



PRIMARY CARE
WOMEN'S HEALTH FORUM

Patient leaflet - Advice following IUC fitting

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I AM USING IT FOR CONTRACEPTION - HOW LONG WILL IT LAST?

3 YEARS	5 YEARS	10 YEARS
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OR

Until you no longer need contraception	
If you have a copper coil, because you are now aged 40 or over, this will be:	If you have a Mirena coil, because you are now aged 45 or over, this will be:
12 months after your last period if this occurs when you are aged 50 or over	
24 months after your last period if this occurs when you are under 50	Age 55

I AM USING IT FOR CONTRACEPTION – WHEN WILL IT START TO WORK?

Immediately	After you have used your usual method of contraception for 7 days	After 7 days during which you should either not have intercourse or should use a condom
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I HAVE A HORMONE COIL AND AM USING IT TO CONTROL MY PERIODS BUT NOT FOR CONTRACEPTION - HOW LONG WILL IT LAST?

For as long as it works

I HAVE A MIRENA AND AM USING IT AS PART OF HORMONE REPLACEMENT THERAPY (HRT) TO PROTECT THE LINING OF MY WOMB - HOW LONG WILL IT LAST?

5 YEARS

For more resources visit: www.pcwhf.co.uk

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WHAT SHOULD I EXPECT IN THE NEXT FEW DAYS?

You shouldn't worry about some bleeding and pain after the procedure – this is usual and should settle over the next week.

If you have a hormone coil you may experience frequent bleeding for up to six months. This is likely to be light bleeding or spotting.

Pain should be no worse than what you would expect with a period and should respond to simple painkillers such as Ibuprofen or Paracetamol (you can take these together if necessary).

WHEN SHOULD I SEEK MEDICAL ADVICE?

If you experience any of the following

- pain that is severe or stops you engaging in normal activities
- bleeding that is much heavier than normal
- a fever
- 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)

WHAT FOLLOW UP DO I NEED?

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

You don't need a routine check unless we advise this. However, if you would like one, the best time is in about 4 to 6 weeks.

HOW DO I CHECK THE THREADS?

The threads at the end of the 'coil' project through the cervix (neck of your womb). By feeling them you know your device is still in place. You should do this after each period, or, if you have no periods, 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 until we can be sure your coil is in the right place.
- If you think you can feel the plastic end of your coil it may be coming out. Do NOT rely on it for contraception. Seek medical advice You may need emergency contraception.

ADDITIONAL ADVICE IF YOU HAVE HAD AN EMERGENCY COPPER DEVICE FITTED?

- If you have had a test for infection today and have received antibiotics as a precaution you should either not have intercourse or use condoms until you know the result. You will be notified of your result within.....
- If you don't wish to keep the coil for on-going contraception you can have it removed after your next period starts.

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 intercourse in the 5 days before your coil is removed.

ANY PROBLEMS – CONTACT US ON

Your Intrauterine Device (“coil”)

Date of fitting

WHICH TYPE DO I HAVE?

COPPER	HORMONAL
T-safe 380A QL	Mirena
TT 380 slimline	Kyleena
Mini TT 380 slimline	Jaydess
Neo-safe T 380	
Nova T 380	