

# Preparation for the insertion of a “coil”



## Patient Information

### Tayside Sexual & Reproductive Health Service

#### **Please read carefully before attending your appointment**

The aim of this leaflet is to help you to prepare for the insertion of a copper “coil” (IUD or “intrauterine device”) or hormone coil (IUS or “intrauterine system”) at the Tayside Sexual & Reproductive Health Service.

To make your clinic visit as straightforward and to ensure that the procedure takes place, it is important that you have read all the information below.

Ideally you should already have made up your mind about which “coil” you prefer before your appointment. However you are free to ask us in person any questions you might have prior to the procedure.

#### **Please bring this form with you when you attend the clinic**

##### **General information about the “coil”**

Please tick the boxes to confirm that you have understood and agreed to the following:

- I have watched the video clip on “coils” (IUD- copper “coil” or IUS- hormone “coil”) (see link below), read the Family Planning Association (FPA) IUD and/or IUS leaflet (see link below for more info) OR I already have a “coil” and I am familiar with the method.  
<https://www.sexualhealthtayside.org/sexual-health-relationships/contraception/>  
<https://sexwise.fpa.org.uk/contraception/long-acting-reversible-contraception-larc>
- I am using an effective method of contraception and haven’t had any problems recently (for example missed pill, slipped condom, late contraceptive injection or expired “coil” or implant) or I have not had unprotected sex since my last natural period or used the withdrawal method. I understand that it is not safe to insert a “coil” if I might be pregnant. A pregnancy can only be excluded three weeks after the last unprotected sexual intercourse.
- If I am having my “coil” changed: I understand that it is important to abstain from sex for the seven days before my appointment or consistently use condoms during this time.
- If I am under 25 years, or have had a new partner, or more than one partner in the last 12 months, I have taken a recent test for chlamydia and gonorrhoea which came back negative or will be offered a test at the “coil” fitting. If I have symptoms of infection like pelvic pain and/or vaginal discharge, it is likely that my coil fit will be postponed.

- I understand that if I am having period problems (for example irregular, unusual bleeding or heavy periods) or have been diagnosed with fibroids or have a complicated medical history my “coil” fitting may be postponed for further investigations and/or a “coil” might not be a suitable option for me.
- I understand that no method is 100% effective and that the “coil” has a very small risk of failure (less than 1 in 100 chance of pregnancy).
- I understand that if I do become pregnant with a “coil” still in place, that there is an increased chance of an ectopic pregnancy (outside the womb). However, the overall risk of pregnancy is still very small.
- I understand that there is a 1 in 20 chance of the device falling out, partially or completely, especially in the first months after insertion.
- I understand that there is a 2 in 1000 risk of going into or through the wall of my womb (perforation) at the time of insertion of the device which might require keyhole surgery.
- I understand that the “coil” will not protect me against sexually transmitted infections (STIs).
- I understand that a copper “coil” can make my periods slightly heavier, longer and more painful.
- I understand that a hormone “coil” can make my periods much lighter or stop them altogether but can also cause erratic bleeding and spotting, especially in the first few months of use.

### **General information about the “coil” appointment**

Your “coil” fitting or replacement appointment will last around 30 minutes. Please be aware that there are no crèche or child minding facilities at the clinic. We will not be able to fit a “coil” if you bring a dependent child to your appointment.

A “coil” insertion is usually very quick but can be uncomfortable or even painful, especially in women who have never given birth. Some women feel dizzy or sick during or after the procedure. You should make sure that you have had a light meal on the day of the appointment. Simple painkillers like Paracetamol and/or Ibuprofen could also be taken around an hour before the procedure.

If you are currently taking certain medicines (for example drugs which can lower your blood pressure or help with anxiety, like propranolol): please take them after the “coil” insertion. Please give us a call if you have any doubts about when to take your medicines.

You may not feel ready to drive home after the “coil” insertion because of pelvic pain, dizziness or nausea. It may be necessary to have a backup plan of someone to call to take you home, especially if you are travelling some distance. For the same reason, you might not be able to go back to work or to look after somebody else straight after the procedure.

**Please bring a urine sample with you as a pregnancy test may be required.**

**Please note – your appointment time is:**

**Date** .....

**Time** .....

**Place** .....

**Name** .....

**AN** \_\_\_\_\_ (office use only)

If you are unable to make it to your appointment please let us know as soon as possible, in order that we can use the slot for someone else. Cancellations within 24 hours of an appointment count as “DNA” (did not attend).

**Tayside Sexual & Reproductive Health Service Clinics:**

**Dundee**

Tayside Sexual & Reproductive Health Service  
South Block – Level 7  
Ninewells Hospital

**Perth**

Drumhar Health Centre

**Central telephone line: 01382 425542**

**Website: [www.sexualhealthtayside.org](http://www.sexualhealthtayside.org)**

This leaflet has been adapted from the Lothian Sexual Health IUD/IUS leaflet.  
Thank you also for their kind permission for the use of their video.

Developed by Sexual and Reproductive Health Services  
and has been reviewed by patients.

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