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You have been referred for a coil or implant fitting/removal with Dr Dancy at Tarporley Health Centre. Please ensure that you have read this leaflet to ensure that you are prepared for your procedure. Your appointment is a 30 minute appointment with a GP and a healthcare assistant. We have a waiting list for appointments and would be grateful if you could give us at least 48 hours notice if you are unable to attend in order that we can reallocate your appointment slot.

Advice for women attending for contraceptive implant (Nexplanon) fitting or removal:

Fitting:

- This must only be fitted when there is no risk of pregnancy
- If you are using a diaphragm, natural methods, withdrawal method or having unprotected sex, we can fit the implant only within 5 days of starting a period. Alternatively, you can abstain from sex from the start of your period until the implant is fitted.
- If you are using one of the more effective methods, such as pills or injection, the implant can be fitted at any time but you will need to continue using pills/injection for 7 more days after the implant is fitted.
- Fitting may result in some slight local bruising and you will wear a dressing for 24 hours afterwards.

Removal:

- Once an implant is removed there is no longer any protection from pregnancy. Another reliable method of contraception should be started 7 days before the implant is removed.

Advice for women attending for an IUD (copper coil) or IUS (Mirena):

If you are having an IUD (coil) or IUS (Mirena) fitted we advise you to:

- Consider a test for chlamydia before having an IUD/IUS fitted, the doctor or nurse will discuss this with you.
- Take some of your usual painkillers before the procedure. The fitting of an IUS or IUD is a simple procedure but can be uncomfortable. It is advisable to take a painkiller e.g 2 tablets of Ibuprofen 200 mg or 2 tablets of Paracetamol 500 mg about 30 minutes before your appointment.
- Have something to eat before you attend. Having the device fitted when you have an empty stomach may sometimes make you feel unwell or even faint.
- Arrange to have someone with you and accompany you home afterwards because some women feel unwell after the procedure. A nurse will be present during the procedure.

An IUD (copper coil):

- For most women this can be fitted any day within 18 days of your period starting, depending on the length of your cycle. If there is no risk of pregnancy it can also be fitted after this time.
- It can be fitted as an emergency contraception and the doctor or nurse will discuss the time limit for fitting in this situation.
- It lasts for 5-10 year depending on exactly which IUD is fitted and can be removed and a new one fitted at the same appointment but please use condoms for any sexual intercourse in the 7 days before the removal and refitting.

An IUS (Mirena):

- Is generally fitted during the first 5 days of a normal period if there is any risk of pregnancy.
- If you are already using an effective contraception and there is no risk of you being pregnant, it can be fitted at other times of the menstrual cycle.
- It lasts for 8 years (10 years if fitted aged 45+) for contraception and 5 years if being used as part of HRT, and can be removed and a new one fitted at the same appointment but please use condoms for any sexual intercourse in the 7 days before the removal and refitting.

What will happen at your coil appointment:

The appointment is for half an hour; the actual fitting procedure normally takes about 5 -10 minutes. There will be a doctor or nurse who is fitting the coil, and there will be an assistant in the room. You will be offered sexually transmitted infection (STI) testing at the time of your coil fitting.
Before your coil is fitted, you will have an internal vaginal examination to check the position and size of your womb. A speculum is passed into your vagina, like during cervical screening (a smear test), and the coil is inserted through the cervix into the womb.
The coil has threads which hang through the cervix (opening of the uterus) into the top of your vagina. Once the coil has been inserted, we will teach you how to feel the threads to make sure the coil is still in place.

Will it hurt?

Having a coil fitted can be uncomfortable, and some people find it painful, but we can use local anaesthetic applied to your cervix to help. You can ask us to stop the procedure at any time. You may feel nauseous or faint afterwards. While this is not dangerous or serious, if it does happen a friend or family member should ideally accompany you home.

After your appointment

You may experience some lower abdominal cramping, similar to period pain, and vaginal bleeding. This may last a few hours, and in some cases, it may continue for a few days. Painkillers (paracetamol or ibuprofen) can help. If these symptoms worsen after this time, or do not improve, please contact the clinic for advice.

For further information about the copper coil and hormonal coil, please see:
https://www.nhs.uk/conditions/contraception/iud-coil/
https://www.nhs.uk/conditions/contraception/ius-intrauterine-system