

**Coil Fitting**

Please take 10 minutes to read the information below carefully. If you have any questions or concerns, please ask to speak to me or one of the other GPs who is trained to fit coils in good time before the fitting.

We have talked through how coils work, the fitting procedure, the benefits of coils and possible problems. You can also find information on the NHS website here:

<https://www.nhs.uk/conditions/contraception/iud-coil/> (copper coil)

https://www.nhs.uk/conditions/contraception/ius-intrauterine-system/ (hormonal coil)

**Before the appointment:**

• If you have been asked to do a swab test for sexually transmitted infections, or if you have had a new sexual partner since you last had a test, please do this as soon as possible (and at least 7 days prior to test so that we have the results available at your coil fit.) Free test kits are available from the Unity Sexual Health Service here:

<https://www.unitysexualhealth.co.uk/request-postal-kit-using-online-account/>

•It is ESSENTIAL that there is no chance of an early pregnancy when we fit your coil. Pregnancy tests may miss very early pregnancies. Therefore you MUST follow the instructions specific to the contraception you are currently using at the end of this leaflet. We will not be able to fit your coil if there is any chance of an early pregnancy.

• Please note there is no need to cancel your appointment if you are having your period at the time of the coil fit-we can still do coil fits during this time

• We have a waiting list so if you have changed your mind, please cancel your appointment (aiming to give us at least 48 hours notice) so we can offer it to another patient.

If you have any symptoms of COVID infection or have been advised to self isolate then please call to rearrange your appointment.

**Day of the appointment**

•Please eat breakfast (and lunch if you have an afternoon appt) as normal.

•Please take some painkillers 30-60 minutes before your appointment. Paracetamol and ibuprofen are good options if you can take these without adverse reactions.

•Please allow at least 60 mins for your appointment. The coil fitting only takes about 10 minutes and most women can leave shortly afterwards. However, a few people have abdominal pain and feel light-headed and so need time to recover. Please make sure there is someone you can call to accompany you home if this happens to you. We also recommend you don’t plan important work or social engagements in the hours after your appointment so you can rest if needed.

**After the appointment**

• It is common to have some crampy period pains and light bleeding for up to three days after the fitting. Please contact your surgery if the pain is severe, worsening or persists longer than this. You should also contact us if you have signs of infection such as pain with a smelly discharge or fever.

•If you are having a hormonal coil fitted (Mirena, Kyleena or Jaydess), you should abstain from sex or use condoms for the first seven days after the coil fitting.

•You should try to feel the threads within four weeks of the fitting. If you can feel them there is no need to book a further appointment unless you have any other queries. If you are unable please book an appointment for a coil check at the surgery.

**Contraceptive instructions depending on the method you’re currently using- PLEASE READ THE RELEVANT SECTION CAREFULLY!**

No current contraception Please ensure you do not have ANY unprotected sex from the date of your last menstrual period until your coil fit. You must not have sex using the withdrawal method as it is very unreliable. You can use condoms in this time if they are used for the whole time, every time. Accidents with condoms can happen. If this is the case, we may not be able to fit your coil safely, so please speak to a GP before your fitting appointment.

Condoms If you are relying on condoms for contraception you MUST use them for the whole time, every time. Accidents with condoms can happen. If this is the case, we may not be able to fit your coil safely, so please speak to a GP before your fitting appointment.

Implant If fitted within the last 3 years, you will be covered until the coil fit. It will need to be removed after your coil is fitted, which we will arrange at an appropriate time following the coil fit. If your implant was fitted greater than 3 years ago YOU MUST USE CONDOMS OR ADDITIONAL CONTRACEPTION OR ABSTAIN FROM SEX FOR 3 WEEKS PRIOR TO THE FIT and bring a urine sample with you (any container) so that we are able to exclude pregnancy prior to the fit. If you are unsure when your implant is due to expire please contact reception and we’ll try to help.

Depo injection If your last injection was within the last 14 weeks or less, you will be covered until your coil is fitted. No extra contraception is needed.

Combined pill (21 pills in a pack with a 7 day break and bleed) Continue taking the pill until your coil is fitted and your GP will advise if you need to continue after the fitting. Please ensure you do not miss any pills in the pack before your coil is fitted.

Mini Pill / Progesterone only pill (28 pills in a pack, taking continuously) Continue taking the pill until your coil is fitted and your GP will advise if you need to continue after the fitting. Please ensure you do not miss any pills in the pack before your coil is fitted. Speak to a GP if this happens.

Coil (Mirena or copper) Whichever coil you have you and whenever it was fitted, YOU MUST NOT HAVE SEX OR YOU MUST USE CONDOMS EVERY TIME IN THE 7 DAYS BEFORE THE COIL FIT so that we ensure there is no risk of pregnancy if we encounter problems with the fit. We will be unable to replace your coil if you have had unprotected sex in the 7 days before your coil fit.

-If you are unable to feel the threads of your coil it would be helpful if you could abstain from sex or use condoms for 3 weeks prior to your appointment and bring a urine sample with you (in any clean container) in case we are unable to locate your threads.

-If your coil was fitted within the last 6 years (Mirena-hormonal) or 5/10 years (copper, depending on the type you have), then it is still in date for contraceptive cover and will cover you until you have the new coil fitted.

-If your mirena coil has been in for 6 to 7 years or your 10 year copper coil has been in for 10 to 12 years please bring a urine sample with you (any container is fine) and as long as the pregnancy test is negative we will be able to proceed with the replacement.

-If your mirena coil has been in for more than 7 years or your 10 year copper coil has been in more than 12 years (or your 5 year copper coil more than 5 years or your jaydess coil more than 3 years) YOU WILL NEED TO USE CONDOMS EVERY TIME OR ABSTAIN FROM SEX FOR THREE WEEKS prior to replacement and bring a urine sample with you (any container) so that we can do a pregnancy test prior to the fit.

-If you are unsure when your coil is due to expire please contact reception and we will try to help.