

## ***Preparing for insertion and / or removal of a coil***

### **Sexual and Reproductive Health**

**Important: please read this leaflet before your intrauterine contraception (IUC or “coil”) appointment.**



Please read this as soon as you receive it. We hope it will help your clinic visit go smoothly.

If possible print out this leaflet, tick the appropriate boxes and bring it to clinic.

**We recommend you find out about the IUC before your appointment (tick the boxes that apply to you)**

<input type="checkbox"/>	I am using or have previously used an IUC and am familiar with the method.
<input type="checkbox"/>	I have had a telephone or face to face discussion about IUC with a doctor or nurse.
<input type="checkbox"/>	I have read an information leaflet or seen information on an NHS or Contraception Choices website (click link below to view): <b>www.contraceptionchoices.org www.nhsinform.scot</b>
<input type="checkbox"/>	I have seen a video about IUC fitting (click link below to view): <b><a href="https://www.grampiansexualhealthservices.com/view/iud-ius-coil-video">https://www.grampiansexualhealthservices.com/view/iud-ius-coil-video</a></b>

**We can't fit an IUC if there's a chance you're already pregnant. You need to wait 3 weeks after sex before a negative pregnancy test can rule out pregnancy (tick the boxes that apply to you)**

<input type="checkbox"/>	I have used hormonal contraception or condoms for 3 weeks before the appointment with no accidents.
<input type="checkbox"/>	I have not had unprotected sex, taken emergency contraception, relied on withdrawal or a fertility app for 3 weeks before the appointment. (An emergency copper IUD may still be possible; please call us <b>0345 337 9900</b> ).
<input type="checkbox"/>	My IUC or implant is out of date but I have avoided sex or used other hormonal contraception or condoms for at least 3 weeks before the appointment with no accidents.

**If you're coming for IUC removal, it is possible to become pregnant from sex in the 7 days before it is removed. This is also a risk if you come for IUC change and we are not able to fit the new IUC**

<input type="checkbox"/>	I already have an IUC and am coming for a change or removal. I have used condoms or not had sex for 7 days <b>before</b> my appointment.
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**Infection risk**

STIs such as chlamydia may increase the risk of pelvic infection after IUC fitting. They do not always cause symptoms.

<input type="checkbox"/>	I understand that I'll be asked about my risk of STIs when I come to clinic and offered tests.
<input type="checkbox"/>	I understand that the IUC will not protect me or my partner against sexually transmitted infections.
<input type="checkbox"/>	I know there is a small risk of pelvic infection for 3 to 4 weeks after IUC fitting.
<input type="checkbox"/>	I know that people using IUC are more likely to get bacterial vaginosis and may be more likely to get candida.

**Pregnancy and IUC**

<input type="checkbox"/>	I understand that no contraceptive method is 100% effective. All IUCs have a small risk of failure; less than 1 in every 100 people using an IUC for the recommended time will become pregnant.
<input type="checkbox"/>	Pregnancy with an IUC in place is rare, but more likely to be an ectopic pregnancy. If I think I might be pregnant, I will do a pregnancy test as soon as possible and seek medical advice if it is positive.
<input type="checkbox"/>	I understand that fertility returns to a natural level within a few weeks of IUC removal.

## Complications with IUC

<input type="checkbox"/>	I understand that it may not be possible to fit an IUC as planned at the clinic visit (for example if an unexpected gynaecological problem is found on examination).
<input type="checkbox"/>	I understand that there is a 1 to 2 in 1000 risk that the IUC will accidentally go through or “perforate” the wall of the uterus at the time of insertion. This risk is higher, 6 in 1000, during breastfeeding. A perforated IUC needs to be removed with an operation under anaesthetic.
<input type="checkbox"/>	I understand that there is a risk the IUC will fall out. This happens to 5 in every 100 women who have an IUC fitted. I understand that I should check my IUC threads after each period and will discuss this in clinic. I can use a menstrual cup or tampons with an IUC but need to be careful not to pull the IUC threads.
<input type="checkbox"/>	There is a risk that the threads will move up inside the cervix or uterus so they can't be seen or felt. I may need an ultrasound to check the IUC is in place and may need to come to a specialist clinic when the IUC needs to be removed.

## There are different types of IUC

<input type="checkbox"/>	I know that the hormone-free copper IUC may make periods heavier, longer and more painful than a natural period. There may be light bleeding between periods.
<input type="checkbox"/>	I know that the progestogen IUCs release a small amount of progestogen into the uterus. Some hormone goes into the bloodstream but a much lower amount than with any other type of hormonal contraception. Some people notice hormone side effects such as headache or breast tenderness. These side effects usually stop within a few weeks, if they happen at all.
<input type="checkbox"/>	I know that the 52mg LNG (Mirena® Levosert® Benilexa®) progestogen IUC are expected to make my periods much lighter or stop, but can cause prolonged irregular bleeding or brown discharge for the first 3 months or so. This is not usually heavier than a natural period.
<input type="checkbox"/>	I know that the smaller hormone devices (Kyleena® or Jaydess®) release less hormone and are less likely to stop periods. They may cause irregular bleeding, especially in the first 3 months or so. This is not usually heavier than a natural period.
<input type="checkbox"/>	The person fitting my IUC will tell me how soon I can rely on it and how many years it can work for. This depends on the type of IUC and my age.
<input type="checkbox"/>	I know that I can ask for my IUC to be removed at any time.

## Clinic visit arrangements

<input type="checkbox"/>	I will call the clinic before my appointment if I have heart problems, take blood thinning medication or if my IUC threads are missing so that I see the right doctor.
<input type="checkbox"/>	I will have breakfast or lunch before my appointment
<input type="checkbox"/>	I will take a painkiller such as paracetamol or ibuprofen about an hour before clinic. Local anaesthetic options ( spray or injection) will be discussed at clinic.
<input type="checkbox"/>	I will be able to provide a urine sample for a pregnancy test.
<input type="checkbox"/>	I can come to the appointment if I have a period.
<input type="checkbox"/>	I will arrange childcare for the appointment
<input type="checkbox"/>	I understand that IUC fitting usually takes less than 10 minutes. However, I will allow an hour for the appointment as some people feel crampy or lightheaded for a short time afterwards.

## Contact details

If you need further information or wish to change your appointment, please call us on the number below. If you can't keep your appointment for any reason please let us know. We can then offer your appointment to someone else.

## NHS Grampian Sexual Health Service

**☎ 0345 337 9900**

**This leaflet is also available in large print.**

**Other formats and languages can be supplied on request. Please call Quality Development on 01224 554149 for a copy. Ask for leaflet 1169.**



Scan with your smartphone to get an e-version of this leaflet. You might need an app to scan this code.

Feedback from the public helped us to develop this leaflet. If you have any comments on how we can improve it, please call 01224 554149 to let us know.