**Laindon Medical Group**

**ADVICE TO PATIENTS BEFORE THE FITTING OF AN IUD/IUS**

If you are interested in having a coil fitted either for contraception or for period problems please make an telephone appointment to discuss this with Practice Nurse Siji Joy.

Further information about the different coils is available either from your GPs surgery or at the Family Planning Association web site, [www.fpa.org,uk](http://www.fpa.org,uk). Please make sure you have read the leaflets and ask the doctor any questions you may have before having the coil fitted.

**PLEASE NOTE YOU MUST TELL THE RECEPTION STAFF IF YOU ARE BOOKING A COIL FITTING, AS A 30 MINUTE APPOINTMENT IS REQUIRED.**

IUD or IUS insertion is best done towards the end of your period. This is because we can be sure you are not pregnant at this time, and also the fitting itself is more comfortable for you, as the neck of the womb is a little more “open”. A few days after the end of your period is fine but contraception must continue to be used until after the coil is fitted. Remember, the urine pregnancy test does not become positive for 3 weeks after unprotected sex therefore you must have used adequate protection in the three weeks prior. If not, the procedure will need to be deferred. *This advice is necessary because we need to be certain that at the time the IUD or IUS is fitted, you are not in the very early stages of pregnancy.*

If you are using a hormonal method correctly as per the Doctors advice, (the Combined Contraceptive Pill, Progesterone-Only-Pill, injection method or implant), the IUD or IUS can be fitted at any convenient time, as long as you are not bleeding too heavily.

We also advise that you have an STI screen prior to fitting a coil. This can now be easily arranged via Essex Sexual Health Service - visit www.essexsexualhealthservice.org.uk or call confidentially on 0300 003 1212.In most cases a home testing kit will be mailed to you by this service

If you are having an **IUD or IUS removed** and a new one fitted, this can be done on any day except a day of heavy bleeding. You should not have sexual intercourse for the seven days before the removal or you should be using a condom or be on oral contraceptives. This is to ensure that there is no sperm in your body that could result in a pregnancy, in case it is not possible to fit a new device after the original one is removed. This is an uncommon event but can happen.

If you decide to cancel please do so by ringing the cancellation line on 07840 208638 so that the appointment can be offered to another patient

**ADVICE on the day of FITTING OF AN IUD or IUS**

* Do not skip a meal – it is best to have eaten prior to the fitting
* Please write down and bring the start date of your last period to the fitting
* Please do a pregnancy test on the day of the appointment
* It is sensible to take a “pain-killer” at least half an hour before the fitting, to reduce cramps afterwards eg. Ibuprofen (nurofen) 400mg or Paracetamol 1gm.
* Please allow at least an hour for the appointment. Although the procedure does not take this long, a few women feel faint afterwards and need time to recover. It is recommended that you have someone you can contact by phone, who would be able to collect you, in case you feel unwell.
* Please ensure that you have no major commitments afterwards, as you may need to take it easy and relax for the rest of the day.
* Do **NOT** bring small children or babies with you to the fitting, or alternatively please bring a friend with you who could take care of them outside the room.
* Some sanitary protection may be required afterwards. You may wish to bring your own sanitary towel or panty liner with you. Tampons should not be used for the first three days after the fitting.
* You should abstain from sexual intercourse for three days after the fitting. If the IUD or IUS has been fitted after day 7 of your cycle, you should use another contraceptive method as well for the next seven days.

21/1/22

LMG