

INFORMATION YOU MAY FIND USEFUL FOR AN IUD/IUS FITTING

If you are having a copper or hormonal coil fitted, the following information is to help you prepare for the procedure and any possible after-effects.

A coil can be fitted when there is no risk of pregnancy; that is

- At any time if reliable contraception is used prior to fit (other than condoms)
- Within 5 days of the start of a period for an IUS (Mirena), or
- Within 12 days of the start of a period for a copper device, or
- When a woman is not using contraception; any time from the last period provided no sex has occurred from the start of that period, or
- When a woman who is not using contraception and is not having regular periods, has had no sex for the previous 3 weeks.

If you are attending for a removal and refit of your IUD, it is very important that you **do not have sex** for 7 days prior to your appointment.

The fitting usually only takes a few minutes, but allow about 30 minutes for your appointment to allow preparation. Please avoid bringing children with you if you can, and have a light snack beforehand.

It is common to experience some period-type pain during the fitting and for a few days afterwards. We advise that you take some simple painkillers such as Ibuprofen or Paracetamol. The Doctor may use some local anaesthetic for the procedure.

The doctor will discuss all aspects of the procedure with you, and you may have already been given a leaflet to read. Please feel free to ask any questions.

You may experience some bleeding after the fitting. Tampons should not be used for the following 3 days.

- Allow plenty of time for your appointment to ensure that you are relaxed.
- Avoid bringing children or the need to rush off if you can, and avoid an empty stomach.
- You may choose to take some simple painkillers (such as Ibuprofen or Paracetamol) 30 minutes before your appointment.
- Wear appropriate underwear to enable you to wear a sanitary towel.