**Essential information before having a coil fitted**

Please read and complete this carefully and bring this with you to your appointment. If you do not follow this advice carefully, we may not be able to attempt the procedure during your appointment.

A coil can only be fitted when there is no risk of pregnancy. This means that you need to fulfill the following criteria:

- If you are already using a method of contraception such as the pill or injection reliably then a coil can be fitted at any time.

- If you are NOT on a method of contraception or you are only using condoms, then you have to follow at least one of these options:

1. We can fit a coil if you have regular periods and have not had sex since the first day of your last period

**OR**

1. We can fit a coil if you have irregular periods and you have not had sex for a minimum of 4 weeks before your coil fit appointment ( we would then do a pregnancy test at the appointment which needs to be negative)

 Ideally we would want to fit a Mirena coil within 5 days of the start of your period. We realise booking an appointment at this time may be difficult so please follow the above advice and DO NOT HAVE SEX FROM YOUR LAST PERIOD UNTIL THE FITTING

* If you have not been using a method of contraception before the fit you must not have sex for 7 days after your appointment if you wish to avoid the risk of pregnancy.
* If you have a new discharge or change of partner please let the practice nurse know as we need to offer you testing and treatment if appropriate for pelvic infection/STD before fitting a coil.
* The fitting usually only takes a few minutes, but allow 20 minutes for your appointment for preparation and recovery and ideally eat something beforehand.
* It is common to experience some period type pain during the fitting, and for a few days afterwards. We advise that you take some simple pain killers such as Ibuprofen or Paracetamol half an hour before your appointment.

Please fill in the following and bring this with you:

The first day of my last period was ………………

The last time I had sex was …………………….

My current method of contraception is (please ensure you have followed the criteria)……………………………