**St Peter’s Hill Surgery – Intrauterine device (coil) fitting**

**Patient Information Leaflet**

Please ensure you read this leaflet prior to attending your appointment to have your coil fitted.

When to have the coil fitted:

IUD or IUS is best inserted within the first five days of your cycle when you are still bleeding.

* It can still be inserted a few days after the end of your period but if you are using condoms, natural methods of having unprotected sex, then between the first day of your period and having the coil fitted you **MUST** abstain altogether from sexual intercourse.
* This advice is necessary because we need to be certain that at the time of fitting the IUD/IUS, you are not in the early stages of pregnancy nor are there any sperm in your body which could result in pregnancy.
* The coil can be inserted at other times so long as it is certain you are not pregnancy.
* If it is more than 5 days from the beginning of your period you will need to use additional methods of contraception for 2 weeks after the coil has been fitted (e.g. use condoms, continue with the pill if you are taking it, or abstain from sexual intercourse).
* If you are currently using the pill, injection or implant (rod) for contraception continue using that until the coil has been fitted.
* If you are having an IUS/IUS removed and a new one fitted, this can be done on any day except on a day of heavy bleeding. You should not have had any 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 old 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 with a doctor/nurse to discuss.
* You should also have had vaginal swabs taken at least one week prior to having the coil fitted especially if you feel you may be at risk of a sexually transmitted infection.
* You will also need a prescription for the coil beforehand. Take to the pharmacy and you will need to bring the device with you to the coil fitting appointment.