

## Having your coil fitted

### Patient Information Leaflet

#### Who will fit your coil?

Hi, I'm Dr Jamila Rews-Ryden, the doctor who performs coil fitting at the Pulteney Practice. I've fitted over 3000 coils over the past 20 years. I worked for several years in a sexual health clinic in London prior to becoming a GP and have since published two books on women's health. I am a Diplomat of the Royal College of Sexual and Reproductive Health and update my technique regularly. I audit the quality of the service, and feedback is exceptional.



#### Choosing the coil

If you're unsure whether the coil is right for you or not, you are welcome to book a routine appointment with me (on the telephone or face to face) to discuss your situation and aid your decision making. In addition, please read these leaflets:

<https://www.nhs.uk/conditions/contraception/iud-coil/>

<https://www.nhs.uk/conditions/contraception/ius-intrauterine-system/>

**By the time you attend a coil fit appointment you should be ready to go ahead.**

The copper coils I fit are the T-safe (10 year), Safeload (10 year) and the NovaT (5 year).  
The hormone coils I fit are the Mirena (8 year) and the Jaydess (3 year).

All the coils, plus the fitting procedure, are provided free of charge to patients on the NHS.

#### Where will your coil be fitted?

Coils are fitted at both 35 Great Pulteney Street and our Bathampton Surgery premises'. Please double check before you set off where your appointment is. I often find patients turning up to the wrong site, and due to our tight NHS timetables I'm unable to see you for a coil fit if you are late.

## Who can you bring with you?

You are welcome to attend alone, or to bring one other adult with you. If you bring children, they'll need to be trusted to sit still. You may want to provide a book or something quiet to entertain them. Babies can be brought with you if you have a pram or car seat and can strap them safely.

## When should your coil be fitted?

The best time to have your coil fitted is when you are on your period as your cervix is relaxed and open at this time. Coils can however be fitted when you are not bleeding as long as you are sure you are not pregnant. Therefore, either abstain from sex or use another method of contraception from the time of your period until your coil fit appointment (or for at least 2 weeks if you don't have periods, then do a pregnancy test).

A copper coil fitted as an emergency up to 5 days after unprotected sex is a highly effective way to prevent an unwanted pregnancy. Please discuss your needs with a duty clinician and access the morning after pill if you can, while waiting for an urgent coil fit appointment.

## Do you need a swab?

A chlamydia swab is required prior to coil fit by:

- All women under 25 years old.
- All women who have had unprotected sex with a new partner in the past year.
- All women with a new, unusual discharge or new painful sex

If any of the above applies to you, please pick up a self-swab pack from reception

## What to expect in the appointment

A coil fit usually takes less than 5 minutes, but you are given a double appointment (20 minutes) to allow time for getting dressed and positioned, redressed afterwards, and for me to clear the instruments and complete medical notes before the next patient is welcomed. There will be opportunity for you to raise any last-minute queries, but I'm afraid there won't be time for a full discussion about whether you'd like the coil or not. I will also be unable to discuss and prescribe HRT during your coil fit appointment; this should have been sorted out beforehand.

You may have period like pains for the rest of the day so don't plan anything too busy although most women return to work or their planned activities as usual. Some women choose to have some paracetamol, ibuprofen or a hot water bottle to hand just in case.

If your smear test is due, please let me know as I can take it for you prior to fitting the coil.

If you would like a healthcare assistant/ chaperone to be with you during the appointment please request this via reception when booking the appointment so that we can ensure someone is made available.

I look forward to seeing you!