

YOUR NEW COIL

Surgery

Tel no:

Type of Coil

Fitted by

On

First check due

You are protected from pregnancy as soon as the coil is in place (or after 7 days if you have had an IUS fitted).

You should continue using condoms or alternative back up contraception until your 6 week check, in case the coil is dislodged or you have any problems that require early removal

Here is a reminder of a few points that will have been mentioned by the doctor.

- You have had a new coil fitted and it can be left in for up toyears/ until the menopause
 - An IUD (copper coil) fitted at age 40 or over can stay in until the menopause
 - An IUS (hormone coil) fitted at age 45 or over can stay in for 7 years
- It is quite normal to get crampy, period type pains and bleeding or spotting for a few days after a coil fit. Pain should settle with simple painkillers like Paracetamol or Ibuprofen

Contact the Surgery if:

-The bleeding becomes unexpectedly heavy or smelly

-You start getting more severe pain

- You are worried in any way

To reduce the risk of infection occurring soon after the coil has been fitted, we advise that for the next 7 days you

- Avoid sex or be sure to use condoms
- Do not use a tampon

Coil Removals

- Removing a coil is a very simple, quick procedure. It rarely causes much discomfort even if the fitting was painful.

- If you wish to try for a pregnancy it can be removed at any time. Remember to start taking **folic acid** 3 months before starting to try for a pregnancy as this can halve the risk of spina bifida.
- **To avoid an unwanted pregnancy** you must use condoms or other reliable contraception for 7 days before a coil removal or change

In the first few months you may notice some spotting after sex, exercise and around your period-this is quite normal and will tend to settle. If it becomes worrying or hasn't settled after 3 months please contact your GP for advice.

The coil will normally be checked about 6 weeks after fitting and this will involve a quick internal examination. This is your chance to discuss any concerns, but of course you can contact us sooner if you are worried.