

Before Your Coil Fit:



Advice before the procedure:

1. **DO NOT stop your current contraception** unless you have been asked to do so
2. **If you are currently using condoms or no contraception** please abstain from sex after you next period until your appointment
3. **Read through the leaflets provided** so that you can ask any questions at your next appointment
4. **Please try to arrange childcare**, so that you do not have your children with you; which will allow you to be more relaxed for the fitting.
5. **Please allow sufficient time**; you may be at the clinic for up to an hour
6. **Take Ibuprofen 400mg or Paracetamol 2x 500mg**, half an hour before your appointment
7. **Have something to eat before you come**, this will make you less likely to feel faint after the fitting.
8. **We will ask you to use sanitary towels** (not tampons) after the fitting and for the first period. You can use tampons for periods thereafter, but it is best to use sanitary towels for lighter days
9. **The Mirena or Jaydess IUS is usually fitted in the first 7 days** of your period starting, in which case it is effective straight away. Condoms will be required for 7 days if it is fitted after this.
10. **Copper coils are effective immediately**, regardless of when they are inserted.

Information about: Mirena, Jaydess & Copper IUD

Contraceptive failure is less than 1 in 100 women for Jaydess or Mirena & less than 1 in 50 for Copper IUD. **Pain experienced on insertion varies from woman to woman**; the procedure can be stopped at any time you wish.

Some women may feel faint & their heart rate may slow down during or after the procedure. This is usually very short lived and corrects itself, if not the device may have to be removed.

The device can be expelled in up to 1 in 20 women within the first year (most often in first 3 months) which can be unnoticed. It is important not to use tampons until the second period after insertion & to check threads after each period.

Having an IUD does not cause ectopic pregnancies. If a pregnancy occurs with the device in situ there is a chance that it may be ectopic (not in the womb); but the overall risk is very low (less than 1 in 1000 women).

Uterine perforation (this is where the device is pushed through the wall of the womb) occurs in 1 in 1000 women or 6 in 1000 if breast feeding. This may require an operation to retrieve the device.

Pelvic infection is slightly higher in first 20 days after insertion, but is not higher thereafter in long-term users.

Bleeding pattern: spotting, light bleeding or prolonged bleeding is common in the first 3-6 months. After that time periods are very light or stop altogether with Jaydess or Mirena; but may be heavier and there may be spotting between periods with Copper IUD.

There is no delay in return of fertility or affect on long term fertility after the device is removed.

If you need more information please telephone 01482 336353