

Post coil insertion advice

The coil works as a contraceptive (immediately/after 7 days) and will last for up to (3 / 5 / 10)years. Please be aware that you will need to use condoms until the contraceptive cover of your coil takes effect.

It is not uncommon to have some discomfort or bleeding after the fitting and you may find that your next few periods are longer, heavier or more uncomfortable than normal. These problems usually settle down within a few months.

If you have received a hormonal device then you may notice a change in your period, including irregular periods, or no periods at all. This is usually normal, but if you are concerned, please discuss with your nurse or doctor

Sometimes the uterus will react to the device, leading it to contract and push the coil out of position. You can check to ensure that your coil is still in place, by feeling for the nylon threads which hang down from the neck of the womb (the cervix) into the vagina. We will teach you how to feel for your threads at the time of insertion.

If you cannot feel the threads, please avoid unprotected intercourse and contact the surgery for advice.

If you feel something firm, like the tip of a matchstick, it could be that the coil is trying to come out and is no longer in the right position. Please avoid unprotected intercourse and contact the surgery.

Follow up

If you develop unusual vaginal discharge, or pain in the lower part of your tummy, please contact the surgery for advice as soon as possible, as this may be an indication that you have an infection.

Less than 1% of women become pregnant with a coil in place. If you do fall pregnant with a coil in place, there may be an increased risk of early miscarriage. However, if the pregnancy continues, there is little evidence of damage to the baby. If you think that you may be pregnant, contact the surgery for advice and to arrange a pregnancy test.

All patients considered to be at risk of a sexually transmitted infection are offered testing prior to the coil being inserted. However, please be aware that the coil provides NO protection against any sexually transmitted infection. You may therefore wish to consider using a condom during intercourse, particularly with a new partner. If you are concerned that you may have contracted an STI, please speak with the nurse or doctor, or contact the Umbrella Sexual Health Service for free and confidential advice.

<https://umbrellahealth.co.uk/>

If you wish to change your method of contraception, or wish to become pregnant, we suggest that the coil is best removed during or just after your period. However, the coil may be removed at any time of your cycle.

It is advisable to have a check-up about 6 weeks after the coil is fitted.

Please contact the surgery if you have any concerns or questions.