



Preparation for a complex coil removal

Patient information

Developed by Sexual & Reproductive Health Services and
reviewed by patients.

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**Tayside Sexual &
Reproductive Health Service**

The aim of this leaflet is to help you to prepare for removal of your lost or 'stuck' copper or hormone coil (IUD or IUS) at Tayside Sexual & Reproductive Health Service.

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

Please bring this form with you when you attend the clinic.

Tayside Sexual Health & Reproductive Health Service Clinics

Dundee

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

Perth

Drumhar Health Centre

Central telephone line: 01382 42 55 42

Website: www.sexualhealthtayside.org

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

Please note – your appointment 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.

General information

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

If you are not sure if your ‘coil’ is still in place as you had no scan and/or your coil is out of date:

- I understand that it is not safe to remove a lost or stuck coil if I might be pregnant. It is therefore important to abstain from sex or consistently use a different method of contraception like condoms until my appointment. A pregnancy can be excluded three weeks after the last unprotected sexual intercourse.

If you had a scan over the last three months showing the ‘coil’ to be in place and your ‘coil’ is not out of date:

- I understand that it is important to abstain from sex for the seven days before my appointment or consistently use a different method of contraception like condoms during this time.

Your 'coil' removal will last around 30 minutes and might include a transvaginal (internal) ultrasound scan.

If you are at risk of a sexually transmitted infection (STI) you will be offered STI screening on the day of your procedure.

A 'coil' removal 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.

Certain medicines are better taken after the procedure, for example drugs which can lower your blood pressure, reduce anxiety, or help with migraines, like propranolol. Please give us a call if you have any doubts about when to take your medicines on the day of your appointment.

You may not feel ready to drive home after the 'coil' removal 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 be aware that there are no crèche or child minding facilities at the clinic. You will not be able to look after a child and have a procedure at the same time. Children under the age of 13 are not permitted to wait in our waiting room without supervision.