

# Park Lane Surgery

## IUD/IUS Mirena Advice sheet

### **Before you have your coil fitted**

Prior to fitting your coil you may need an appointment with the practice nurse to have vaginal swabs taken to ensure there is no possibility of infection being introduced into the womb at the time of fitting the coil. You will need to contact the nurse about a week after the swabs have been taken to check for the results and arrange for a suitable time for your coil to be fitted. Swabs are done if you have had a change in sexual partner in the last 12 months or if you have any unusual discharge.

Ideally a coil is fitted between day 3-12 of your cycle to ensure you are not pregnant and the neck of the womb (cervix) is more likely to be a little open and therefore the coil is easier to fit.

If your appointment is for a coil change, **you need to avoid sexual intercourse for the week before fitting, in case, for any technical reason, a new coil can't be inserted once the old one has been removed.**

**If you are having a mirena coil fitted please avoid having sex from the first day of your period and for the first week after the coil is fitted.**

Please take 2 paracetamol or ibuprofen about 2 hours before your appointment, as you may experience abdominal cramps similar to period pain, post fit. Please bring a sanitary towel to your appointment.

### **Post coil fit**

#### **Contact the surgery if -**

Bleeding is unexpectedly heavy or smelly, severe pain develops or you are worried in any way.

- Do not use tampons until you have had your first check after coil fitting as this may increase infection risk.
- Also to reduce infection risk avoid sex for the next 7 days
- Ideally you should use a back up method until your 6 week check in case the coil is dislodged or you have problems which require early removal.
- Cramp and period type pains with spotting are quite normal after a coil fit. Paracetamol or ibuprofen should help the pain settle.
- Removing the coil is generally straightforward and causes much less discomfort.
- It may take up to 3 months for some spotting and bleeding to settle after sex, exercise or around periods. If symptoms don't settle contact the surgery and speak to the doctor or nurse for advice.
- Please make an appointment with Dr Parkes or the Practice Nurses 6 weeks after the coil is fitted to check the coil and discuss any concerns that have not previously been addressed.
- You should check your threads every month, if you need advice about this please ask. If you are unable to feel the threads please see a nurse or doctor and use additional contraception such as condoms until you have been checked.