

Grove Medical Practice

Main site: Cromwell Place site, St Ives, Cambs, PE27 5JD

Tel: 01480 462206 website: www.grovemedicalpractice-stives.nhs.uk

Branch site: Old Exchange site, St Ives, Cambs, PE27 5PB

Tel: 01480 497477 website: www.theoldexchangesurgery.co.uk

PRE COIL ADVICE – PLEASE READ IN FULL

If you are interested in booking a coil insertion, please book an appointment with a doctor or nurse who is able to give you information about different types of coils, and counsel you about their use prior to your fitting appointment.

When you attend for fitting please note the following:

There must be **no chance that you are pregnant**, so please use effective contraception or abstain from intercourse, prior to fitting.

- If you are taking the pill, continue to take it carefully up until the day of fitting, and then usually it needs to be continued for 7 days post fitting
- If you have had a contraceptive injection, fitting needs to be before the injection runs out (12 weeks and 5 days since the last injection)
- If you have an implant in place, we prefer to fit the coil first and take the implant out, at least one week later
- If you are using condoms, please use extra care or abstain, as if you have a burst condom, we cannot fit the coil until you have had a normal period, and we know there is absolutely no chance of pregnancy
- If you already have a coil in place, please abstain from sexual intercourse **completely** in the 7 days before you attend the clinic. If your coil has expired, extra care and contraception needs to be used from the expiry date
- Please wear comfortable clothes and footwear for your appointment
- Remember, you can change your mind about having a coil fitted at any stage
- Please take some pain killers an hour before your appointment. Either paracetamol or ibuprofen for example (so long as you are not allergic to these medicines)
- Make sure you have eaten something prior to your appointment
- Please arrange childcare and come alone, this is beneficial.
- It is usual practice to offer a chlamydia test before fitting an IUD/IUS to all our patients. This should have been done in the few weeks before fitting and is particularly important if you have had a new partner in the past year. If for some reason this has not happened, the swab may be taken at the time of insertion.

To begin, the doctor or nurse will ask a lot of questions to check that the coil is suitable for you. You will have an opportunity to ask any questions. Consent to fit a coil will be obtained, which involves making sure you have had enough information to be sure you do want the coil fitted. If at any stage you change your mind about the fitting, the procedure can be stopped.

The process of fitting a coil is similar to what happens with a smear test. A vaginal examination will be undertaken and then the coil fitted. You may feel some discomfort, but this varies from person to person. The doctor and nurse will do their best to reassure you and make the procedure as pleasant as it can be. You will be given advice after fitting about what to expect and when to come back.

Please note - although we fit coils regularly in our service, and are usually successful, there are occasions when, for various reasons, the coil cannot be fitted. If this happens in your case, the reason why will be explained to you and other options offered.