



Preparing for insertion and/or removal of coil

Information for women

Sexual Health Service

How do I find out about coils?

You can discuss coils with a doctor or nurse at your GP practice or a Sexual and Reproductive Health (SRH) clinic. There are different types of coils with different advantages and disadvantages.

It's useful to talk through how they are fitted, the benefits and risks of a coil—and alternative options.

You can get further reliable information about coils from the following:

[nhs.uk/conditions/contraception/iud-coil](https://www.nhs.uk/conditions/contraception/iud-coil) (Copper coil)

[nhs.uk/conditions/contraception/ius-intrauterine-system](https://www.nhs.uk/conditions/contraception/ius-intrauterine-system) (Mirena Coil)

www.theinsandouts.co.uk

Do I need any tests before making an appointment?

Untreated chlamydia infection at the time of coil fitting can cause pelvic infection. People can have chlamydia without any symptoms. The test is usually a cotton bud vaginal swab that you take yourself.

Anyone can ask for a test. We strongly advise getting a test before any coil procedure for women under 26 years of age or anyone who's had a change of sexual partner in the last year.

Women with some gynaecological symptoms may need a vaginal examination or ultrasound to make sure that the coil is a suitable option.

How do I make an appointment?

Please email or call the clinic on

Shet.sexualhealth@nhs.scot - please include your name, address, phone number and date of birth.

Or

Clinics are held at the Gilbert Bain Hospital

Coil fitting, removal or change are within office hours and appointment letters will be sent offering a date and time.

How do I prepare for my coil appointment?

We recommend that you take paracetamol or ibuprofen (as suits you best) about 1 hour before your appointment.

Make sure you've had breakfast or lunch before the appointment.

You can come to the appointment on your own or bring an adult friend or relative..

Please arrange for someone to look after babies or young children while you have your appointment.

How long does the appointment take?

Please allow an hour for the appointment.

The actual fitting, change or removal of a coil usually takes less than 10 minutes, but we will take things through before the procedure and some women want to rest for a short while afterwards.

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We recommend that you don't drive for one hour after your appointment.

What should I do about contraception?

Before a coil insertion

Keep using your usual method of contraception carefully right up until the coil is inserted.

If you have unprotected sex or just used the withdrawal method since the first day of your period, we may not be able to go ahead that day, even if you have had the emergency contraceptive pill.

We will tell you how soon you can rely on your coil for contraception. This depends on the type of coil you choose and where you are in your cycle when it's fitted.

Before a coil change

Avoid sex completely or use condoms for 7 days before your coil is changed. There would be a risk of pregnancy from sex you had already had in the week before the appointment, if so we couldn't fit the new coil as planned.

If your coil is overdue a change we advise you to avoid intercourse or use additional contraceptive method (not just withdrawal or emergency pills) until your appointment.

Before having a coil removed

If you don't want to become pregnant, avoid sex completely or use condoms for 7 days before your appointment.

You would also have contraceptive cover if you have started your future method of contraception (such as pills, Patch, Injection, implant) at least 7 days before the coil is removed.

The coil can be removed at any time in your cycle without avoiding sex beforehand if you wish to become pregnant or no longer need contraception

I need my coil changed/removed but the threads are missing—what happens at the clinic?

If the coil threads can't be found, you would have an ultrasound scan to see if the coil is still in the uterus.

This is usually a transvaginal ultrasound scan—a small probe is inserted into the vagina. This allows us to get a clear view of the uterus and coil position.

If the coil is in the uterus, we would refer you to the gynaecologist for removal, it can usually be removed in the clinic using special instruments. You may need local anaesthetic for this and would be able to discuss options with the doctor.

If the coil is not seen in the uterus on scan, we would arrange an X-ray to see if it is still in your body.

Further Information

If you need further information about your appointment please Call or email:

NHS Shetland Sexual Health Service

Switch Board—01595743000

Email shet.sexualhealth@nhs.scot

If you can't keep your appointment for any reason please let us know. We can then offer your appointment to someone else.