

Coil (IUD/IUS) Fitting Information

Timing of appointments for IUD/IUS Insertion

If you have not had an IUD/IUS fitted before, your first appointment should be for coil advice and counselling. The IUD will **not** be fitted at this appointment. This can be with **Dr Walsh** or **Dr Pemberton** at any routine telephone appointment.

The coil fitting appointment takes 30 minutes and can be booked with **Dr Walsh** in the Monthly Friday morning Contraceptive Clinic at Broughton Surgery, or alternatively on Monday or Tuesday afternoons at Broughton Surgery with **Dr Pemberton**.

We need to make sure that you are **not pregnant** before we can fit an IUD/IUS so you must be using a reliable method of contraception (not condoms alone) in the month before your appointment or book an appointment just after your period

If you are using a reliable form of contraception (pill taken correctly, injection, implant) the IUD /IUS fitting can take place at any time.

Ideally this is after the heavy part of your period from around day 4 up to day 15 (counting the first day of your period as day 1) to reduce the risk of expulsion, but this is not essential.

If you are not using one of the methods above you should avoid intercourse from day 1 of your period until your appointment.

If you have recently had a baby you can have an IUD/IUS fitted from 4 weeks after birth. You should use reliable contraception (not breast feeding alone) from 21 days after giving birth.

If you have had a recent pregnancy loss or abortion you can have an IUD/IUS inserted at anytime provided we can be certain you are not pregnant.

If you are having a device replaced **avoid having intercourse for 7 days** before your appointment. Rarely, a replacement cannot be fitted, leaving you without contraceptive cover.

On the Appointment Day

It is a good idea to take some simple painkillers an hour before your appointment. Evidence is best for Femina Ultra (not ibuprofen) which can be bought from any chemist.

Do not miss a meal, it is best to have eaten before you attend

Please allow sufficient time for your appointment. Although the procedure does not take long, a few women feel faint afterwards and need time to rest and recover.

Please do not bring young children with you.

You will need a sanitary towel. Tampons should be avoided for at least 7 days. Coil Fitting Nov 2020