

Advice for Women Requesting a Coil Fit or Coil Exchange

TIMING OF YOUR APPOINTMENT:

We will need to ensure you are not at risk of pregnancy when we fit or exchange your coil. This can be done by one of the ways described below:

For a new coil:

- No unprotected sexual intercourse since your last period
- A reliable method of contraception has been used consistently and correctly since your last period
- You are within the first 5 days of a normal period
- You are within the first 5 days after a termination or miscarriage
- You are 6 weeks or more postnatal and have not yet resumed sexual intercourse or have been using a method of contraception (e.g. condoms, pill) reliably since giving birth
- You are over 6 weeks and less than 6 months postnatal, fully breast feeding night and day with no use of supplements (also giving your baby formula milk or have started weaning) and your periods have not yet returned

For a coil exchange:

- If you are having a coil exchanged and your current coil is in date we ask you to use a condom or abstain from sexual intercourse for the 7 days before your appointment. This is in case the new coil cannot be fitted
- If you are having a coil exchanged and your current coil is out of date we ask you to use another method of contraception e.g. pill or condom or abstain from sexual intercourse for 3 weeks before your appointment. You may be requested to perform a urine pregnancy test in clinic before your coil exchange to ensure you are not pregnant

Please carefully review this list to confirm you meet one of the criteria. If there is any risk of pregnancy at the time of your appointment it will not be possible to fit or exchange your coil.

USEFUL ADVICE BEFORE YOUR COIL IS FITTED OR EXCHANGED:

- If you are having your period at the time of your appointment don't worry, you can still go ahead and have a coil fitted or exchanged. Some women find the procedure more comfortable at this time in their menstrual cycle
- If you have been asked before your appointment to take a vaginal swab with an online sexual health screening service please ensure you have the texted result message with you on the day of your appointment
- If you have small children and can arrange childcare this will be helpful. If you do need to bring children with you, please bring someone to help look after them so you can focus on your own needs
- If you have a morning coil appointment please ensure you have had something to eat and drink before you attend. Some women may feel faint at the time of their coil fit due to low blood sugar levels having not eaten or drunk
- Please wear suitable, comfortable clothes for your appointment. If you experience pelvic discomfort or cramping post fit you will not want to be wearing tight restrictive clothing
- Please take some pain killers with or just after food, about one hour before your appointment. Ibuprofen or mefenamic acid (also known as Ponstan or Feminax) are the preferred analgesia choices. If you have been advised by a health professional not to take these types of painkillers then paracetamol, co-dydramol or co-codamol would be suitable alternatives. The painkillers should help lessen any period type pain that you may experience during or after the coil fit.

PLEASE ALWAYS remember to read the patient information leaflet that comes with the medication before taking it.

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- ▶ Allow at least 30 minutes for your appointment. We like to ensure you feel well before we allow you to leave the clinic. Not everyone gets discomfort but prepare that you may need to take things easy for a while after the procedure
- ▶ If you have a long journey or need to take public transport home afterwards you may prefer to have a relative or friend with you who can support you with your journey after the procedure
- ▶ It is not unusual to experience some mild pelvic discomfort or period-like cramping in the first week after fitting. This is normal and it is your womb getting use to the coil. You can continue with your regular painkillers to help alleviate any discomfort
- ▶ You may also experience some light unpredictable bleeding for a few days or even a few weeks after fitting. This is not unusual but if you are concerned about the nature of the bleeding please contact the service or your GP for advice
- ▶ Remember you can change your mind about having a coil fitted at any stage. If you wish to cancel the coil appointment please ring the Intelligence Centre on 0300 303 9970. This appointment can then be allocated to another patient

If you have any concerns or questions please call the **Thurrock Sexual Health Service Intelligence Centre** central booking number on ☎ **0300 303 9970** to book a coil consultation appointment.

Please refer to the Thurrock Sexual Health Service website for further information including clinic locations and opening times: **www.thurrocksexualhealthservice.org.uk**