

Advice before a coil is fitted (1 of 2)



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: customercare@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.

If you are unhappy with the advice you have been given by your GP, consultant, or another healthcare professional, you may ask for a second (or further) opinion.

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.

Author: Deborah Lee
Role: Sexual Health Specialist
Date written: June 2009
Last reviewed: November 2016
Review date: November 2019
Version: 2.1
Code: PI0284

You have asked for a coil to be fitted.

The doctor or nurse will have given you information about the different types of coil, and counselled you about their use. You should also have been given an information leaflet about the intrauterine device (IUD) and the intrauterine system (IUS).

Many women believe that a coil can only be fitted during a period - this is not the case, a coil can be fitted at any time of the month. However, when you attend for fitting please note the following:

There must be no chance that you are pregnant, so please use effective contraception or abstain from intercourse, from now until fitting. If you have had unprotected sex in the 14 days prior to fitting, we may very well not be able to go ahead and fit your coil.

- If you are taking the pill, continue to take it carefully up until the day of fitting.
- If you have had a contraceptive injection, come before the injection runs out (12 weeks and 5 days since the last injection).
- If you have an implant in place, we prefer to fit the coil first and take the implant out, at least one week later.
- If you are using condoms, it may be best to try and abstain, as if you have a burst condom and take emergency contraception in the 7 days before fitting, we probably cannot fit the coil until you have had a normal period.
- If you already have a coil in place, please either abstain from sexual intercourse or use a condom carefully in the 7 days before you attend the clinic. Sperm live in the pelvis for 7 days, and a new coil may take 7 days to work, so there is a theoretical chance of pregnancy if this advice is not followed.
- Please wear comfortable clothes and footwear for your appointment.
- Remember, you can change your mind about having a coil fitted at any stage.

In addition:

- Please take some pain killers an hour before you come. Either paracetamol or ibuprofen for example (so long as you are not allergic to these medicines).
- If possible, ask a friend to accompany you to drive you home.

Department of Sexual Health
01722 425120

- If you can arrange childcare and come alone, this may also be helpful for you. If you can't do this then don't worry.
- It is usual practice to offer a chlamydia test before fitting an IUD/IUS to all our patients. This should have been done in the few weeks before fitting, but if for some reason this has not happened, the swab may be taken at the time of insertion.
- Sometimes, for example with an emergency coil fitting, you may be given antibiotics to take afterwards. This will be discussed with you on the day of fitting.

The fitting process

Please allow an hour for the appointment.

To begin the doctor or nurse will ask a lot of questions to check that the coil is suitable for you. You will have an opportunity to ask any questions. Consent to fit a coil will be obtained, which involves making sure you have had enough information to be sure you do want the coil fitted. If any stage you change your mind about the fitting, the procedure can be stopped.

The process of fitting a coil is similar to what happens with a smear test. A vaginal examination will be undertaken and then the coil fitted. You may feel some discomfort, but this varies from person to person. The doctor and nurse will do their best to reassure you and make the procedure as pleasant as it can be.

You will be given advice after fitting about what to expect and when to come back.

Please note

Although we fit coils regularly in our service, and are usually successful, there are occasions when, for various reasons, the coil cannot be fitted. If this happens in your case, the reason why will be explained to you and other options offered. Some women may need their IUD/IUS to be fitted under a general anaesthetic, but this is very rare.

Some of our clinics are training clinics, usually for local GP's wishing to obtain certification in IUD/IUS fitting. In this case, these already highly qualified doctors, will be closely supervised by an experienced Family Planning Trainer. Please alert the receptionist if you have any objections to this.

We look forward to seeing you.

If you have any concerns, and wish to speak to a team member, please telephone the Department of Sexual Health during normal working hours, or contact your GP.

Department of Sexual Health
Salisbury District Hospital
SP2 8BJ