

INFORMATION PRE COIL INSERTION



CONSIDERING THE COIL? LET'S MAKE IT CLEAR.YOUR GUIDE TO PRE-INSERTION CONSULTATION FOR IUD & IUS

WHY HAVE A PRE-INSERTION CONSULTATION? UNDERSTANDING HOW THE COIL WORKS IS ESSENTIAL BEFORE DECIDING IF IT'S RIGHT FOR YOU. THIS CONSULTATION GIVES YOU A CHANCE TO DISCUSS YOUR OPTIONS, ASK QUESTIONS, AND FEEL CONFIDENT ABOUT YOUR CHOICE.



CONTRACEPTIVE METHODS AND THEIR IMPACT ON HEALTH



01.
MIRENA



02.
COPPER COIL

MIRENA COIL

- An IUS (Mirena coil) is a small plastic device that's put into your uterus (womb) and releases a progestogen hormone. This is similar to the natural progesterone produced by the ovaries.
 - The IUS is over 99% effective for contraception. Less than one IUS user in 100 will get pregnant in one year. If 100 sexually active women don't use any contraception, 80-90 will get pregnant in a year.
 - It lasts for EIGHT YEARS as a contraceptive device
 - It can be used as the progesterone component of HRT for FIVE YEARS
 - It makes the lining of your uterus thinner so it's less likely to accept a fertilised egg.
 - It thickens the mucus in your cervix. This makes it difficult for sperm to move through it and reach an egg.
 - In some people, it stops the ovaries releasing an egg (ovulation), but most people who use an IUS continue to ovulate.
 - Your periods usually become much lighter and shorter and sometimes less painful. They may stop completely after the first year of use. This can be useful if you have heavy, painful periods.
 - Some people may get side effects like acne, headaches or breast tenderness. These usually get better after the first few months.
- Some people develop small fluid-filled cysts on their ovaries that may cause pain. These aren't dangerous and usually don't need treatment



COPPER COIL



- An IUD (copper coil) is a small plastic and copper device that's put into your uterus (womb). It has one or two thin threads on the end that hang through your cervix (the entrance to the uterus) into the top of your vagina.
- An IUD works for contraception for 5 or 10 years, depending on the type. If you're aged 40 or older when the IUD is fitted, it will work for contraception until after the menopause, when contraception isn't needed.
- The IUD is over 99% effective. Less than 1 IUD user in 100 will get pregnant in 1 year. When the IUD is used for 5 years, fewer than 2 IUD users in 100 will get pregnant over 5 years. If 100 sexually active women don't use any contraception 80 to 90 will get pregnant in a year.
- The copper in the IUD prevents sperm from surviving and alters your cervical mucus to prevent sperm from reaching an egg.
- Your periods may be heavier, longer or more painful. This may improve after a few months.
- It can be used as emergency contraception

SOME CONDITIONS WHICH MAY MEAN YOU SHOULDN'T USE AN IUD/IUS ARE THAT YOU:




**THINK YOU MIGHT
ALREADY BE PREGNANT**



**HAVE AN UNTREATED SEXUALLY
TRANSMITTED INFECTION
OR PELVIC INFECTION**



**HAVE PROBLEMS WITH
YOU UTERUS OR CERVIX**



**HAVE UNEXPLAINED BLEEDING
FROM YOUR VAGINA
(FOR EXAMPLE, BETWEEN PERIODS
OR AFTER SEX)**

RISKS:



THE COIL CAN BE PUSHED OUT (EXPULSION) BY YOUR UTERUS (WOMB) OR IT CAN MOVE (DISPLACEMENT). THIS ISN'T COMMON. IT'S MORE LIKELY TO HAPPEN SOON AFTER THE IUS HAS BEEN PUT IN AND YOU MAY NOT KNOW IT'S HAPPENED. YOUR DOCTOR OR NURSE WILL TEACH YOU HOW TO CHECK THE THREADS EVERY MONTH, SO YOU KNOW THE IUS IS IN PLACE.

THERE'S A SMALL CHANCE OF YOU GETTING AN INFECTION DURING THE FIRST FEW WEEKS AFTER A COIL IS PUT IN. YOU MAY BE ADVISED TO HAVE A CHECK FOR SEXUALLY TRANSMITTED INFECTIONS BEFORE A COIL IS FITTED OR AT THE TIME IT'S FITTED.

YOU'RE UNLIKELY TO BECOME PREGNANT WHILE USING AN IUS BUT IF YOU DO, THERE'S A SMALL RISK OF ECTOPIC PREGNANCY. YOU'RE LESS LIKELY TO HAVE AN ECTOPIC PREGNANCY WHILE YOU'RE USING A COIL THAN WHEN YOU'RE NOT USING ANY CONTRACEPTION.



IT'S NOT COMMON, BUT THERE'S A VERY SMALL RISK THAT THE IUS MIGHT GO THROUGH (PERFORATE) YOUR UTERUS OR CERVIX WHEN IT'S PUT IN. THE RISK IS HIGHER IF YOU'VE RECENTLY GIVEN BIRTH OR ARE BREASTFEEDING.

THIS MAY CAUSE PAIN, BUT OFTEN THERE ARE NO SYMPTOMS, AND THE UTERUS OR CERVIX WILL HEAL BY ITSELF. IF IT DOES HAPPEN, THE IUS MAY HAVE TO BE REMOVED BY SURGERY.



INSERTION:

- A coil can be put in at any time in your menstrual cycle if it's certain you're not pregnant, even if you are on your period
- If a mirena is fitted in the first seven days of your menstrual cycle it's effective for contraception immediately. If it's fitted at any other time, you'll need to use additional contraception for the first seven days. If you have a short menstrual cycle, with your period coming every 23 days or less, you may need additional contraception for the first seven days.
- An IUD can be put in at any time in your menstrual cycle, if it's certain you're not pregnant. Effective immediately
- Your appointment will last 20–30 minutes. Inserting the IUS usually takes around 5 minutes. It can be uncomfortable or painful for some people, and you may be offered a local anaesthetic. Your doctor or nurse should talk to you about this. You may get a period-type pain and some light bleeding after the IUS is fitted. Pain-relieving medicine can help with this.



PLEASE NOTE IF THERE IS ANY PREGNANCY RISK A COIL CANNOT BE FITTED AND YOU WILL BE ASKED TO RE-BOOK YOUR APPOINTMENT.

TO ENSURE THIS DOES NOT OCCUR YOU MUST:

- CONTINUE YOUR HORMONAL CONTRACEPTION UNTIL AND INCLUDING THE DAY OF INSERTION.
- ALTERNATIVELY USE CONDOMS UNTIL INSERTION WITH NO MISSED/BROKEN CONDOMS FROM YOUR LAST PERIOD (OR FOR 3 WEEKS IF YOU DO NOT HAVE PERIODS). NOTE WITHDRAWAL METHOD IS NOT SUFFICIENT CONTRACEPTION)
- IF YOU ARE NOT USING CONTRACEPTION ABSTAIN FROM YOUR LAST MENSTRUAL PERIOD UNTIL INSERTION.
- IF YOU DO NOT HAVE PERIODS YOU MUST ABSTAIN FROM SEX FOR 3 WEEKS PRIOR TO YOUR COIL FITTING
- IF YOUR COIL IS IN DATE AND BEING REPLACED ABSTAIN FOR 7 DAYS BEFORE REPLACEMENT

AFTER FITTING:

- If you feel unwell and have pain in your lower abdomen, with a high temperature or a smelly discharge from your vagina, see a doctor, you may have an infection.
- It's safe to use tampons or a menstrual cup. Make sure that the menstrual cup is put in the correct place and not too high in the vagina. Take care not to pull on the IUS threads when you're removing tampons or a menstrual cup.
- An IUS has two threads attached to the end that hang a little way down from your uterus (womb) into the top of your vagina. The doctor or nurse will teach you how to feel the threads to make sure the IUS is still in place. You should do this a few times in the first month and then at regular intervals, for example after your period.
- It's very unlikely that an IUS will come out but if you can't feel the threads, or if you think you can feel the IUS itself, you may not be protected from pregnancy.
- Please keep a record of when your coil needs replacement as the practice cannot send out individual reminders. Please contact the practice 3-4 months prior to the date of replacement to take into account waiting times.



For more information on sexual health visit www.fpa.org.uk or www.sexwise.org