

Preparing for insertion and/or removal of a coil

Information for women

**Sexual Health
NHS Fife**

The information in this leaflet applies to both copper and hormonal intrauterine contraception and the term “coil” will be used throughout

How do I find out About Coils?

You can discuss coils with a doctor or nurse at your GP practice or a Sexual and Reproductive Health (SRH) clinic. There are different types of coil with different advantages and disadvantages.

It is useful to talk through the fitting procedure, benefits and risks of the coil- and alternative options.

You can get further reliable information about coils.

Leaflets on coils are available from your sexual health clinic or GP. Leaflets, video clips and a short film about coils are available online

<https://www.sexualhealthfife.scot.nhs.uk/>

Do I Need any Tests before Making an Appointment?

Untreated chlamydia infection or gonorrhoea at the time of coil fitting may lead to pelvic infection. You may have no symptoms. The test is usually a cotton bud swab that you take yourself from the lower vagina.

Anyone can ask for a test but we strongly advise getting a test before any coil procedure if you are under 26 years old or at any age if you have had a change of sexual partner in the last year. You can book an appointment for a test only before you attend for a coil at one of our clinics. On-line

booking may be available for some testing - *please see our website for further information*

Women with some gynaecological symptoms may need a vaginal examination or ultrasound to make sure that the coil is a suitable option.

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How do I make an appointment?

Please call the clinic on **01592 647979** (8.30 am -1.30 pm)

SRH Clinics are held at different sites and times across Fife. See our website for further information

<https://www.sexualhealthfife.scot.nhs.uk/>

On-line booking may be available for some contraceptive clinics - *please see our website for further information*

What should I do to get ready for my coil appointment?

We may be able to insert, remove or change a coil at any time of your cycle including during a period.

We recommend that you take paracetamol or ibuprofen (as suits you best) about one hour before your appointment.

Make sure you have had breakfast or lunch before the appointment.

Preparing for your coil patient information leaflet (2019)

You can come to the appointment on your own or bring an adult friend/relative.

Please arrange for someone to look after babies/young children while you have your appointment.

You may have some bleeding immediately after insertion and for a few hours later so some women prefer to take a sanitary towel with them.

How long does the appointment take?

Please allow one hour for the appointment.

The actual fitting/ change/ removal of a coil usually takes less than 10 minutes, but we will discuss any questions you may have before the procedure and some women may need to lie down for a short time afterwards.

We advise that you do not drive for one hour after your appointment.

What should I do about contraception before fitting?

Before a COIL INSERTION

Continue with your usual method of contraception carefully right up until the coil is inserted. It may not be safe to insert or change a coil if you have had unprotected sex or just used withdrawal method since the first day of your

period. You may be asked to return even if you have had the emergency contraceptive pill.

Before a COIL CHANGE

Please avoid sex completely or use condoms for 7 days before the coil is changed. There would be a risk of pregnancy from sex you had already had in the week **before** the appointment if we could not fit the new coil as planned. If your coil is still in date the new coil will continue to provide you with contraception protection immediately.

If your coil is out of date and you have had unprotected sex we may have to exclude pregnancy first. You should abstain or use condoms until we can safely change the coil.

We will tell you how soon you can rely on your coil for contraception after it is fitted. This depends on the type of coil you choose and where you are in your cycle when it is fitted.

Before having a COIL REMOVED

If you do not want to become pregnant please avoid sex completely or use condoms for 7 days before your appointment. We recommend you have started your future method of contraception (such as pills, injections, implants) at least 7 days before the coil is removed or within the first 5 days of your period.

Preparing for your coil patient information leaflet (2019)

The coil can be removed at any time in your cycle without avoiding sex beforehand if you wish to become pregnant or no longer need contraception.

I need my coil changed/removed but the threads are missing- what happens at clinic?

We may be able to find the threads on examination and can usually remove the coil in clinic with special instruments. If the coil threads can't be found we may need to arrange an ultrasound scan to see if the coil is still in the uterus.

If the coil is not seen in the uterus on scan, we would arrange an X-ray to see if it is still in your body

Further information

If you need further information or wish to change your appointment please call: If you cannot keep your appointment for any reason please let us know. We can then offer your appointment to someone else.

Sexual Health Service

 **01592 647979** 