

Important information after your IUC (intrauterine contraceptive) 'coil' has been fitted

This information has been written to help you understand what you can expect after your fitting. **This leaflet contains important information, please read it carefully and contact us if you have any questions.** Please read alongside the coil manufacturers post fitting advice.

What can I expect after my fitting?

It is common to have some period type pains that can last up to 48 hours. Taking pain relief, using a hot water bottle or having a warm bath may help. Most people have a small amount of bleeding for a few days after their fitting.

If your bleeding is very heavy or your pain is severe, not settling or getting worse, please contact the clinic for urgent review. If we are closed, please contact NHS 111.

When is it safe for me to have unprotected intercourse?

| Non-hormonal IUC | Hormonal IUC |
|--|---|
| The copper IUC is effective immediately after insertion. | All types of the hormonal IUC take <u>7 days to become effective</u> as contraception. You must abstain from sex or use condoms correctly for the <u>first 7 days</u> after your fitting. This includes the brands Mirena and Kyleena . |

Do I need to attend for a check up?

We do not routinely see patients for a check up after their IUC fitting unless the IUC has been fitted shortly after giving birth (within 48 hours). If you have any concerns at any time and would like a check up, please do not hesitate to contact us.

When does my IUC need changing?

Your renewal date will be noted on the fitting card given to you at your appointment. Generic advice is given below. Please make a note of your renewal date, we will not contact you when your IUC is due to be changed.

Telephone:

Bradford: 030 3330 9500 Kirklees: 030 3330 9981

Stockport: 0161 507 9492 Tameside: 0161 507 9460

Wigan & Leigh: 01942 949167

| Non-hormonal IUC | Hormonal IUC |
|---|-------------------------------------|
| Lasts for 5—10 years*, depending on which device you choose | Mirena—8 years** Kyleena—5 years |

The guideline for the length of time that a Mirena coil can be used for has changed. All Mirena IUCs that are being used for contraception only can now be used for 8 years.

*If inserted over the age of 40, a non-hormonal IUC can be used until menopause or 55 years of age.

** If inserted over the age of 45, a Mirena hormonal IUC can be used for contraception until menopause or 55 years of age. If the hormonal coil is also being used as part of HRT, it can only be used for 5 years no matter what age it is inserted at.

How do I check my threads? Why do I need to do this?

You should check for your IUC threads 4-6 weeks after your fitting and then after each period or monthly.

Please contact us if you feel the length of your threads has changed or you cannot feel them, as this could indicate your IUC has moved. Do not rely on your IUC for contraception if this happens until you have had a review. If you have had unprotected intercourse in the last 7 days you may need emergency contraception, please contact us to discuss this.

To check your threads, follow the advice below:

1. Wash your hands
2. Sit, squat, or raise one leg and rest on a hard surface
3. Insert 1 finger into your vagina until you locate your cervix. This is found at the top of your vagina and commonly feels like the tip of your nose
4. Gently roll your finger over your cervix, this should allow you to feel the threads
5. Note the length of your threads and follow the above advice if you feel this has changed

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Are there any complications that I need to be aware of?

Pregnancy

If you suspect that you are pregnant or have a positive pregnancy test with an IUC in situ, it is important you arrange to see your doctor as soon as possible. A pregnancy that has occurred with an IUC in situ could be ectopic (outside of the womb) and urgent review by a doctor is needed.

Infection

In the weeks following your fitting, if you have pain during or after intercourse or abnormal pain in the lower part of the stomach, especially if accompanied by an offensive vaginal discharge or fever, contact the clinic as soon as possible. If we are closed, please ring NHS 111. These symptoms may be due to a pelvic infection which requires prompt review and treatment.

Lost threads

If you cannot feel your threads when you check for them, or they feel longer than usual, your IUC could have moved. Please contact the clinic for a review. While awaiting your appointment, please abstain from sex or use condoms. If you have recently had unprotected sex, you may need emergency contraception. Please contact ourselves, your GP or local pharmacist for advice.

Please contact the clinic if you think you have any of the above complications.

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Please check our website for up to date opening times: locala.org.uk/services/sexual-health/clinic-times

What should I do if I would like the IUC removed?

If you would like removal before your renewal date is due, please ring us to book an appointment. You should never attempt to remove the IUC yourself. Please abstain from sex for 7 days prior to removal.

If you have any questions not answered in this leaflet, or any concerns, please contact us and one of our nurses will be able to advise you.