



## Intrauterine contraception (IUC or “coil”) clinic Before your clinic appointment



**We have sent you this pre clinic document to help your clinic visit go smoothly without any last minute surprises for you or for the clinic team. Please call the clinic on 0345 337 9900 if you have any questions or need emergency contraception.**

**Please read carefully. If possible print out, tick the appropriate boxes and bring to clinic with you.**

### **I have found reliable information about the IUC:**

- I have read information or seen a video about IUC on an NHS website, Family Planning Association (FPA) website or paper leaflet.
  - <https://www.sexwise.fpa.org.uk/contraception/long-acting-reversible-contraception-larc>
- Video about IUC fitting
  - <https://www.lothiansexualhealth.scot/contraception/iud-ius/>
- I have read the NHSG Preparing for A Coil Procedure Leaflet.
  - [www.foi.nhsgrampian.org/globalassets/foidocument/foi-public-documents1---all-documents/1169.pdf](http://www.foi.nhsgrampian.org/globalassets/foidocument/foi-public-documents1---all-documents/1169.pdf)
- I am using or have previously used an IUC and am familiar with the method.

### **I do not think I am pregnant:**

- I am using effective contraception with no problems such as missed pills/burst condoms in the last 3 weeks. I am not late with my injection/implant change/IUC change.
- I have not relied on withdrawal or a fertility app or had unprotected sex or needed emergency contraception in the last 3 weeks.
- I already have an IUC and have used condoms too or not had sex for the last 7 days.
- I understand that an IUC won't be fitted if there's a chance I'm already pregnant. I know that it takes 3 weeks after sex before a negative pregnancy test can rule out pregnancy.

### **Infection risk:**

STIs such as chlamydia may increase the risk of pelvic infection after IUC fitting. They don't always cause symptoms.

- I will call the clinic before my appointment if I am worried that I have an infection.
- I understand that I'll be asked about my risk of STIs when I come to clinic and offered tests.
- I understand that the IUC will not protect me or my partner against sexually transmitted infections.
- I know there's a very small chance of pelvic infection for 3 to 4 weeks after IUC fitting.
- I know people using IUC may be more likely to have non-sexually transmitted infections such as bacterial vaginosis or candida.

### **Pregnancy risk with an IUC:**

- I understand that no contraceptive method is 100% effective. All IUCs have a very small risk of failure; less than 1 in every 100 people using a coil for its recommended time will become pregnant.

- If I think I might be pregnant when I have an IUC, I'll do a pregnancy test and if positive, I'll seek medical advice as soon as possible. Pregnancy with an IUC may be an ectopic pregnancy.
- I understand that fertility returns to my natural level within a few weeks of IUC removal.

### Complications with an IUC

- I will call the clinic before my appointment if I have heart problems, take blood thinning medication or if my IUC threads are missing so that I'm booked in with the right person.
- I understand that it may not be possible to fit an IUC as planned at the clinic visit (for example if an unexpected gynaecological problem is found on examination).
- I understand that there is a 1 to 2 in 1000 risk of perforation of the womb at the time of insertion. This risk is higher, 6 in 1000 if I am breastfeeding. I would need an operation to remove a perforated IUC.
- I understand that there is a risk the IUC will come out. This happens to 5 in every 100 women who have an IUC fitted. I understand that I can check my IUC threads after each period to make sure it is still there.
- I know that the hormone-free copper IUC may make periods heavier, longer and more painful than a natural period. There may be some light bleeding between periods.
- I know that the progestogen IUCs (Mirena<sup>®</sup>, Levosert<sup>®</sup>, Kyleena<sup>®</sup> and Jaydess<sup>®</sup>) release a small amount of progestogen into the uterus. Some hormone may be present in the bloodstream, but much less than with other methods of hormonal contraception. A few women may notice hormone side effects such as headache or breast tenderness. These side effects usually stop within a few weeks.
- I know that the Mirena<sup>®</sup> or Levosert<sup>®</sup> progestogen IUC are expected to make my periods much lighter or stop, but can cause prolonged unpredictable bleeding in the first few months of use. This is not usually heavier than a natural period.
- I know that the smaller hormone devices (Kyleena<sup>®</sup> or Jaydess<sup>®</sup>) release less hormone and are less likely to stop periods. They may cause irregular bleeding, especially in the first few months. This is not usually heavier than a natural period.
- I know that I can ask for my IUC to be removed at any time.

### Clinic visit arrangements:

- I will have had breakfast or lunch before my appointment
- I will take a painkiller such as paracetamol or ibuprofen about an hour before clinic.
- I will bring or be able to give a urine sample for a pregnancy test.
- I can come to the appointment if I have my period.
- I will arrange childcare for the appointment.
- I understand that IUC fitting usually takes less than 10 minutes but some people feel crampy or lightheaded for a short time afterwards. I will make sure I do not have another appointment or have to drive for an hour afterwards.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**This leaflet is also available in large print. Other formats and languages can be supplied on request. Call Quality Development on 01224 554149 for a copy. Ask for leaflet 1951.**