More details about intrauterine contraception can be found on the following website:

<https://www.letstalkaboutit.nhs.uk/contraception/fit-forget-contraception/coils-intrauterine-contraception/>

**Information about intrauterine contraception:**

Intrauterine forms of contraception are small plastic devices which are fitted into the uterus (womb) to prevent a pregnancy. Cu-IUD’s contain copper and LNG-IUD’s contain a progesterone-like hormone which is released gradually.

They both work by stopping the sperm meeting the egg which prevents fertilisation. They also work by preventing the fertilised egg implanting into the womb and forming a baby. They are very effective forms of contraception. In a hundred individuals who are using intrauterine contraception, less than one will become pregnant over 3 years.

As soon as they are removed, you are able to get pregnant again.

**What are the main differences between a Cu-IUD and a LNG-IUD**

* The progesterone containing devices (LNG-IUD) often cause people to have infrequent or no bleeding. They can make periods less painful. Initially there may be an erratic bleeding pattern for the first 3-6 months which usually improves with time.
* The LNG-IUD devices have the potential for hormonal side effects such as acne, breast tenderness, headaches and mood changes.
* Copper containing devices (Cu-IUD) do not contain hormones and therefore cannot cause hormonal side effects. They do however potentially cause longer, heavier and more painful periods and may cause bleeding between periods for the first couple of months.

**Frequently occurring risks:**

* Some individuals get a cramping pain in their abdomen (tummy) at the time of fitting. This can be reduced by taking a dose of painkiller such as Ibuprofen/Nurofen or paracetamol an hour before your appointment. We can also offer local anaesthetic injections.
* Threads of the coil not seen at the neck of the womb (cervix): This may require further investigation such as an ultrasound scan, and removal may be more difficult.

**Serious risks:**

* Ectopic pregnancy (pregnancy in the tube): rarely a pregnancy occurs with an IUD fitted. Less than 1 in 100 people with an IUD will get pregnant, but up to 50% of these pregnancies could be ectopic
* Expulsion: 1 in 20 will be expelled – usually within the first 4 weeks of fitting but can happen at any time.
* Perforation: up to 2 in 1,000 insertions (up to 12 in 1000 in breastfeeding individuals)
* Infection: 6 times higher in the first 20 days after insertion

**Timing of fitting:**

We need to be sure that you are not pregnant before we can fit an IUD so you must be using a reliable method of contraception in the month before your appointment

* If you are using a reliable method of contraception (‘pill’ taken correctly, condoms, injection, implant), the fitting can take place at any time.
* If you are not using one of the methods above, you should avoid intercourse from the first day of your period until your appointment.
* If you have recently had a baby you should start using reliable contraception 21 days after giving birth. You can have an IUD inserted from 4 weeks after the birth.
* If you have recently had a pregnancy loss or abortion you can have an IUD inserted at any time provided we can be certain you are not pregnant.
* If you are having a device removed or replaced (old one out, new one in), avoid having intercourse for 7 days before your appointment.
* If your coil is overdue for removal or replacement please ensure that you abstain or use additional precautions (e.g. Condoms) for at least 21 days prior to your appointment
* **PLEASE NOTE:** withdrawal is NOT a reliable method of contraception.

**Appointment**

The clinician will try and fit the coil at your appointment but they may need to make you a further appointment.

* Please arrive 10 minutes before your appointment.
* Parking is limited at some of our sites so please allow additional time for this.
* If you are late for your appointment we cannot guarantee that you will be seen by the clinician.
* We suggest you take a dose of your usual painkiller (e.g. paracetamol or ibuprofen) 1 hour before your appointment and also eat something.
* You might feel a little shaky after your appointment so it is helpful if there is someone who can take you home.
* If at all possible, we would recommend that you do NOT bring children to your appointment unless you have someone else there to look after them.
* You should expect to be in the clinic for approximately 1 hour.

**How soon does it work?**

* Copper coil immediate
* Levosert / Mirena / Kyleena fitted before day 7 of menstrual cycle immediate
* Levosert / Mirena / Kyleena fitted after day 7 of menstrual cycle 7 days

(Day 1 is the first day of your period)

**Interpreters:**

We understand that for some people, English is not their first language and they may have difficulty in understanding discussions with detailed medical information. We can arrange for an independent interpreter to assist at your appointment.

If you would like to have an interpreter, please phone us to arrange your appointment and interpreter on 0300 300 2016 (please do not book your appointment online).

**Coils to control periods or for HRT:**

Unfortunately, Solent Sexual Health Service is unable to offer appointments to individuals who require a coil fit for non-contraceptive reasons. For example, if you need a coil fitting for heavy periods or HRT and you or your partner has had a sterilisation/ vasectomy procedure in the past, we will be unable to provide this. Please contact your GP to arrange the fitting elsewhere.

**Any problems / questions?**

Telephone 0300 300 2016

Clinic times are available from our website: <http://www.letstalkaboutit.nhs.uk> www.letstalkaboutit.nhs.uk