

Getting the Coil Fitted?

Getting an intrauterine device (IUD) for the first time can be a little scary so it's completely normal to have questions or worries.

Everyone's experience is different with some people feeling only mild discomfort, while others find it more painful and it's unfortunately difficult to predict this.

You should never feel that pain is something you must simply tolerate. In your appointment, you can ask about:

- Local anaesthetic spray or gel
- Numbing cream
- A local anaesthetic injection (called a cervical block)
- Pain-relief tablets before your fitting
- Non-steroidal anti-inflammatory drugs (NSAIDs) like naproxen

During your fitting, you can always:

- **Pause** the procedure whenever you need to
- Ask for support from a **chaperone**
- Listen to **music** to relax
- Bring in a **hot water bottle**
- **Hold someone's hand** to squeeze

Pain-relief options vary between clinics. Call ahead to ask what's available, and request a referral if they can't offer what you need.

You are in control.
You have options.
You can stop
at any time.

Access our patient hub here

