

Contraceptive Coil: Before your fitting

This leaflet explains what you need to know and do before you are fitted with either a Cu-IUD (Copper coil) or a LNG-IUD (Hormone coil). The Cu-IUD or LNG-IUD is commonly known as the coil.

Booking and appointment

Before booking an appointment for a coil fit you must ensure you have a pre-coil fit assessment with one of our nurses or doctors to discuss this method of contraception. We also strongly recommend a sexual health screen prior to the fit. If you have any new sexual partners after this screen but before your fitting appointment, you should let us know.

You can have your coil fitted at any time in your cycle as long as there is no risk of pregnancy. If you are currently using a reliable method of contraception, continue that until the coil fitting.

Current contraception

Having a coil fitted will be dependent upon your current method of contraception, as follows:

Hormonal methods (pills, patches, ring, injection or implant)

As long as you are taking your pills correctly or your implant/injection has not expired, you can have the coil fitted at any convenient time.

Using condoms carefully

If you are reliant on condoms to prevent pregnancy and have used them every time you have had sex since your last menstrual

period, you can have the coil fitted at any convenient time.

Unprotected sex, diaphragm, natural methods or expired Cu-IUD or LNG-IUD

Please do not have any unprotected sex (any sexual contact without a condom) for three weeks before your fitting appointment. This is to ensure there is no risk of pregnancy.

You can also arrange to use a more reliable form of contraception (pills, patches, ring, injection) for a short time (e.g. three weeks or more) until the coil can be fitted. You will be able to discuss this at the pre-coil fit appointment.

Replacing a coil

If you want a replacement Cu-IUD/LNG-IUD (coil) then you can have the procedure done on any day of your cycle as long as your current coil has not expired. Please do not have sexual intercourse 7 days prior to your appointment or alternatively use a condom carefully during these 7 days. Sperm live in the pelvis for 7 days and a new coil may take 7 days to work and so there is a chance of pregnancy if this advice is not followed.

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Before coming to clinic

- If you have periods, please make sure you know the first day of your last one.
- Ensure you have eaten something.
- We recommend that you take pain relief such as Ibuprofen 400mg or paracetamol 1g if you are not allergic to them, one hour before your fitting.
- Please bring a couple of sanitary towels – not tampons – as you may experience a little bleeding after the procedure, which is normal.
- If possible, please bring someone who can accompany you home after the appointment, in case you experience any side effects such as cramping pain and feeling light-headed.

Accompanying children

Children will not be allowed into the clinical room whilst the procedure is carried out. If childcare cannot be arranged please bring someone who can look after them in the waiting room during your appointment.

What to expect from your coil fitting appointment

When you come into clinic for a coil fitting, you will meet with the doctor/nurse who will talk you through the procedure and be able to answer any questions you may have.

You will need to be able to provide a urine sample for a pregnancy test before we can fit your coil.

Once you are comfortable and have enough information about the procedure, a speculum will be inserted into the vagina and the T-shape device (the coil) is inserted into your womb through the cervix. During a coil fit you may feel some discomfort but this varies from person to person. The doctor or nurse will do their best to reassure you and make the experience as comfortable as possible but if at any stage you change your mind about the fitting, the procedure can be stopped. After you have had the coil fitted, you will be given advice about what to expect and when to come back for a check-up.

Please note that although we fit coils regularly in our service there are occasions when, for various reasons, the coil cannot be fitted. If this happens in your case, the reason why will be explained to you and other options offered.

If you have any concerns or questions about your coil fitting please speak to a member of staff before your appointment.

For clinic times and locations please visit www.spectrum-sexualhealth.org.uk