

What you should know ahead of your coil insertion

If you have made an appointment at one of our clinics for a coil fitting or replacement, please read the information below:

Your appointment allows us to assess whether fitting a coil is safe and appropriate. In nearly all cases, after a few questions we can fit the coil immediately. However, on occasion, we may make a clinical decision to not fit it for you, or organise the fitting for another time.

Some things to remember when attending your coil/intrauterine contraception (IUC) appointment:

- If you are attending to have a new coil fitted, it's important that there is no risk of pregnancy
 - Please avoid sex or use a reliable method of contraception from your last period, or for at least three weeks prior to your appointment date
- If you are attending to have your coil/IUC replaced, please do not have sex for seven days before attending, in case we are not able to reinsert/fit a new one on that day, as this may put you at risk of pregnancy

- If you've been advised to consider a copper coil or IUD for emergency contraception, the clinician will assess you at your appointment to check it's still safe to go ahead
 - Please take emergency pills if you are offered them, in case you are unable to have the IUD
- Always arrive ten minutes before your appointment time
 - If you are more than ten minutes late we won't have time to see you and you'll have to rebook your appointment
- Please ensure you will be able to provide a urine sample on the day for a pregnancy test if required prior to the procedure
- We are unable to provide childcare facilities for IUD fitting
 - If you attend with a child we may have to rebook your appointment for another day
- Although this is usually a brief procedure, some women find it uncomfortable
 - We recommend you take a mild painkiller, like paracetamol or ibuprofen, prior to attending your appointment
- It's always sensible to have eaten something prior to your appointment, as this will reduce the likelihood of you feeling faint or lightheaded

- Please bring a sanitary towel with you, as you may experience some bleeding
- There is a small risk of pelvic infection in the few weeks after having a coil fitted
 - We recommend STI screening before or during the procedure, even if you feel that your risk is low
 - This can be arranged via our online screening service SH:24
- Have someone available to travel home with you in the event you feel a bit unsettled from the procedure
- Your coil will be fitted by a trained and experienced doctor or nurse
- These appointments are in extreme demand and if you can't make your appointment, please cancel by selecting 'CANCEL' on your appointment text reminder, or by calling 0300 323 1300

Further guidance is also available at [fsrh.org.uk](https://www.fsrh.org.uk)

We look forward to seeing you at your appointment.