

Important information after your Coil has been inserted



When will my coil begin working for contraception?

- If you have had a Copper (non-hormonal) Coil inserted this will begin working straight away.
- If you have a hormone coil (Mirena, Kyleena, Jaydess or Levosert) use additional contraception such as condoms for 7 days unless otherwise advised by your nurse or doctor (depends on the timing of fitting).

How will I feel afterwards?

- It is normal to have some abdominal discomfort, which may continue for 24-48 hours.
- Take pain killers at regular intervals, place a hot water bottle over your stomach if needed and try not to do anything too strenuous.
- When you have a coil fitting procedure please bear in mind that it can take weeks or sometimes even a few months for your body to adapt and settle with the new device. It is common to experience some period-like crampy pains and irregular bleeding during this time. If you are concerned please speak to your GP or sexual health clinic.

Bleeding and sanitary products

- You may have some bleeding after the coil is inserted which is normal. Use a pad for this.
- We recommend you avoid using tampons and menstrual cups for the first 1-2 cycles after your procedure.
- If you decide to use tampons after this time only use them on days where the flow is heavy enough to soak the tampon.
- If you decide to use a menstrual cup after this time ensure that you fit it low in the vagina and break the seal before removing.

Checking the coil threads

- It is important to check the coil threads to make sure it is still in place, especially in the first three months
- Check your coil by feeling for your threads as instructed by your clinician
- If your threads cannot be felt, feel longer than usual, or you can feel something hard it could be that the coil is coming out. Do not rely on it for contraception, use condoms, and contact your GP or our clinic for a coil check.
- If your coil is going to come out it is more likely to do so in the first weeks after fitting so it is important to check it in this time and contact your GP or our clinic if you have any concerns.

How to check for coil threads

- Choose somewhere warm comfortable and private. You may find it easier lying on your back or squatting.
- Gently insert 2 fingers into the vagina as if you were trying to insert and push a tampon up to the top.
- The cervix lies high up in the vagina and feels a bit like the tip of your nose but with a dimple in the middle (this is the 'os' or opening to the womb).
- The threads come out of the dimple.
- After a while they get very soft and may be difficult to feel - you can tell they are there by rolling your finger around the dimple (os). You should be able to feel the threads under your fingers so you know the coil is still in place.

Is there anything else I need to look out for?

- Within the first three weeks after having your coil fitted there is a small chance of infection.
- If you feel unwell within this time with severe abdominal pain, fever, and/or a smelly discharge you must seek medical advice

Emergency copper (non-hormonal) coil

- If you have had your coil fitted as emergency contraception your next period should come as normal.
- If it does not it is important to do a pregnancy test and contact clinic if it is positive.

Coil removal

- Coils require a professional to perform the fitting and the removal procedure. Please do not attempt to remove it yourself – that's what we're here for! 😊