

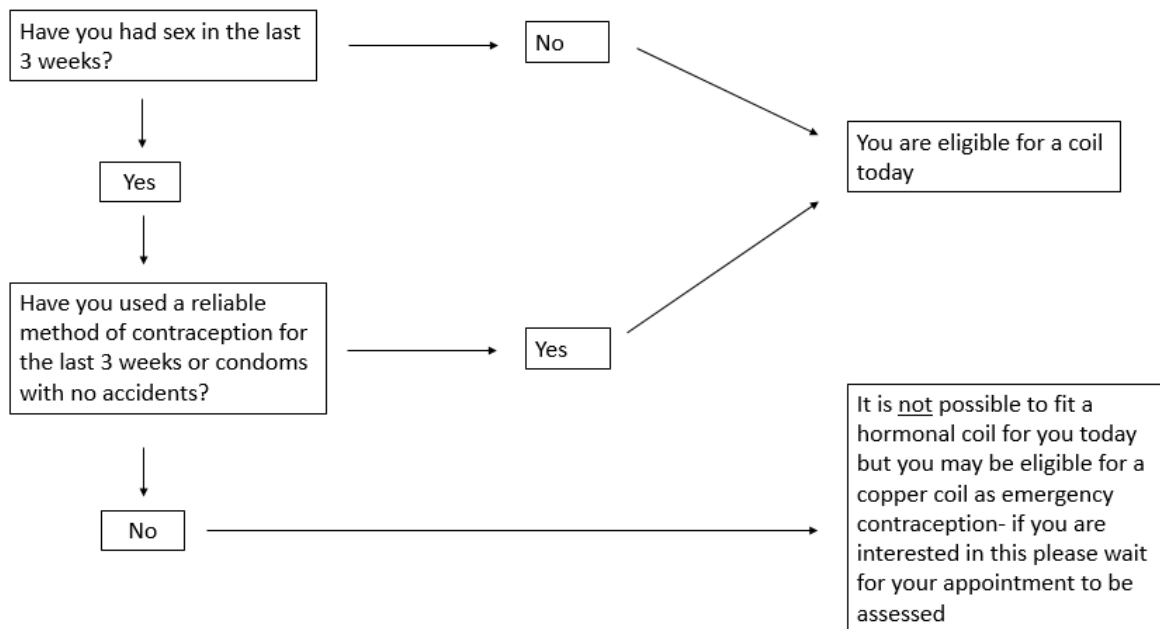
COIL – Patient Information

Please read this information carefully and tick all the boxes that apply to make sure that an IUD procedure is suitable for you today and to confirm that you have understood the information about your procedure

We can't fit a coil today if there's a chance you're already pregnant. It takes 3 weeks after sex before a negative pregnancy test can rule out pregnancy

If you are attending for coil insertion or change please make sure that you are eligible (follow this flow chart and circle the box that applies to you)

If you do not meet **one** of these criteria, it will **not** be possible to insert a coil today. Please let reception staff know and contact us to arrange a routine booked appointment



We cannot fit a routine coil for you today if you are experiencing a **change in your normal bleeding pattern** that has not yet been investigated. If you are experiencing this please arrange to see your GP in the first instance

If you're coming for coil removal, it is possible to become pregnant from sex in the 7 days before it is removed. This is also a pregnancy risk if you come for coil change and we are not able to fit the new coil.
Please note, this clinic is for STRAIGHTFORWARD REMOVALS ONLY. For example, if you no longer need contraception or you are planning a pregnancy.
It is NOT suitable if you have either missing coil threads or a change in your normal bleeding pattern that has not yet been investigated. Please ask your GP for a referral into the service if this is the case.

Please read the below information carefully (tick the box that applies to you/to confirm you have read each statement)

	I already have an IUD and am here for a change or removal. I have used condoms or not had sex for 7 days before my appointment.
	I have not had sex in the last 3 weeks
	I have been using a reliable method of contraception for the last 3 weeks or have been using condoms with no accidents

There are different types of coil

	I know that the hormone-free copper coil may make <u>periods heavier, longer and more painful than a natural period</u> . There may be light bleeding between periods.
	I know that the progestogen coil (hormone-containing coil) releases a small amount of progestogen into the womb. 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, skin changes or breast tenderness. These side effects usually stop within a few weeks, if they happen at all.
	I know that the 52mg progestogen coil (Mirena® Levosert® Benilexa®) are expected to make my <u>periods much lighter or stop</u> , 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.
	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.
	The person fitting my coil will tell me how soon I can rely on it as contraception and how many years it can work for. This depends on the type of coil and my age.
	I know that I can ask for my IUC to be removed at any time and my fertility will return to its baseline after removal

Infection risk

Sexually Transmitted Infections such as chlamydia may increase the risk of pelvic infection after coil fitting. They do not always cause symptoms.

	I understand that I'll be asked about my risk of STIs and offered testing today
	I understand that the coil will not protect me or my partner against sexually transmitted infections.
	I know there is a small risk of pelvic infection for 3 to 4 weeks after coil fitting and symptoms of this include temperature, offensive discharge and pelvic pain

Pregnancy

	I understand that no contraceptive method is 100% effective. All coils have a small risk of failure; less than 1 in every 100 people using a coil will become pregnant.
	Pregnancy with a coil in place is rare, but when this does occur there is a risk of 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

	I understand that fertility returns to a natural level very quickly after coil removal.
	I understand that if I am planning a pregnancy, it is advisable to take folic acid for 3 months prior to getting pregnant in addition to the first 12 weeks of pregnancy. Taking folic acid during this time reduces the chance of your baby having a neural tube defect (a problem with the brain or spine, or both) such as spina bifida. It can also help prevent other problems, such as cleft lip and palate or some heart conditions. In addition, vitamin D supplements are recommended. Please find more information at Pregnancy vitamins and supplements - NHS https://www.nhs.uk/pregnancy/keeping-well/pregnancy-vitamins-and-supplements/

Complications

	I understand that it may not be possible to fit a coil as planned (for example if an unexpected gynaecological problem is found on examination)
	I understand that there is a <u>1 to 2 in 1000</u> risk that the coil 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. In some cases a perforated coil may need to be removed with an operation under anaesthetic.
	I understand that there is a risk the coil will fall out. This happens to 5 in every 100 women who have an IUC fitted. I understand that I should check my coil threads after each period. I can use a menstrual cup or tampons with a coil but need to be careful not to pull the threads.
	There is a chance that the threads will move up inside the cervix or uterus so they can’t be seen or felt. If I cannot feel the threads, the coil should not be relied on as contraception until I have contacted the clinic to have my coil checked. I may need an ultrasound to check the coil is in place and may need to come to a specialist clinic when the coil needs to be removed.

Clinic visit arrangements

	You will be asked to provide a urine sample for a pregnancy test
	Your clinician will ask about the type of coil you would like fitted and can answer any further questions you may have
	We will discuss the insertion procedure and the options for local anaesthetic

Additional testing

	I would like a routine sexual health screen for Chlamydia, Gonorrhoea and Trichomonas to be done today
	I am due a smear test and would like to have this done today