

Advice After Coil Fitting

***Information for
patients & carers***

**Sexual Health
NHS Fife**

Will I feel uncomfortable?

Most women have cramping discomfort for two to three days after a coil fitting or change. A few women may have some discomfort for a week or two.

This should be helped by regular over the counter pain killers such as ibuprofen and /or paracetamol. Take what you would usually use for period pain bearing in mind any allergies or other medical conditions.

Local warmth from a hot water bottle or heat pad might help.

How soon can I rely on my coil for contraception?

This depends on the type of coil and when in the cycle it was fitted. Sometimes it will be effective straightaway. Sometimes other contraception must be used carefully for another seven days AND a pregnancy test done after 3 to 4 weeks. This would usually be explained before you leave clinic after the coil is fitted. Contact the clinic if you are unsure.

What bleeding should I expect after a hormone coil is fitted?

It is common to have unpredictable red or dark brown bleeding lighter than a period almost every day for two months and maybe for as long as four months with some of the hormone containing coils (Mirena TM, Levosert TM, Jaydesse TM, Kyleena TM).

Some women will have almost no bleeding after a Mirena TM is fitted.

A dark brown 'stringy' discharge is also common as the hormone containing coils begin to work and does **not** mean that there is infection.

Almost everyone with a hormone containing coil may experience some change in bleeding patterns. Many women find that their periods are much lighter or even stop by four months so give it this time to settle if you can.

You can record bleeding on the calendar chart on the back page of the hormone coil booklet.

For women choosing JaydesseTM or KyleenaTM there may be light irregular bleeding for the first two to three months. After that most women will get a 'normal' period most months.

What bleeding should I expect after a copper coil is fitted?

A copper coil contains no hormones. Periods are often heavier, longer and more crampy than natural with a copper coil.

This may get better after 2 to 3 months.

Some women get light bleeding in between periods, particularly in the first 2 to 3 months.

Painkillers such as ibuprofen or paracetamol may be helpful.

There is a hormone free tablet called tranexamic acid that is just taken during heavy bleeding and should make it lighter. It is not suitable for all women and would be prescribed by your GP.

If bleeding with the copper coil is a problem but you like the coil as a contraceptive method you may want to change to one of the hormone containing coils.

Can I use Tampons?

Tampons can be used if there is normal or heavy bleeding. If the bleeding is very light it is better to use panty liners rather than tampons as there is a risk of pulling the coil out on a 'dry tampon'

Can I use a Menstrual Cup?

Yes, but take care not to pull the coil threads when removing the cup.

When should I get medical advice?

Get medical advice if you are too uncomfortable to carry on with normal activities even after regular pain-killers.

Also seek advice if you have a fever, smelly discharge or increasing pelvic discomfort. This could be a sign of infection. Suspected infection is usually treated with antibiotics. The coil would not have to come out unless you still had symptoms after two or three days of antibiotic.

Contact the clinic where you had the coil fitted.

Contact NHS24 for out of hour's advice.

You may need to be examined and have a pregnancy test, tests for infection and maybe an ultrasound scan.

Do I need to check my coil?

Check that you can feel your coil threads after a period or any heavy bleeding. You will have been shown the threads on a model coil and advised how to check them.

There is more information about this in the Family planning Association website (www.fpa.org.uk) *Your Guide to the IUD or IUS* leaflet.

If you cannot feel your threads arrange an appointment with your GP or at the clinic to have an examination, to make sure that the coil is still in place.

Use condoms or avoid intercourse until you know that the coil is there.

Unless you are advised otherwise no routine coil checks are needed if all is well and you can feel your threads.

Will you contact me when the coil needs to be changed?

The SRH clinic will usually contact your GP and give you a card or leaflet when the coil is fitted which says when the coil needs to be changed. We do **not** try to contact you when the coil is due a change.

Some GP practices send a reminder- others rely on the user to get in contact when a change is due.