

Rectory Meadow Surgery

PARTNERS

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PATIENT INFORMATION LEAFLET

FITTING AN IUS/IUD (COIL)

Drs Carter and Watteux perform coil fitting at the surgery. Leaflets about the copper coil (IUD) and the Mirena coil (IUS) are available from your GP or the practice nurses.

Deciding to have a Coil Fitted

You should consult your GP to discuss which type of coil would suit you best. You will then need to make a routine appointment with a practice nurse to have vaginal swabs taken to screen for any infection. A coil cannot be fitted in the presence of infection. If an abnormal result is detected we will contact you and a prescription will be given for the appropriate treatment.

When to have a Coil Fitted

Your coil will need to be fitted according to your monthly cycle. The best time to have the coil fitted is after the heavy days of your period are over or within a few days of finishing your period. However it must usually be fitted within 7 days of the start of your period. Don't worry if you are still bleeding at the time of your appointment.

If you do not have periods, the coil can be fitted at any time.

If you have just had a baby, the coil can be fitted from 6 weeks after the birth.

At your appointment with our Practice Nurse for swabs to be taken, we will ask you for your best contact telephone number and time to call. The Practice Nurse will then arrange your coil fitting, usually to coincide with your menstrual cycle where possible. You will need a double appointment with both the doctor and a nurse.

It is very important that you are not pregnant when the coil is fitted so please continue with your usual contraception until your appointment. If you are not using any contraception we advise you to abstain from sexual intercourse for 10 days prior to your appointment and to bring a negative pregnancy test with you.

Fitting the Coil

On the day of your fitting, please bring a sanitary towel with you as you may experience some bleeding. It is also a good idea to take some pain relief about an hour before the procedure such as Ibuprofen.

The procedure will take place in our minor surgery room. The doctor will be assisted by either a nurse or our healthcare assistant. The doctor will first carry out a vaginal examination to feel the size and position of your uterus. Then a speculum will be placed into your vagina, the coil is passed through the cervix and into the uterus. Fitting the coil takes about 15-20 minutes and can be uncomfortable or painful for some women. You will need to rest for 5 minutes or longer after the procedure.

After your Coil Fitting

Women can often experience some pain and bleeding for up to 24 hours after the procedure and pain killers can be taken. Take it easy for the rest of the day. If, however, the pain increases with very heavy bleeding please contact the surgery.

You will be protected against pregnancy as soon as the coil is fitted however, it is advised to abstain from sexual intercourse for 4-5 days after the fitting to allow the coil to settle into your uterus.

You will need to book an appointment with the doctor who fitted your coil, 4-6 weeks after fitting, to check that the coil has settled and to discuss any concerns.