

# Hillcrest Surgery 337 Uxbridge Rd London W3 9RA

Tel: 020 8993 0982

[www.hillcrestsurgery.nhs.uk](http://www.hillcrestsurgery.nhs.uk)

## Partners:-

*Dr M Dhatt* MBBS MRCGP DRCOG  
*Dr VG Tailor* BSc MBChB MRCGP DRCOG  
*Dr A Chesterman* MBBS FRACGP

## Associates:-

*Dr H Chu* MBBS MRCGP DRCOG  
*Dr K Pojak* BSc MBBS MRCGP

## Information about getting a coil at Hillcrest Surgery

You will be added to the waiting list to have your coil fitted by Dr Dhatt (female GP).

Your appointment will last 30 minutes. Please ensure you attend on time, as we may be unable to do the fitting if you come late.

## Pregnancy:

The coil may be fitted at any point during your cycle. 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 and there is no 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, as it is not always possible to fit a new device after the original one is removed.

Please let us know if you think there is any chance of pregnancy.

## ADVICE BEFORE THE COIL FITTING

Do not skip a meal – it is best to have eaten prior 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 e.g. Ibuprofen (nurofen) 400mg +/- Paracetamol 1 g.

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.

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.

Some sanitary protection may be required afterwards. You may wish to bring your own sanitary towel or panty liner with you.

## ADVICE FOLLOWING THE COIL FITTING

Tampons should not be used for the first three days after the fitting. It is safe to resume using tampons with your next period, but you should change them with care.

You should abstain from sexual intercourse for three days after the fitting. If the IUS has been fitted after day 7 of your cycle, you should use another contraceptive method as well for the next seven days.

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.

If you are experiencing any symptoms of infection, such as offensive discharge, temperature, severe or worsening abdominal pain, or pain on sexual intercourse please seek medical attention.

If you have any concerns about the coil having come out, or are unable to feel the strings, please seek medical advice.

*Please note:*

*\* IUD = copper coil*

*\*IUS= Mirena/Jaydess/Kyleena*