

Intrauterine contraceptives (IUCD and IUS)- The Coil

Patient information

Prior to fitting please ensure:

- Continue your current method of contraception until your fitting, you should not have unprotected sex from your last period before fitting if you are not using a reliable method of contraception or your current contraception has run out.
- Make sure you have eaten something beforehand. You don't need to have an empty stomach. You are less likely to feel faint if you've had something to eat.
- Make sure you know the start date of your last period prior to the fitting.
- You might want to take some painkillers at least half an hour before the fitting, to reduce cramps afterwards e.g. Ibuprofen 400mg.
- Allow enough time for your appointment, you would normally require at least 20 minutes; occasionally women feel a little faint afterwards and need time to recover. You should have someone you can contact by phone, who would be able to collect you, in case you feel unwell.
- Make sure you have no major commitments afterwards, as you may need to take it easy and relax for the rest of the day.
- You may not want to drive to the appointment.
- Do not bring small children or babies with you to the fitting, or alternatively please bring a friend with you who could take care of them outside the room.
- You may need some more painkillers like ibuprofen or paracetamol to take after the procedure. Using a hot water bottle may also help.
- Rest for a few hours after the fitting and avoid strenuous activity.
- Some sanitary protection may be required afterwards. You may wish to bring your own sanitary towel or panty liner with you.

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Intrauterine contraception

Patient post-insertion advice

Date of insertion: Name of clinician:.....

Type of device:

Removal due by:.....

- After your procedure it is normal to experience period like cramps for 2-3 days. To help you feel more comfortable we suggest that you take paracetamol or ibuprofen being careful not to exceed the recommended dose.
- The device may affect your periods. This will vary depending on the type of device and this should have been explained to you beforehand. There is more information in the product leaflet you should have been given.
- You will need to have a check in a few weeks. It is best done after your next period, normally six weeks after the fitting.
- You can use sanitary towels or tampons for periods with the device in place.
- You can resume sexual activity when you feel ready
- A cervical smear can also be taken with the device in place.

Complications are rare, however you should consult a doctor if any of the following occur:

- Prolonged abdominal pain after the device is inserted
- A delayed period and lower abdominal pain (which may be due to an ectopic pregnancy)
- Vaginal discharge with or without pain (which may indicate infection).
- If you suspect that the device has come out or is coming out. It is usually possible to feel the threads of the device inside the vagina to check it is in place. If you cannot feel the threads then use other contraceptive methods (such as condoms) until you have been checked by a doctor or nurse.
- You have any concerns after the procedure.

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