

Contraceptive coil fitting

Please read carefully to avoid us being
unable to fit your coil when you attend.

Before your fit please ensure there is no risk of pregnancy

For a new coil fit or replacing a coil which
has expired

- You **must** use a reliable birth control method consistently and correctly for at least **three weeks** prior to your appointment. This includes pills, patches, implant, injection or careful condom use. Natural fertility awareness methods and withdrawal are **not** reliable enough for us to exclude pregnancy.
- If you do have unprotected sex, please contact us as soon as possible as you may be eligible for a copper coil fit as emergency contraception.

Replacing a coil which is still in date

- You **must** abstain from sex for the **7 days** prior to your appointment or use a condom carefully during this time. Sperm live in the pelvis for 7 days and a new coil may take 7 days to work so there is a chance of pregnancy if this advice is not followed.

If you have any questions or concerns about
your coil procedure call us on 0800 121 4860

See our clinic details

spectrum-sexualhealth.org.uk/wakefield-clinic

Further information

spectrum-sexualhealth.org.uk/contraception/iud-coil
spectrum-sexualhealth.org.uk/contraception/ius-hormonal-coil



What to do on the day

- Ensure you have eaten something prior to your appointment.
- Take pain relief such as Ibuprofen 400mg if you're able to, one hour **before** your fitting.
- Please be ready to do a urine sample when you arrive at the clinic.
- Bring a sanitary towel as you may experience a little bleeding after the procedure.
- Attend with someone who can accompany you home after the appointment, if possible, in case you experience any side effects such as cramping pain and feeling light-headed.
- Children are not 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.
- You will be offered Chlamydia, Gonorrhoea, Syphilis and HIV testing as per our routine offer as a sexual health clinic.

Please note there are occasions when a coil
cannot be successfully fitted. If this happens,
the reason why will be explained to you and
other options offered.