

Intrauterine contraceptive (“The Coil”) Patient Guide

Wandsworth Medical Centre, July 2019

This guide is designed for patients whom are considering **intrauterine contraception** or whom have booked their **intrauterine contraception** appointment.

There are two types of **intrauterine contraception**:

1. Hormonal (Mirena IUS 52mg, Kyleena IUS 19.5mg, both 5 years)
2. Non-hormonal (Copper IUD, 5 years)

You may also find the following websites useful:

<https://www.nhs.uk/conditions/contraception/ius-intrauterine-system/>

<https://www.nhs.uk/conditions/contraception/iud-coil/>

If you have any further questions please arrange to discuss with one of the clinicians at Wandsworth Medical Centre.

Please ensure that you have read the following prior to your appointment as it contains important information which must be adhered to.

You will be asked to sign a consent form during your appointment.

Prior to insertion, replacement or removal

You must not have any risk of pregnancy prior to insertion, replacement or removal. You will be asked to sign a consent form and declare that you have

- not had unprotected sex since your last period
- not had sex in the last 7 days
- have been using reliable contraception

If you are having a hormonal IUS insertion, it may take **seven days to work** in preventing pregnancy. You should use additional contraception, and be aware that intrauterine contraception does not protect against sexually transmitted infections (STIs).

After removal the hormone levels from the **intrauterine contraception become undetectable within a few days**. This means that without another method of contraception the patient can potentially fall pregnant soon afterwards. It is worth considering which other method of contraception you plan to use going forward.

Method

Intrauterine contraceptives are small devices that are placed into the uterus (womb):

- The hormonal IUS releases Progesterone into the womb over 5 years to prevent pregnancy
- The copper IUD releases Copper into the womb over 5 years to prevent pregnancy

At or before 5 years the intrauterine contraception needs to be removed and replaced or another form of contraception used. It is the patients' responsibility to keep a record of the date, you will not be sent a reminder by Wandsworth Medical Centre.

Intrauterine contraceptives are a highly effective form of contraception. Less than 1% women become pregnant while using this method. However, you must make any healthcare professional aware if you are using intrauterine contraception, especially if you develop tummy pain.

If pregnancy occurs then this may result in ectopic pregnancy (outside of the womb), miscarriage, or premature delivery.

Possible side effects include the following:

- Hormonal IUS: irregular bleeding that can persist for several months (it can be heavy, moderate or light); skin changes (an increase in spots or acne); bloating; headache (if you suffer from migraine it may increase episodes of migraine); mood changes; increase in vaginal discharge
- Copper IUD: changes to bleeding patten, increase in vaginal discharge

Insertion and removal

Insertion: The intrauterine contraceptive is inserted by a trained clinician. The vagina is held open with a speculum (like a smear test) and the womb is accessed via the cervix. Your womb will be measured and then the intrauterine contraceptive fitted.

The procedure can be uncomfortable and you may consider taking painkillers prior to your appointment. There may be a small amount of bleeding afterwards.

Risks:

- there is a possibility that you may feel faint during the fitting and it is important that you let your clinician know if you feel this
- occasionally the intrauterine contraception cannot be fitted and this will be discussed further if this is the case
- there is a 1 in 1000 risk of damage to the womb wall (perforation) which may require surgery to allow removal (this may affect fertility)
- there is a risk of infection, although every step is taken to reduce this (this may affect fertility)
- the IUS/IUD falling out or moving (partially or completely, 1 in 20)
- changes to bleeding pattern in the first few weeks
- abdominal pain/cramping after insertion

Removal: The intrauterine contraceptive is removed by a trained clinician. The vagina is held open with a speculum (like a smear test), and the intrauterine contraceptive threads are

located in the cervix. The threads are held with an instrument and you will be asked to cough – the device should come away from the womb easily. **From this point onwards you will need another form of contraception.**

If the threads cannot be located then your clinician will discuss the next steps.

After care

After insertion

- you are advised not to insert tampons, swim, take a bath or have vaginal sex for three days after insertion
- to check for IUD/IUS strings after each period
- the clinician will arrange for you to return for a 6 week check. This is to ensure that the intrauterine contraceptive is in the correct position. You will have another vaginal examination with speculum

If you have any concerns prior to this check please make an appointment sooner.

You will be given a card with the dates of your insertion, and you must retain this to ensure you have the Intrauterine contraception removed at the appropriate time. If you would like the Intrauterine contraception removed earlier then please book with a clinician to discuss. If you lose the card please contact Wandsworth Medical Centre. You will not be routinely reminded of the expiry date.