

Your Intrauterine Contraception (Coil)

NAME:

DATE OF FITTING:

DATE OF EXPIRY:

Which type of device do I have?

COPPER:

- TSafeCu380AQL
- Nova T380, UT380, Neo-Safe TCU380, 7 Med 380 NSTA
- Neo-Safe TCU380 Mini

HORMONAL:

- Mirena
- Kyleena
- Jaydess

Other (please specify):

I am using it for contraception - how long will it last?

- 3 years 5 years 8 years 10 years
- You have had a copper coil fitted and you are aged 40 or over. This will be effective contraception until no contraception is needed or you reach 55 years of age.
- You have had a Mirena coil fitted and you are 45 years of age or over. This will be effective contraception until no contraception is needed or you reach 55 years of age.
- You have had a Mirena coil fitted for both contraception and as the progestogen component of your Hormone Replacement Therapy (HRT). This Mirena coil will need to be replaced every 5-years until you stop HRT.

I am using it for contraception - when will it start to work?

- Immediately
- After you have taken a further 7 pills
- After 7 days during which you should use a condom or not have sex
- After 7 days, continue to use your current method
- Other (please specify)

What should I expect in the next few days?

Don't worry about some bleeding and/or pelvic 'period-like' discomfort after the procedure- this is normal and should settle over the next week or so. The discomfort should be no worse than cramping pain and should respond to painkillers such as paracetamol or ibuprofen. Use suitable pain relief as required.

If you have a hormone device (Mirena, Kyleena or Jaydess) you may have frequent or unpredictable bleeding for up to six months. Fortunately bleeding should gradually get lighter and in most cases regular bleeding stops within one year of use.

When should I seek medical advice?

Contact us or your general practice if:

- You have a temperature and feel unwell
- You have an unusual vaginal discharge
- You have a copper device and you miss your period (no method of contraception is completely effective so you will need a test to exclude pregnancy)
- You can't feel the threads or think you can feel the hard plastic end of the device (see over, how do I check the threads)
- Your bleeding is much heavier than normal
- You have pain that is severe or stops you doing normal activities
- Please go to A&E if your pain gets progressively or substantially worse. This is to exclude ectopic pregnancy or uterine perforation.

What follow up do I need?

We would always want to see you if you have a concern.

You don't need a routine coil check unless we advise this. However, if you would like one, the best time is after about 6 to 8 weeks. You can arrange a coil check with this service or with your general practice.

How do I check the threads?

The threads attached to the end of the 'coil' project through the neck of the womb (cervix). The clinician fitting your coil will explain how to check your coil. By feeling for them you know your device is still in place. We advise you should do this after each period, or if you have no periods with the coil, choose a regular time each month.

- ▶ If you can't feel them, they are probably there but tucked up in the canal of the cervix. You should contact us or your GP and use a condom or abstain from sexual intercourse until it can be confirmed it is in the right place.
- ▶ If you feel the plastic body of the coil it may be coming out. Do not rely on it for contraception. Contact us or your GP as soon as possible for a check. You may need emergency contraception.

What if I want my coil removed?

A nurse or doctor will need to do this - don't try yourself. If you don't want to become pregnant and haven't already started another method of contraception, you should either use condoms or abstain from sex in the 7 days before the coil is removed.




Additional advice if you have an EMERGENCY copper device fitted

- ▶ If you have had a test for infection today and are waiting to receive your results, you should use condoms or abstain from sex until you know the result. You will be notified of your result within 8 days.
- ▶ If you don't wish to keep the device for on-going contraception you can have your IUD removed after your next period starts.

Specific advice for users of menstrual cups eg moon cups

If you wish to use a menstrual cup with your coil in situ please ensure you carefully follow the menstrual cup manufacturer's instructions on use. When positioning the menstrual cup ensure you place it low in the vagina and gently release the suction first before attempting to remove it. This should avoid any risk of dislodging your coil by accidentally pulling on the coil threads.

If you have any concerns or queries please call the **Essex Sexual Health Service Navigation Hub** central booking number on  **0300 003 1212** to book a coil review appointment.

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Please contact our **Customer Service Team**:



0300 303 9952



provide.customerservices@nhs.net

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