

DR T FOX & PARTNERS

INTRAUTERINE CONTRACEPTION

Advice before the fitting of intrauterine contraception (copper or hormone coil)

This information is intended for women who are planning to have a coil fitted in our contraception clinic. Please read this information carefully, as it tells you about the tests we may recommend before insertion, and how to make sure your fitting is as safe and comfortable as possible.

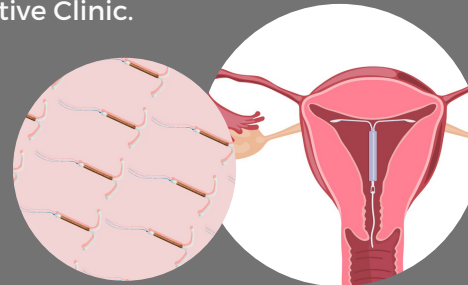
At Colton Mill and The Grange Medical Centre we offer all methods of prescribed contraception and Long-acting reversible contraception (LARC) methods such as depo contraceptive injection, the implant and the Coil (intrauterine methods also known as IUS and the IUD).

Clinical Team who specialise in Contraception and Sexual Health:

Our clinical team have an excellent knowledge around contraception and you can discuss your choices with any of them. We have some GP's and Nurses who have completed additional training to deliver these services who work in the implant and coil fitting clinics.

- Dr Barrett is our Lead GP for Contraceptive Clinics and it's a trained coil / implant fitter.
- Dr Fox and Dr Kay have also specialised in contraception and are coil / implant fitters.
- Dr Oakhill is currently training to be a coil / Implant fitter to extend our team to offer a wider service

Our Nursing Team support the clinics Please book for a routine appointment with one of the GP's to discuss your contraceptive choices. If you wish to have a coil or implant fitted, you will then be referred into our Contraceptive Clinic.



Before your coil is fitted:

The doctor or nurse who put you onto the clinic waiting list should have discussed your choice with you and signposted you to written information about your chosen method. Please read this carefully.

As with any medical procedure it is important that you provide fully informed consent. This involves being aware of any potential side effects from your device, or risks associated with the procedure.

The most important risks that you must be aware of include:

- Perforation of the womb (the device making a hole in the wall of the womb). This is rare and occurs in 2/1000 insertions. The risk is higher in breastfeeding women (12/1000).
- Expulsion, where the womb contracts and pushes out the device. This occurs in 1/20 insertions and is most common in the first year of use (particularly the first 3 months).
- Your risk of becoming pregnant is very low when you have a coil in place. However if pregnancy does occur the risk of this being an ectopic pregnancy is increased.

There is a small increased risk of pelvic infection, 1/100, in the first 20 days after insertion of the device. If you are identified as being at risk, for example you have a new partner, you should have a swab test to rule out existing infection. Please be aware that if you have symptoms of pelvic infection on the day of your fitting (such as abnormal bleeding, pelvic pain or a change in vaginal discharge), and you have not been tested in advance of the clinic, your procedure will be delayed.

Colton Mill & The Grange Medical Centre

Practice Website: www.coltonmill-thegrange.nhs.uk/



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When is it safe to have your coil fitted?

If you are attending the clinic for replacement or removal of your existing coil, please abstain from sexual intercourse or use a condom very carefully in the 7 days before your coil is removed/ replaced. This is very important to avoid the risk of unwanted pregnancy.

We must be able to exclude any risk that you are pregnant at the time that your coil is fitted. You will be asked to continue regular and effective contraception until your clinic appointment. If you are using condoms as your regular contraception, please abstain from sexual intercourse from the time of your period until your device is fitted (or for 7 days after fitting a hormone device). Alternatively you can book the coil fitting during the first 5 days of your period.

If you have been using the contraception injection, your coil must be fitted within 14 weeks of your last injection date.

Please be aware that a copper coil is effective immediately. If you have a hormone coil fitted you must continue to use alternative contraception for a week after the device is fitted.

On the day of your appointment:

Please make sure you eat breakfast/ lunch on the day of your fitting, and drink enough fluid. There is a small risk that people can feel faint after a coil is fitted, and this will help to minimise that.

Please take a pain killer one hour in advance of your appointment, such as paracetamol or ibuprofen. This will help to make it as comfortable as possible for you. Some people do experience discomfort, but are usually able to manage with reassurance.

We advise that you allow 1 hour for your appointment. Although the procedure does not take long, there will be time at the beginning to talk through the consent form and answer any outstanding questions that you have. Some people will require some time to rest and recover afterwards.

The nurse will take your blood pressure and pulse, and ask your current weight. This is standard procedure and for monitoring purposes.

You will need to bring a sanitary towel to your appointment, tampons are not recommended immediately after a coil fitting and there may be some light bleeding after the procedure.

After your coil is fitted:

Immediately after fitting you are likely to experience some period type cramps and light bleeding. We recommend that you do not plan anything energetic and try to rest for the remainder of the day. You can take an over the counter pain killer for a few days to help with these symptoms.

The nurse will give you a reminder card to keep and help you to remember when the device will expire. Most devices are effective for 5 years (but there are exceptions to this). Although we have a recall system in place, it is your responsibility to ensure the device is replaced as advised.

Book in with the nurse for a coil check appointment 6 weeks after your device is fitted. This can be by telephone, but they may need to see you in person (for example if your coil strings are too long and you wish them to be trimmed).

If you have any concerns about your coil before the scheduled check, please contact the surgery and ask to have an appointment with the doctor who fitted your device.

WE VALUE YOUR FEEDBACK

Please send us your feedback by completing the online patient feedback questionnaire:

<https://www.coltonmill-thegrange.nhs.uk/edit/contraception-clinics>

