

## **BEACONSFIELD MEDICAL PRACTICE**

### **Important information about your coil fitting (Mirena, Kyleena or Copper Coil)**

1. Please ask at Reception for a swab which you can do yourself prior to coil insertion

2. Pregnancy

It is important that the clinician fitting your coil is confident that you are not already pregnant at the time the device is fitted. To ensure that there is **no chance of pregnancy** please read the information below.

You may book your appointment at any convenient time providing you are using one of the following methods of contraception **reliably** or you have been sterilised:

- a. The combined pill, patch or vaginal ring
  - b. The progesterone-only pill (mini-pill)
  - c. Depo-Provera injection **within 12 weeks** of the last injection
  - d. Implant (Nexplanon) **within 3 years** of its insertion
  - e. An IUD or IUS **prior to its expiry date** (please also see point 4)
  - f. Condoms used consistently and correctly
3. If you have just had a baby, are still breast-feeding or not having periods for any other reason, you are a special case and will need to discuss the best time to fit your coil with a family planning doctor.
4. Patients booking for a **removal or refit of copper coil or Mirena coil** must either:
- a. **Abstain from sex for 7 days** before the appointment
  - b. Use **condoms reliably for 7 days** before the appointment

This is because occasionally we are unable to fit a new device after removal of the old one, resulting in a risk of pregnancy if you have had sex in the previous week.

5. The coil can be fitted during your period

You may be asked to provide a urine sample to exclude a pregnancy on the day of your fit. However, if there is **any chance of pregnancy** at the time of your fitting, however small, the clinician will be unable to fit your coil.

## OTHER CONSIDERATIONS

It can take a few weeks for the device to settle down and therefore if you are planning a trip abroad we would recommend that you have the procedure **more than 6 weeks** prior to travelling.

*Further useful information about the IUD or IUS can be found at:*  
[www.fpa.org.uk/resources/leaflet-and-booklet-downloads](http://www.fpa.org.uk/resources/leaflet-and-booklet-downloads)

## IMPORTANT INFORMATION ABOUT THE DAY OF YOUR IUD/IUS PROCEDURE

1. Coils are usually fitted on the 4<sup>th</sup> floor (Nurses' floor)
2. We advise you take an anti-inflammatory pain-killer such as Ibuprofen 400mg approximately 1 hour before your appointment, unless you know that you are unable to take this type of medication. Alternatively a paracetamol-based pain-killer can be used. This is to help with discomfort after the procedure
3. **Do not skip a meal.** It is best to have had a light meal and a drink 1-2 hours before your appointment
4. Please make a note of the **start date of your last period** and bring this with you to the appointment
5. Please wear a sanitary pad as often there is some bleeding and/or discharge after the procedure
6. If you have or care for small children or babies, please arrange for childcare to avoid bringing them to your appointment
7. Please allow at **least 1 hour** for your appointment. Although the procedure does not take long, some women can feel faint afterwards and need a little time to recover
8. **Please do not drive immediately after the fitting.** It is preferable that you get a lift or a taxi home

Try to ensure you have no major commitments for the rest of the day as you may feel a little uncomfortable and need to take it easy afterwards.

## **BEACONSFIELD MEDICAL PRACTICE USEFUL INFORMATION FOLLOWING YOUR COIL FITTING**

Please follow the guidance below, but if you have any further questions or concerns please contact your own doctor for advice.

### **PREGNANCY**

1. The Mirena and Kyleena coils take 1 week to work. You must use additional contraception for this time. The copper coil works immediately.

### **INFECTION**

1. Avoid sexual intercourse for the first 4-5 days following a fitting in order to let the device settle in and minimise the risk of getting an infection.
2. If you develop any offensive discharge, low abdominal pain that is worse than period pain, or feel feverish or unwell, please contact us or your doctor for advice.

### **PAIN**

1. If you are suffering from menstrual cramps following fitting, some shop bought pain-killers such as Ibuprofen and/or Paracetamol can be helpful in easing any discomfort. Follow the instructions on the packet.

### **BLEEDING**

1. Even if the device is not inserted during your period you may have some bleeding for a few days.
2. The device may also cause some unpredictable bleeding over the first 3-6 months after insertion. This usually settles down on its own.
3. If you have any prolonged or heavy bleeding please contact your doctor.
4. The use of tampons or Mooncups could possibly disturb the device, so we suggest avoiding use of these for 6 weeks following the procedure.

### **CHECKING THREADS**

1. You may be able to feel the threads by inserting two fingers into the vagina and feeling for the threads. If you are ever concerned that you cannot feel the threads, or see the device come out, we advise that you use alternative contraception and contact us or your doctor for advice.

### **FOLLOW UP**

1. Please see the nurse 6 weeks after the coil is fitted.