

CROSS DEEP SURGERY

AT THE HEART



OF TWICKENHAM

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www.crossdeepsurgery.com

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Patient Information leaflet

ADVICE TO PATIENTS BEFORE FITTING AN IUD (COIL)

YOU MUST TELL THE RECEPTION STAFF THAT YOU ARE BOOKING A COIL (IUD) FITTING AND ENSURE THAT YOU HAVE HAD A PRE COIL SWAB WITH A NURSE (MUST BE TAKEN WITHIN THE 3 MONTHS PRIOR TO YOUR FITTING). A 30 MINUTE APPOINTMENT IS REQUIRED TO FIT THE COIL.

When to book your fitting: 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 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.

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.

The reception staff can book your appointment but cannot give contraceptive advice. If you are not sure about when to book your appointment, or which contraceptive method to choose, please make an appointment to discuss this with a Doctor.

ADVICE BEFORE THE FITTING OF AN IUD

- 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.

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ADVICE TO PATIENTS AFTER INSERTION OF AN IUD

- Intrauterine devices are an extremely effective method of contraception. Please follow the advice below after insertion of a device.
- The pain people feel following insertion varies greatly from nothing to strong period-like cramps. Pain may continue for a day or two following insertion. Simple analgesia such as paracetamol or ibuprofen can be taken to control the pain, if you are not allergic to these medications.
- If you experience a severe attack of acute pain, or any continuous, lower abdominal pain, you should seek medical advice.
- It is recommended that you wait three days after fitting before using tampons or having sexual intercourse, to reduce the risk of infection.
- It is safe to resume using tampons with your next period, but you should change them with care.
- You may experience some prolonged bleeding following insertion, and initially you may experience some bleeding in between your periods.
- If you are experiencing any symptoms of infection, you need to be seen as soon as possible, call the surgery number. When we are closed will be put through to our Out of Hours service. Symptoms may include any of the following:
 - Persistent or worsening lower abdominal pain
 - Abnormal vaginal discharge –eg. offensive, green
 - A shivering attack or otherwise feeling unwell with fever
 - Pain during sexual intercourse