**Advice after a coil is fitted**

You have had the following intrauterine device (IUD/IUS) inserted today.

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| DEVICE | tick | Life span | Additional precautions |
| Copper T 380 A/S |  | 10 years |  |
| Nova T 380 |  | 5 years |  |
| Mirena IUS |  | 5 years |  |
| Jaydess |  | 3 years |  |

How should I feel afterwards?

Most women experience some period-like discomfort for 24-48 hours after fitting, but then it usually settles.

There may be some bleeding or spotting for a few days. If an IUD is fitted during a period, the period may be heavier and last slightly longer than usual.

What should I do afterwards?

Take simple painkillers such as paracetamol and/or ibuprofen (as long as you are not allergic to these products).

Rest for several hours after fitting, and avoid strenuous activity. Using a hot water bottle may help.

You should avoid the use of tampons for the first 2 days; so use pads only. After this you can resume tampon use.

There is the possibility of an increased risk of expulsion (coil coming out) with the use of menstrual cups. If you use these then refer to the manufacturer’s instructions for IUC (coil) users.

When can I resume sex?

You can resume sexual intercourse when you feel up to it

 Is there anything I should look out for?

If you feel unwell during the 3 weeks after fitting, with severe pelvic pain, fever and/or foul smelling vaginal discharge, you must come back to the clinic or see your GP without delay. Although the coil does not cause pelvic infection with long term use, there is a small increase in the risk of infection at fitting, or within the first 20 days after fitting.

When do I need to be seen again?

For a routine copper or hormone coil insertion:

You do not need to make a routine appointment for check-up. It is advisable for you or your partner to check that the threads can be felt once a month. Ideally this should be after a period or on a chosen day e.g the first day of each calendar month. If you cannot feel the threads you should use a condom or abstain from sexual intercourse, and make an appointment to come to the clinic, as the coil may have become dislodged (expelled.)

Please come back to the clinic for a coil check if you have any concerns, for example if you were late for a period and could be pregnant, or if you have any irregular bleeding, pelvic pain or unusual discharge.

You will not receive a reminder when your coil change is due. Please keep the information given at your fitting appointment as a reminder of when your coil change is due and contact the surgery to arrange this, approximately 3 months before it expires.