



Coil Patient Information and Consent form

revised Sep 2017

Please read this information carefully, and ask your doctor if there is anything that you do not understand. You should also read the separate leaflets for the coil you are having fitted. If you have not received one please ask the doctor or nurse for one

What does insertion of an IUCD (a copper containing coil) or an IUS (a coil containing progesterone hormone) involve?

The doctor will need to examine you to establish the position of your womb. She will then use a speculum (the device used to do a smear) to find your cervix and take swabs and a smear if required. The area will then be cleaned. To introduce the coil safely she will use a special instrument to hold on to the cervix and another one to measure the length of your womb. She will then insert the coil.

Is coil insertion safe?

Coil insertion is generally safe. The most common complications are **perforation**, **infection**, and **expulsion**.

The risk of perforation of (making a hole in) the womb or cervix is uncommon (up to 2 per 1000 insertions). There is an increase in risk of pelvic infection in the 20 days following insertion of intrauterine contraception. To prevent infection swabs are taken at the time of coil insertion and any infections found are treated. The risk of expulsion (the coil coming out) is 1 in 20 and most common in the first year. The coil has threads so that the doctor can check at your coil check 3-6 weeks following insertion that the coil is still present. You can also feel for the threads to check it is present.

How will the IUCD or IUS affect me?

Both the IUCD and IUS are effective methods of contraception. The failure rate is less than 1% for IUS and less than 2% for IUCD. The IUCD prevents fertilisation whereas the IUS prevents implantation (for further information see the appropriate leaflet). Due to the copper in the IUCD you may experience heavier more painful periods, these tend to be worst in the first 3-6 months and then improve. Due to the progesterone hormone in the IUS most women have light bleeding or no periods, although in the first 6 months you may have irregular bleeding.

When can I have a coil fitted?

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 if you are using Condoms, a Diaphragm, "natural methods" or having unprotected sex, you **MUST** abstain altogether from sexual intercourse between the first day of your period and the day of your fitting.

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 nor are there any

sperm in your body, which could result in a pregnancy. The IUD can be used as emergency contraception so your doctor may plan to fit it up to 9 days before your period is due, this is fine as long as this you and your doctor have agreed the dates.

If you are using a hormonal method (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.

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 fitting. This is to ensure that there is no sperm in your body that could result in a pregnancy, if it is not possible to fit a new device after the original one is removed.

Advice before your coil fitting

- You must be confident you are not pregnant
- 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
- It is sensible to take a “pain-killer” at least half an hour before the fitting, to reduce the possibility of cramps afterwards eg. Ibuprofen (nurofen) 400mg.
- 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.
- Do not drive to the surgery.
- 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.

Statement of Consent	
I _____ confirm that I have read and understood the above information and have discussed any concerns or questions with the doctor. I consent to insertion of an IUCD/IUS (delete as appropriate)	
I understand that I can refuse treatment at any time.	
Signature	_____
Signature of Doctor	_____
Date	_____