

**Please read the following information before your coil fitting appointment. It is really important that you read through this leaflet. If you do not follow the advice, we may not be able to insert your coil/intrauterine device on the day**

### **Step 1—choose your coil type**

A coil is a method of contraception to prevent you getting pregnant. A small procedure is required to insert the coil into the uterus (womb). It is often referred to as an intra-uterine contraceptive (IUC).

**At Locala, we can only offer coils to those who require them for contraception.** If you have been advised to have a coil fitted for any other reason, for example as part of hormone replacement therapy (HRT) or due to heavy periods only and do not require a coil for contraceptive purposes, please contact your GP to arrange this.

### **What types of IUC/coil do we offer?**

There are two types of coil available, hormonal and non-hormonal. Please click on the links below to find out about the different types of device. If you are still unsure, we can discuss this with you at your appointment.

[Hormonal devices](#)

[Non-hormonal device](#)

### **When used correctly, both methods are over 99% effective**

Table 1 shows how long different types of IUC/coil can be used for contraception.

**Non-hormonal IUC (copper)**

Lasts for 5—10 years\*, depending on which device you choose

**Hormonal IUC**

Mirena, Levosert and Benilexa —8 years\*

Kyleena—5 years

Jaydess—3 years

**Mirena, Levosert and Benilexa IUC/coil can now be used for 8 years for contraception.**

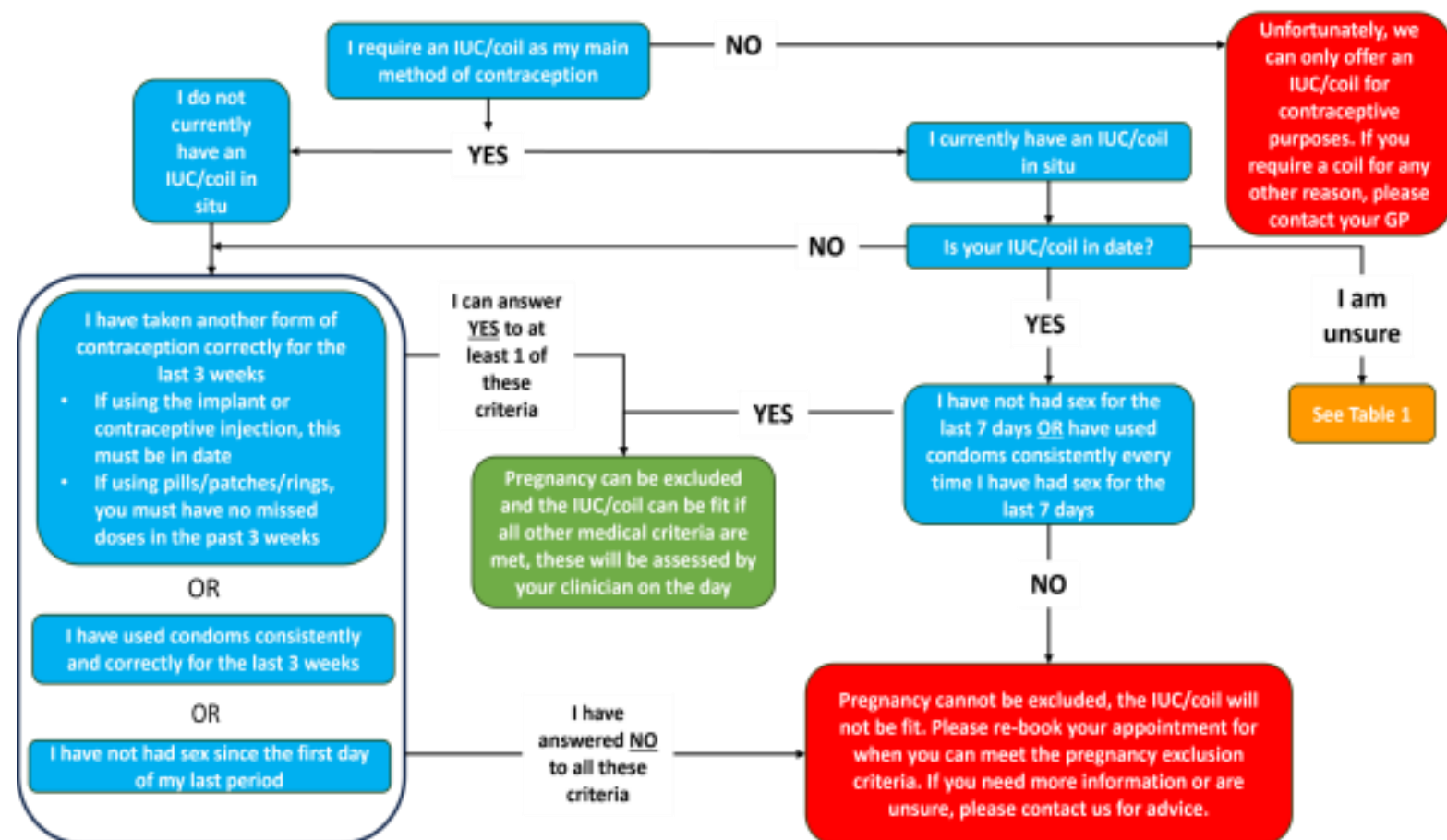
\*If inserted over the age of 40, a non-hormonal IUC can be used until menopause.

\*If inserted over the age of 45, a Mirena, Levosert or Benilexa (hormonal IUC) can be used until menopause for contraception.

## Step 2—make sure you are suitable for IUC/coil insertion

Before the IUC/coil is fitted, we must be **certain** that you are **not pregnant**. Please follow the flowchart to ensure you are eligible.

If you attend for your appointment and do not meet the eligibility criteria, we will not be able to carry out insertion on the day and will need to reschedule your appointment.



- At your appointment your nurse/doctor will ask you a series of questions to ensure an IUC/coil is a safe contraceptive method for you and can be inserted in a community setting. You will be given time to ask any questions you have.
- Rarely the IUC/coil can't be inserted for an alternate medical reason. If this happens, your clinician will explain why and discuss alternate contraceptive methods.

## **Step 3—be prepared for your appointment**

### On the day of your appointment

- ⇒ Arrive on time. If you are late, we may not be able to see you.
- ⇒ Ensure you have had something to eat and drink beforehand.
- ⇒ Do not bring children with you to the appointment.
- ⇒ Most people are well after the procedure and are fine to continue with their usual activities. However, we advise making sure you have a friend/partner who you can contact to accompany you home should you feel unwell afterwards.
- ⇒ You will be asked to stay in the clinic for 10 minutes after your appointment to make sure you are well enough to go home. We recommend scheduling 60 minutes for your appointment.

Please watch the following video for information on the fitting process and what this will involve. You should always be offered pain relief at the time of insertion. [IUC/coil](#)



[video link](#)

If you feel the IUC/coil might not be the best contraceptive method for you, you have questions not answered in this leaflet, or you would like to use an alternative method of contraception before your appointment, please call to speak to one of our nurses who will be able to advise you.

#### **Contact us:**

Bradford: 030 3330 9500

Kirklees: 030 3330 9981

Stockport: 0161 507 9492

Tameside: 0161 507 9460

Wigan & Leigh: 01942 949167

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