

Insertion of Intra Uterine Device (IUD)



Family Planning Clinic
Gynaecology Outpatient Department

Your doctor has referred you to the Family Planning Clinic at the Royal Surrey County Hospital, for insertion/removal of a coil (Intra Uterine Device – IUD). In order for us to help you as much as we can, please read this information leaflet before you attend the clinic.

Prior to the procedure the procedure

- **You will need to bring someone with you to your appointment as it is not advisable to drive yourself home. If coming with children, please can they stay outside as they can be a distraction.**
- **It is advisable to take simple painkillers, such as Paracetamol and/or Ibuprofen 30 minutes before your appointment.**
- Your appointment time will last 20 minutes but occasionally some consultations may overrun.

When to have the coil fitted

- The best time to have your coil fitted is within the first five days of your cycle when you are still bleeding.
- The coil can be fitted at other times so long as it is certain you are not pregnant.
- If it is more than 5 days from the beginning of your period, you will need to use additional methods of contraception for 2 weeks after the coil is fitted (e.g. use condoms, continue with the pill if you are taking it, or abstain from sexual intercourse).
- If you are currently using the pill, injection or implant for contraception, continue using that until the coil has been fitted.
- Please reschedule the appointment if you are heavily bleeding on the day and wanting a coil fitted as there will be a higher risk of your body expelling the coil.

Coil removal

- It is suggested that removing the coil when you are bleeding, when the cervix is softened makes the removal easier and less painful.
- If you are having your coil removed and not replaced and you do not want to get pregnant, use another method (such as condoms) for 7 days before you have your coil removed. This is to stop sperm getting into your body. Sperm can live for up to seven days in the body and could make you pregnant once the coil is removed.

Are there any risks?

Having a coil fitted/removed is a very safe and simple procedure. With any medical procedures there are always some risks, which you should be aware of before the procedure.

■ Infection

The coil insertion/removal is completed using a sterile technique, although there is always a small chance that an infection could be introduced into the womb during the procedure. If this does happen, then you will experience heavy smelly discharge and or pain a few days after the coil is fitted. You will need to see your G.P to do a vaginal swab and you will be prescribed a course of antibiotics.

■ Risk of expulsion

Occasionally some ladies can expel the coil (body pushes the coil out). This normally happens in the first 6 weeks and normally if the period is heavy.

■ Contraceptive failure

No contraception is 100%. The coil is one of the best methods of contraception, although there is a small chance that you could still get pregnant if the coil is not positioned properly. If you feel that your coil is not in the correct place, then please see your G.P ASAP and use another form of contraception in the meantime eg condoms, the pill.

■ Womb perforation

This is very rare, about 1 in 100 coil fits, your womb could be perforated. This means a small hole in the womb wall. It is very unlikely to happen, but see your GP ASAP if you suspect it has and you will need to be scanned.

What will happen?

You will first have a discussion with the doctor to ensure that you are happy to go ahead with the procedure and that there is no chance you could be pregnant. The nurse will ask you to change into a gown in the changing area and then you will take a seat in our special chair. The chair is specially designed for this type of examination. Once sat in the chair your legs will be positioned on leg rests, the chair is tilted backwards so that you are in a lying position.

The coil fitting or removal is similar to having a smear test, it usually only takes 10 minutes. A speculum is inserted into the vagina and the coil is inserted / or removed through your cervix (neck of the womb). For insertion of the coil, the cervix needs to be opened using an instrument called a 'dilator', to enable the coil to be put through the vagina, through the cervix and then into your womb. Sometimes patients require local anaesthetic injections, gel or spray applied to the cervix to enable this process to be completed. If you are having a coil removal, the doctor will look for the coil strings; the doctor will grasp these with forceps and pull the device from the uterus. When a coil which is in a 'T-shape' is being removed, the arms fold down to aid the removal. The procedure can make you feel slightly uncomfortable and cause some period-type abdominal pains afterwards.

After the procedure

Pain

Following the procedure, you will probably experience cramp-like period discomfort for 24-48 hrs, but this soon settles. During this time, take regular painkillers, rest for a few hours and avoid strenuous activity. With coil insertions, you may experience abdominal spasms for a few days until your body gets used to the device.

Bleeding

There may be some bleeding or spotting for a few days. If the coil is fitted during a period you may find your period is heavier or lasts longer than usual.

You should avoid the use of tampons for this bleed and your next period, so use pads only. This is to prevent the coil strings getting caught in the fibres and being pulled out. You can resume tampons after this as the strings will then be more supple.

If the coil has been removed and not replaced and you are not menopausal, your periods will return. Some women find that they bleed straight after the coil is removed; however others take a few months for their period to return.

Coil check

You need to make an appointment for a check-up 6 weeks after coil insertion with GP or Practice Nurse. At this visit you will be examined to check that the coil threads are visible and the coil is in the right place. After this, it is advisable that you check your threads yourself, to ensure it is in place. If you are unable to do this, visit your Practice Nurse once a year.

Intercourse

You can resume sexual intercourse as soon as you feel comfortable. Women, who have had a coil fitted, usually wait a few days for their body to settle after the fitting. If this is a coil replacement, then you will have immediate protection. If however it is a first coil insertion and you are more than 5 days from the beginning of your period, you will need to use additional methods of contraception for 2 weeks after the coil is fitted (e.g. use condoms, continue with the pill if you are taking it, or abstain from sexual intercourse). If the coil has been removed and not replaced and you have not gone through the menopause and do not want to get pregnant, you will need to use another form of contraception. The doctor will discuss this with you in your appointment.

For further information or advice

To reschedule your appointment or any appointment queries;

Appointment Centre (01483) 571122 ext 4002

For advice relating to the procedure;

Gynaecology Outpatient's (01483) 571122 ext 4173 (Answer phone)
(Monday – Friday)

Useful contacts

- <http://patient.co.uk> – medical information & support on a variety of topics and online forums.
- www.nhsdirect.nhs.uk – information on a range of women's health topics, plus an online enquiry service.
- www.prodigy.nhs.uk – excellent patient information on a variety of common conditions and symptoms.

References

Coil Insertion – Albany House Medical Centre Patient Information Leaflet

www.albanyhousemedicalcentre.co.uk

IUD (intrauterine device)

<http://www.nhs.uk/Conditions/contraception-guide/Pages/iud-coil.aspx>

Women's Health – Health Information @ More

<http://www.womens-health.co.uk/removing-the-mirena1.html>

Cropwell Bishop Surgery – Intrauterine Device ('coil') Fitting – Patient Information

Dr Emma Alcock, December 2011

Any comments?

If you have a concern or there is a problem, the best way to get resolved is usually to tell someone there and then. On the ward talk to the Sister in Charge or Senior Nurse on-duty. In Gynaecology Outpatient's please talk to one of the nursing staff.

Similarly, if you would like to compliment the service provided or give praise about a particular member of staff, we would like to hear your comments, so that they can be forwarded onto the team.

Contact details

Gynaecology Outpatient's

Telephone: 01483 571122 **ext** 4173 (Answer phone)
Monday–Friday

PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

Telephone: 01483 402757

Email: rsc-tr.pals@nhs.net

Opening hours: 9.00am–3.00pm, Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

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