

# Advice after you have a coil fitted

## What will I expect after the procedure?

Women's experiences of pain vary greatly following insertion from nothing to strong, period-like cramps. This may continue for a day or two. Simple pain relief such as ibuprofen or paracetamol can be taken to control the pain. If you experience a severe attack of acute pain or any continuous lower abdominal pain, you should seek medical advice.

You may experience some prolonged bleeding following insertion and initially you may have some bleeding between your periods. You may want to use a sanitary pad until your next period or in the first 3 weeks after fitting.

Tampons and menstrual cups can be used with coils however it is important to check for the threads after each period.

If you think you have an infection, please contact the clinic or seek medical attention as soon as possible either with your GP or at your local A&E department. Symptoms may include the following:

- Persistent or worsening lower abdominal pain
- Abnormal vaginal discharge
- Fever, feeling unwell or shivering
- Pain during sexual intercourse

## **When will the coil start working?**

If you have had a copper coil fitted (IUD) you will be protected immediately against pregnancy.

If you have had an IUS (Jaydess, Kyleena, Levosert or Mirena) fitted on the 1st day of your period you will be protected immediately against pregnancy. If it is fitted at any other time, you will need to use an extra contraceptive method for the first seven days.

## **How do I check my threads?**

You should check for the threads of your coil once a month or after your period finishes. Gently insert a finger into your vagina and feel for the threads at your cervix. If you are unable to locate the threads use another method of contraception e.g. condoms and have your coil checked at the clinic or your GP.

## **Will I experience changes to my periods?**

If you have had a copper coil (IUD) fitted you may notice that your period increases in flow and length.

If you have an IUS (Jaydess, Kyleena, Levosert or Mirena) it is not unusual during the first 3-6 months to have irregular and unpredictable bleeding. This is rarely heavy and settles with time then you may have light, infrequent periods or no bleeding at all.

For more information, please contact Sexual Health West Sussex on 01903 285199 or visit our website on [www.sexualhealthwestsussex.nhs.uk](http://www.sexualhealthwestsussex.nhs.uk)