

Advice before a coil is fitted

Timing of a new coil fitting

- Before a coil can be fitted it is important that there is no chance you are pregnant
- Continue regular, effective contraception up until your coil fitting
- If you don't have periods at present (eg during breastfeeding or whilst using other methods of contraception), a coil fit can be arranged at any time providing there is no chance of pregnancy
- After giving birth it is advisable to wait 4 weeks before a coil is fitted

Coil replacement:

- If you already have a coil in place, please either abstain from sexual intercourse or use a condom carefully in the 7 days before you attend. Sperm can live in the pelvis for 7 days, so there is a theoretical chance of pregnancy if this advice is not followed as after taking your coil out on rare occasions it may not be possible to fit the replacement coil successfully

Before the fitting:

- Please take some painkillers an hour before the procedure (either ibuprofen 400 mg (with or after food) or paracetamol 1g - or both – (as long as you are not allergic to these) as some ladies experience discomfort, like period cramps, during coil insertions

Some ladies can feel a little faint during and after the fitting. It is therefore advisable to have someone to accompany you to drive you home, if possible

The fitting process:

- Please allow half an hour for the appointment
- The process of fitting a coil is similar to what happens with a smear test. You may feel some discomfort, but this varies from person to person. The doctor and nurse will do their best to reassure you and make the procedure as pleasant as it can be
- Please ensure you have no major commitments afterwards as you may need to take it easy and relax for the rest of the day

After the fitting:

- Use condoms for 7 days, unless it is a replacement or a copper coil
- You may experience bleeding or cramping. Continue with regular painkillers if required. If the pain is more uncomfortable than a period, talk to a doctor
- Avoid tampons for the first week, but thereafter it is ok to use them
- See a doctor if you have a high fever in the first 2 weeks
- See a doctor if you have a positive pregnancy test