

## GLOUCESTER CITY HEALTH CENTRE

### Essential information before having a coil fitted/removed/exchanged

Please read this carefully, fill out your details overleaf and bring this with you to your appointment. This is to help you prepare for your procedure. If you do not follow this advice carefully, we may not be able to attempt the procedure during your appointment.

#### Information for coil fitting procedures

A coil can only be fitted where there is no risk of pregnancy; this means that you need to fulfil the following criteria:

- If you are already using a method of contraception reliably (this does not include condoms) then a coil can be fitted at any time.

#### **However**

If you are NOT on a method of contraception (or you are only using condoms, or your current method has expired), then you have to follow at least one of these options:

- We can fit an IUS (Mirena Coil) within 5 days of the start of your last period
- OR
- We can fit an IUD (Copper coil) within 19 days of the start of your last period if you have a regular period
- OR
- We can fit any coil if you have regular periods and have **not** had sex since the first day of your last period
- OR
- We can fit any coil if you have irregular periods and you have **not** had sex for a minimum of 3 weeks before your coil fit appointment, so we can rule out pregnancy

(This information does not apply to emergency contraception requests)

#### Information for coil removal or exchange procedures

There must be no sex for 7 days prior to your appointment if you wish to avoid the risk of pregnancy

#### Your appointment

Your appointment allows time for the procedure itself. However if you would like to discuss in detail which coil would suit you best, then please book a separate appointment with Dr Andrea Loader to discuss this and she will be more than happy to go through all your questions.

What to expect

The fitting usually only takes a few minutes, but allow 30 minutes for your appointment for preparation and recovery. It would be best to arrange childcare to avoid bringing children if you can, and have a light snack beforehand. It is sometimes helpful to have someone take you home after the procedure, but not essential.

It is common to experience some period type pain and bleeding during the fitting, and for a few days afterwards. We advise that you take some simple pain killers such as Ibuprofen or Paracetamol half an hour before your appointment. The doctor/nurse may use some local anaesthetic for the procedure.



Please fill in the following and bring this with you. This is helpful information when having a coil fitted/removed/exchanged

The first day of my last period was .....

The last time I had sex was .....

My current method of contraception is (please ensure you have followed the guidelines overleaf)

.....

I would like a (please circle):            IUS (Mirena) or            IUD (Copper coil)