is commonly known as the coil.

You have just had a contraceptive device fitted in the womb.

What happens next?

The device can continue to cause intermittent cramping at irregular intervals over the next few days.

The pain should settle but you may need to take some pain relief such as paracetamol or ibuprofen obtainable at chemists or supermarkets. We ask you not to have sex for 7 days to reduce risk of infection.

Some bleeding is likely in the next few days, but should lessen with time. With an LNG-IED with hormones the bleeding may be prolonged. You may like to keep a record of bleeding on a menstrual calendar.

If you had your copper Cu-IUD fitted as an emergency contraceptive, it is important you take a pregnancy test 3-4 weeks later.

What should I be concerned about?

Pain increasing in intensity or frequency, or persistent pain on having sex is not expected.

The coil might have moved, or it could be a sign of an infection. Please phone the clinic for advice.

Developing a fever, pain or new discharge.

This may also be a sign of infection. Please phone the clinic for advice.

Heavy bleeding with clots and cramps outside the time of a period is not normal.

This should be investigated further. Please phone the clinic for advice.

I am using the copper Cu-IUD and have missed a period.

You may be pregnant and the pregnancy may be outside the womb, which is dangerous to you. Contact the clinic and do a pregnancy test if available. If this is positive contact your GP or A&E urgently if out of clinic hours.



Contraceptive Coil: After your fitting



Previously I could feel the threads, and now I can't.

Phone the clinic for advice, and in the meantime do not rely on the device for contraception. You may wish to take a pregnancy test to rule out any risk of pregnancy.

I can feel the plastic of the device at the neck of the womb.

Phone the clinic for advice, and in the meantime do not rely on the device for contraception.

My partner has said they can feel the device during sex.

Please phone the clinic for advice.

What follow up do I have?

If you have concerns at any time after fitting please contact the clinic and we will get a nurse or doctor to call you back as soon as possible for advice.

If you need to be seen in the clinic we will make you a follow-up appointment to be checked by one of our nurses or doctors.

Please do not hesitate to contact us if you feel you need to.

Barnsley telephone: **0800 0556442**

Wakefield telephone: **0800 0556442**

www.spectrum-sexualhealth.org.uk



@spectrumcicsh

