

Easy Read Information

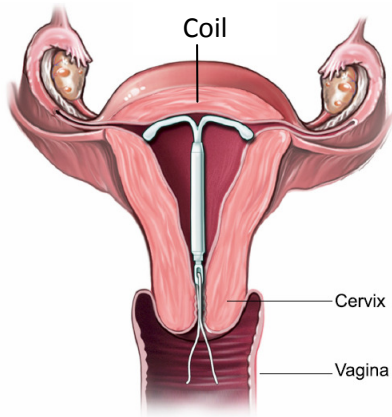


What you need to know about
the **Coil**



The coil is one of the best
methods of contraception.

Using a coil will reduce a
woman's chances of becoming
pregnant.



The coil is a small device which is put into your womb.

There are 2 types of coil.



Copper coil (IUD)

This contains no hormones and can last between 5 to 10 years.



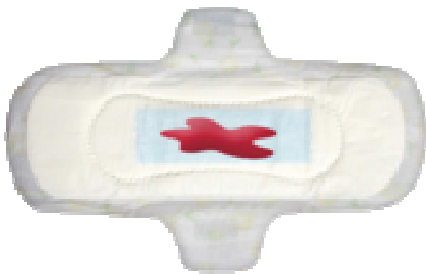
Hormonal coil (IUS)

This contains hormones and last 5 years.

The coil must be fitted by a doctor.



If you want to know more about the coil, speak to your GP or ask at the sexual health clinic



Your periods may change when you have a coil fitted. Speak to your doctor if you are worried.



The coil cannot protect you from sexually transmitted infections. Condoms will. Use a condom when having sex.

Advice is available from
Sexual Health D&G

If you have any questions or
would like to make an
appointment.



Please phone **0345 702 3687**

or



email:
dgsexualhealth@nhs.net