

Important information about your coil fitting appointment



Before your procedure:

- Continue with your current method of contraception or do not have sex
- If you are using condoms ensure these are used carefully and put on before any genital contact
- Know the date of the start of your last period
- Read the information leaflet you have been sent about your chosen type of coil
- If you are having a coil removal and refit you must use condoms, or not have sex, for 7 days before your procedure

On the day of your procedure:

- Do not bring any children with you
- You may be asked to produce a urine sample
- Make sure you have eaten before you attend
- Take painkillers at least half an hour before your appointment
- We offer a range of pain relief options during the procedure, including local anaesthetic gel and spray - the clinician performing your procedure will discuss options with you
- Make sure you have no major commitments after the procedure as you may need to rest for the remainder of the day
- Most people are fine after the procedure but make sure you can arrange for a friend/partner to accompany you home if you do not feel well afterwards