



Aspen Medical Practice

Having Coil Inserted? – What you need to know

- ♥ Prior to booking your appointment you will have a telephone appointment with one of the sexual health GPs.
- ♥ We will talk through the options with you and organise any tests such as vaginal swabs and smears that may need to be done prior to your fitting.
- ♥ We can also help you arrange to have your coil fitted at the best time in your cycle.
- ♥ We will need to know what contraception if any you are using, what was the first day of your last period and when you last had sexual intercourse.

If you are having a NEW coil and are currently not using any contraception or only condoms, diaphragms or natural methods:

- ♥ it needs to be fitted in the first 5 days of your cycle. Day 1 of your cycle is the first day that you bleed when you start your period.
- ♥ Or you need to have not had sexual intercourse since you started your last period until the coil is fitted.

If you are having a NEW coil fitted and are currently taking the oral contraceptive pill:

- ♥ provided you have not taken any pills late or missed any pills you can have the coil fitted at any time.
- ♥ We will ask you to continue taking your oral contraceptive pill for 1 week after the fitting.

If you are having a NEW coil fitted and currently use the hormone injection (depo or sayanna press) or the Hormone Implant (Nexplanon)

- ♥ we can fit the coil at any time provided your injection is still within date (12 weeks since the last injection.)
- ♥ we can fit the coil at any time provided the implant has not been in for longer than the 3 years it is active for.

If you are having a coil REPLACED:

- ♥ You must not have had sexual intercourse for **SEVEN** days before the coil is replaced.

- ♥ This is because sperm can survive in the vagina and can cause a pregnancy if there is a problem replacing the coil, or if you are switching from a copper coil to a hormonal coil

If you are having a coil REMOVED

- ♥ and do not wish to get pregnant or have not yet transferred to a new method, please don't have sexual intercourse 1 week before the coil removal.
- ♥ If you are moving to an alternative method of contraception we will normally establish you on this for at least 1 week prior to removing the coil.
- ♥ If you wish to get pregnant please note once this coil is removed some women get pregnant before they even have their first contraception free period. We advise you to start prenatal folic acid and vitamin D three months before you start trying to get pregnant.

Before the fitting:

- ♥ The procedure will last about 10 minutes but the appointment will be for 30 minutes.
- ♥ Please take some paracetamol or ibuprofen an hour before your appointment.
- ♥ Please have something to eat before the procedure.
- ♥ Please bring someone with you to the appointment in case you need someone to take you home.
- ♥ Where possible please do not bring children to the appointment or ensure the person with them can wait with the children in the waiting area during your appointment.
- ♥ Please bring a sanitary pad to the appointment as you may have some bleeding.

After a coil fitting

- ♥ You may have cramping period pain for the next 24-48 hours.
- ♥ Try not to plan too much for the day of your appointment.
- ♥ If you have any smelly vaginal discharge please contact us as you may require antibiotics.
- ♥ If you have pain which feels more than heavy period pain please contact us for a telephone review
- ♥ Please don't use tampons for the first 4 weeks.
- ♥ Please follow any advice you have been given on extra contraceptive cover in order to avoid unwanted pregnancies.