



The Alresford Surgery

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ALRESFORD
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Telephone: 01962 732345

Dr Anna Cross

Dr Paul Webb

Dr Ben Saunders

Dr Marie Dodd

Coil fitting information

There are two mains types of coil which we routinely insert at the Alresford Surgery. The Copper Coil (Intrauterine Device = IUD) and the Mirena Coil (Intrauterine System = IUS). Both are extremely effective contraceptive options. There is useful information about the coils and other contraceptive options at www.fpa.org.uk

You will require 2 separate appointments;

1. Prior to having the coil inserted please book a face to face or telephone appointment with Dr Webb or Dr Dodd so that we can counsel you regarding the procedure and answer any questions.
2. For the coil insertion please book a 20 minute appointment with Dr Webb or Dr Dodd along with a 30 minute appointment with the practice nurse at the same time. Please advise reception that it is for a coil fit or coil change.

Important information:

The coil can be fitted at any time in your menstrual cycle however it is essential to ensure you are not pregnant. We ask that either you;

- Abstain from intercourse from your period until the time of coil fitting
- Ensure you correctly and consistently use reliable contraception prior to the coil fitting (e.g. pill, depo)
- If you are having your coil replaced please avoid intercourse for 7 days prior to the procedure.

On arrival for the appointment please ask reception for a white topped urine bottle and provide a urine sample. If necessary, we can then carry out a pregnancy test.

We offer chlamydia screening to all patients (this is a swab which can be done prior to or at the time of the coil fitting). Please phone reception for your result after one week.

We recommend taking pain killers (e.g. paracetamol and/or ibuprofen, unless contraindicated) 30-60 minutes prior to the appointment to reduce discomfort.

It is common to get a small amount of bleeding/spotting after coil insertion so please bring a sanitary towel with you (tampons are not recommended).

If you experience severe pain/bleeding/offensive discharge or are unable to feel your coil threads after coil insertion please contact the duty doctor or out of hours seek advice via 111 or A&E.

The copper coil (IUD) is immediately effective. However (unless inserted in the first 5 days of the menstrual cycle) the Mirena coil will take 7 days to become effective, so please use additional contraception during this time.

The coil does NOT protect against sexually transmitted infections.

A coil can be removed at anytime during your cycle. To avoid risk of pregnancy, we advise starting an alternative method of contraception 7 days prior to coil removal.

If your coil is being removed for a planned pregnancy please start folic acid 2-3 months prior to this.

Should you have any questions about the coil we suggest you book an appointment with Dr Dodd or Dr Webb to discuss things in more detail.