

IUD/IUS (coil) FITTING ADVICE

Fitting an IUD (coil) is similar to having a cervical smear but takes a little longer (about 15 minutes) and is a little more uncomfortable.

Here is a summary of some of the main points.

Timing

The ideal time to have an IUD (coil) fitted is towards the end of a period or in the first few days after a period. However, we are aware that the timing of our IUD (coil) clinics may not fit with your cycle. An IUD (coil) can be inserted at any time during your cycle if you have not had unprotected sex (sex without a condom) since your last period. **It is your responsibility to ensure that you are not pregnant.**

If you are having an existing coil changed then this should be done either just after your period or you should **use condoms/abstain from sex for 7 days prior to replacement.**

Risk of infection

Chlamydia is a sexually transmitted disease which a woman may have without having any symptoms. We assess risk of infection prior to fitting an IUD (coil). The groups most at risk of Chlamydia are the under 25s and if someone has had more than one partner in the previous 12 months. Please don't be offended if you're asked about your sexual history, this is to reduce your risk of developing pelvic inflammatory disease.

Pain relief

We would recommend taking some paracetamol or ibuprofen (or whichever painkiller helps you with period pains) about an hour before the procedure. Fitting an IUD (coil) can cause some cramping period pains so this reduces the discomfort.

Stress relief

If possible please arrange childcare for your appointment. This makes it easier for you to relax during the procedure. Most women will feel fine after an IUD (coil) fitting but they can sometimes feel a little faint (due to a nerve reflex triggered by passing the coil through the cervix).

Please bring a sanitary towel with you as you may experience some spotting after the procedure.

You will have an opportunity at the appointment to discuss any issues but please book a telephone appointment with Dr Ordway/Dr Walsh if you have any further questions, or go to: <http://www.fpa.org.uk/campaigns-we-support/love-life-and-larcs>