

COIL FITTING:

PATIENT INFORMATION LEAFLET

Please read the following information prior to your appointment...

What is a coil?

An intrauterine contraceptive device (IUCD) or 'coil' is a small device that is inserted into your uterus (womb). It has two threads on one end. These thin threads hang through the opening of your womb (cervix) into the top of your vagina.

There are two main types of coil:

1. A 'hormonal coil' called a Levonorgestrel Intrauterine Device (LNG-IUD) This is plastic and slowly releases a hormone called progestogen.
2. A Copper Intrauterine Device (CU-IUD), which is plastic and copper and does not contain any hormone.

Further information can be found under the 'contraception' section of the following website: [LNG-IUD \(Hormonal coil\) | Contraception Choices](#) and [Copper Coil CU-IUD | Contraception Choices](#)

Fitting

You can have a coil fitted at any time during your cycle as long as we can be certain that you are not already at risk of pregnancy. This is the case when one of the following apply:

- You are using a reliable form of contraception (*condoms are only considered reliable if used consistently and correctly WITHOUT fail*).
- You have not had sex since your last normal period, only applies if you have regular periods.
- You have not had sex for 3 weeks prior to the fitting.

The coil is fitted inside the womb. The doctor will examine you internally to establish the position and size of your womb. You will be offered a swab to check for STIs at the time of fitting.

On the day of the fitting

Please take some painkillers either 600mg of Ibuprofen and or 1g paracetamol 30-60 minutes before your appointment.

Please also ensure you have eaten breakfast or lunch prior to attending your appointment.

Please bring a urine sample or arrive early to do one on arrival by asking reception for a container.

Changing a coil

If you are attending for a coil change and your coil is **within date**, please abstain from sex or use condoms for **7 days** before your appointment.

If your coil has **expired**, please book a call with me to discuss before booking in for a coil change.

Removal

If you are attending for a coil removal, please abstain from sex or use condoms for **7 days** before your appointment if you wish to avoid the risk of pregnancy.

What risks are there to having a coil fitted?

Having a coil fitted is a very safe and simple procedure. With any medical intervention there are always some potential risks, which you must be aware of before proceeding:

- **Infection** – The risk of pelvic infection is 1 in 100 in the first 3 weeks after the coil is fitted.
- **Expulsion** (coil falling out) – The risk of expulsion is 1 in 20, occasionally people are not aware that a coil has been expelled.
- **Contraceptive failure** – The coil has a failure rate less than 1% per year.
- **Ectopic pregnancy** – The risk of ectopic pregnancy (pregnancy outside of the womb, normally in the tubes) is 1 in 1000 at 5 years. The coil does not prevent ectopic pregnancies, however the risk overall is lower than if no contraception was used at all. If you do become pregnant with a coil, you need to see a healthcare professional as soon as possible in order for an ectopic pregnancy to be excluded and your coil to be removed.
- **Womb perforation** – The risk of perforation is 1-2 in 1000. This means unintentionally making a small hole in the womb wall. This may necessitate hospital admission and a further procedure. The risk of perforation slightly increased in women who are breastfeeding, within 9 months postpartum or history of Caesarean sections.
- **Changes to periods** – You may have irregular bleeding in the first 3-6 months after you have had the coil fitted. With the IUD, some women have heavier, longer and more painful periods. With the IUS, periods generally become lighter than usual and many women find that their periods stop altogether.
- **Hormonal side effects** – Hormonal side effects occasionally occur with the IUS. These can include changes to skin, headaches and breast tenderness but often settle with 3- 6 months.

Occasionally women can feel faint or unwell during or after having a coil fitted, resulting in patients being kept longer for a period of observation. This is helped by eating and taking pain killers prior.

Follow-up

It is not necessary to have a routine follow-up appointment.

We advise no sexual intercourse, swimming, tampons or menstrual cups for 3 days following the procedure to reduce risk of infection.

We advise that you check your threads on a monthly basis to confirm it remains well placed. Please see information leaflet:

[hope-house-coil-guide-inhouse-print-ONLY.pdf](#)

If you have concerns following your coil fit please arrange a follow up appointment so we can assess you.