

STOCKBRIDGE SURGERY NEW STREET STOCKBRIDGE HAMPSHIRE SO20 6HG

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Coil (IUD/IUS) Removal Information

Removing a coil is a very simple and quick procedure. It rarely causes much discomfort even if the original fitting was painful.

You can book a **routine appointment**.

Pregnancy

If you wish your IUD/IUS removed to try for a pregnancy this can be done at any time in your cycle

Remember to start taking **Folic Acid** three months before trying for a pregnancy as this can half the risk of Spina Bifida. We would advise you to take folic acid for 2-3 months prior to having your coil removed.

To avoid an unwanted pregnancy

If a pregnancy is not wanted you should make sure you have used another method of contraception (condoms/pills/injection/implant) or abstained from sexual intercourse for at least **7 days** before the coil is removed.

If you are planning to start a **new method** it is better to start at least a **week** before the coil is removed.