

Having a Coil (IUD) :

At Norton Brook Medical Centre both Copper Coils (hormone-free) and Mirena Coils (release progesterone hormone) are available.

This 8 minute video explains all you need to know about these and how they are fitted:

[IUD/IUS \(Coil\) \(youtube.com\)](#)

If you think a coil might be a good option for you **please watch this video and ask reception for a routine appointment with one of our clinicians to discuss** your personal situation and any questions you have.

Booking an appointment:

- **After agreeing with your GP/ nurse** to proceed to a coil fitting your name will be added our short waiting list and **you will be contacted** by telephone to make an appointment for the fitting. Please ensure we have your current contact details.

- **Please watch this 8 minute video:**

[IUD/IUS \(Coil\) \(youtube.com\)](#)

before your appointment. Our nurse/ GP will answer any additional questions you may have beforehand or on the day and ask you to sign a consent form.

- Please ensure you **continue to use effective contraception, or abstain** from sexual intercourse, until the day of your coil fit.
- If you are having your **existing coil replaced**, a clinician will check your notes and may need to discuss it with you before booking an

appointment. Please ensure you **abstain** from sexual intercourse for 7 days prior to your appointment.

On the day of your coil fit:

- If you have had any unprotected sexual intercourse, or missed pills, whilst waiting for your coil fit, please tell the doctor/nurse.
- You will be asked for the date of your last normal menstrual period, and any unscheduled bleeding.
- Please also report any unusual vaginal discharge or discomfort.
- If you have been called for a routine cervical smear this can be done at the same time as your coil fit. Please advise the doctor or nurse if this is the case.
- Please avoid bringing small children to your coil fitting appointment.
- Some women experience pelvic discomfort or light headedness when their coil is fitted. Please allow **plenty of time** for your appointment and ensure you have had a light meal on the day. The procedure is generally well tolerated by patients but we suggest that you **use paracetamol or ibuprofen** before your appointment. Ensure you have the opportunity to rest afterwards if needed.

Aftercare:

- You may have some light bleeding and period-type discomfort for up to a few days after your coil is fitted. More severe pain, fever, or heavy vaginal discharge would be unusual and you should report this if it occurs.
- You must continue to use effective alternative contraception for 7 days after a Mirena coil fit.
- You will be shown how to check that your coil is present following the procedure. If you are unable to feel your coil strings, please make an appointment for a coil check with a GP/nurse.

- An appointment to **check your coil** will be offered following a difficult fitting, or if you cannot feel the coil threads yourself.