

Intrauterine Contraception (IUC, "coil") Appointment Information

What will happen at my appointment?

First we will check your medical information is up to date and that having a coil fitted is suitable for you. We will also discuss your sexual health and cervical screening with you. If suitable you will then have the procedure to insert the coil.

The appointment normally lasts between 30 and 40 minutes.

Some people feel a little faint or unwell during the procedure. Please ensure you have a light meal before attending your appointment.

Some people experience cramping after the procedure. It may be helpful to take some simple painkillers such as ibuprofen around 30 minutes before attending your appointment.

It is very important that there is no risk of pregnancy at the time of a coil procedure.

Preventing pregnancy risk before coil insertion;

Don't have sex after your last period unless you use a form of contraception.

This means using condoms correctly every time you have sex, or using another form of reliable hormonal contraception such as the combined pill, patch or ring, progestogen-only pill, injection or implant.

If you are not having regular periods you must use effective contraception or not have sex for at least 3 weeks before having your coil fitted.

Preventing pregnancy risk at time of coil change;

Please use another methods of contraception (such as condoms) or don't have sex for one week before you coil change appointment. This is in case there is any difficulty fitting the new coil after the old one has been removed.