

## **Contraceptive Coils/Implant - Patient information leaflet**

Contraceptive coils/Implants are a very effective method of contraception and they last for a long time.

If you wish to have one inserted please read the following before you come for your appointment alternatively you may wish to have a telephone consult with the doctor. If you change your mind and wish to change or cancel your appointment please let reception know so that the appointment can be given to anyone else.

### **COILS**

#### **Before Insertion**

- IUS (Intrauterine System ('Mirena' and 'Kyleena')) or IUD (Intrauterine Device (copper coil)) insertion is best done between day 1 to day 5 of your period as we can be sure that you are not pregnant at this time but if you are using a natural family planning method please make sure you abstain from sexual intercourse until the coil is fitted or use appropriate barrier methods to make sure you are not pregnant at the time of coil fitting.
- If you are using a hormonal method such as the combined pill, progesterone only pill, injection or implant please continue to use them until the coil is fitted and depending on which type of coil you have chosen you may need to continue, the doctor will advise on the day.
- Please let the doctor know if you have any allergies to anything including local anaesthetics, metal etc.
- There is a small risk of infection, and in order to minimise this even further you may wish to have a sexual health screening with us. Free kits are available for ages 16-24 from your GP or alternatively go [www.freetest.me](http://www.freetest.me)
- There is also a small risk of perforation, expulsion and contraceptive failure, and if you wish to read more please refer to these websites [www.fpa.org.uk](http://www.fpa.org.uk) or [www.patient.co.uk](http://www.patient.co.uk).

### **During and After Insertion**

- Having a coil fitted can be a variable experience for everyone. It is sensible to have some pain relief such as ibuprofen (unless you are allergic or have been advised not to take this) 1 hr before, to reduce any chances of cramping at the time of coil fitting.
- If you feel dizzy during insertion please let the doctor know.
- There is a possibility of spotting afterwards so you may wish to bring some sanitary protection with you.
- After the coil is fitted you may wish to go home and relax. There is a possibility that you may experience some cramping pain and in this situation simple pain relief is advisable such as paracetamol or ibuprofen.
- You may experience a change in your period pattern such as spotting for a few weeks, or bleeding between your periods. Please speak to your doctor if you experience any troublesome side effects.
- You will be invited for a 6 week coil check with us after the insertion.
- If you experience severe abdominal pain, fever, shivering or offensive vaginal discharge please seek medical attention as soon as possible.

### **IMPLANT**

- Insertion of an implant is best done from day 1-5 of your period as we can be sure that you are not pregnant at this time but if you are using a natural family planning method please make sure you abstain from sexual intercourse until the implant is fitted or use appropriate barrier methods to make sure you are not pregnant at the time of implant fitting.
- If you are using a hormonal method such as the combined pill, progesterone only pill, injection or implant please continue to use them until the coil is fitted and depending on which type of coil you have chosen you may need to continue, the doctor will advise on the day.
- Please get the actual implant device from any chemist which you will only get on prescription from your GP prior to your appointment.