



Advice after a coil is fitted *(page 1 of 2)*

You have had the following intrauterine device (IUD) or intrauterine system (IUS) inserted today:

tick	Device	Life span
	Copper T 380A/S	10 years
	UT 380 standard/ short	5 years
	Mirena IUS	5 years
	Kyleena IUS	5 years
	Jaydess IUS	3 years
	Other (specify) _____	

If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: customer-care@salisbury.nhs.uk

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: www.salisbury.nhs.uk/FriendsFamily or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

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Date of insertion: _____

Date due for removal: _____

Note: It is recommended that your IUD / IUS is removed or replaced on or before the date above, although in some cases you may be given information to choose to retain it beyond this date. You will not be sent reminders.

How am I likely to feel afterwards?

Most women experience some period-like discomfort for 24-48 hours after fitting, but then it usually settles.

There may be some bleeding or spotting for a few days. If an IUD / IUS is fitted during a period, the period may be heavier and last slightly longer than usual

What should I do afterwards?

Take simple painkillers such as paracetamol and / or ibuprofen (unless you have a medical reason not to take these medications).

Using a hot water bottle may help.

Rest for several hours after fitting, and avoid strenuous activity.

Avoid using a menstrual cup for 6 weeks after insertion of a coil.

When can I have sex again?

You can resume sexual intercourse when you feel up to it, but your clinician will advise you on when you can rely on your IUD / IUS as your contraception. You may be advised to continue another method of contraception for a short time.

Is there anything I should look out for?

It is important to see a doctor if you suffer any symptoms of infection. These might be :

- worsening pain / pain not settling after 2 days
- smelly or unusual discharge from the vagina
- fever / shivering and feeling severely unwell.

Pelvic infection is a rare occurrence but needs to be treated quickly if it happens. If you are worried please contact the clinic or see your GP without delay.

When do I need to be seen again?

Routine follow up after an IUD / IUS fitting is not essential, provided you are happy with your IUD / IUS.

Occasionally IUD /IUSs are expelled (fall out) – this occurs most commonly in the first 4 weeks after insertion but can happen at any time. You are advised to check the threads of your device – (you can usually feel these with a finger in the vagina).

If you have any concerns at any time you should contact the Sexual Health Clinic or your GP. In particular you should seek advice if ever:

- you think the IUD / IUS has fallen out or you cannot feel the threads
- you think you may be pregnant
- you have symptoms suggesting infection, eg pain, discharge, pain having sex.

If you have had any STI tests taken before or at the IUD /IUS fitting, we will contact you with your results – please ensure the clinic has your up to date contact details and consent to do this.

If you change your sexual partner, we advise that you have another STI test.

Emergency contraception and a copper coil

- please remember you should have a pregnancy test if you have not had a **normal** period (as heavy and long as usual) within 3-4 weeks
- please return to clinic after your next period if you wish to have the IUD removed
- if you would like to keep the IUD as long term contraception please see the section above about when you need to be seen again.

Any problems / questions?

Contact your local Sexual Health clinic or telephone us on 01722 425120. Clinic times and information are available from our website: wiltshiresexualhealth.co.uk