

## **Information for patients having an intra-uterine device ('coil') fitted, removed or replaced**

Please read the section relevant to the procedure you wish to have, follow the instructions and contact reception to book you appointment (s). Reception will check you have read this leaflet.

It is essential there is no risk of unwanted pregnancy or infection at the time of the procedure.

### **I wish to have my device removed but not replaced:**

**AND I no longer need any contraception** -> book appointment at any time in your cycle to suit your schedule.

**OR I wish to switch to another form of contraception** -> book appointment for any time in your cycle, but you must not have sex from you previous period (or 2 weeks if you do not have periods)

### **I wish to have a device inserted or replaced:**

Are you under 25 OR with a new sexual partner, more than one sexual partner in the last year or your regular partner has other sexual partners?

Yes -> You need a test to check for Chlamydia. This needs to be done at least a week before the device insertion (see below for options)

No-> you do not need a test for Chlamydia

We prefer to fit an IUD/IUS while you are menstruating (on your period) so there is no risk of pregnancy. If your appointment is at any **other** time in your cycle, it is essential that you:

- a) **Either use alternative *effective* contraception (condoms are NOT sufficient) until the IUD/IUS is fitted. We are happy to provide an alternative method of contraception in the interim;**
- b) **Or abstain from sex following the period immediately preceding the IUD/IUS fit (in this situation it will be up to the individual doctor whether to proceed or not).**

**If you do not follow this advice, we may not be able to go ahead with the procedure.**

Having an IUD/IUS fitted is actually quite a simple, straightforward procedure and takes about 10-15 minutes, but the advice given below should help things run more smoothly.

1. You are welcome to attend your appointment accompanied by a relative or friend. Please do not bring children along as they need to be supervised during the fitting and our staff are not able to do this in a busy clinic.
2. A light meal and something to drink before the procedure is a good idea, i.e. don't come on 'an empty stomach'.
3. Please bring sanitary towels (not tampons) for use after the procedure.
4. You may find it helpful to take some simple painkillers (e.g. paracetamol or ibuprofen) before the procedure. It is also useful to have some available at home in case you get any mild period-like cramps after the procedure.
5. **Please let us know as soon as possible (on 01482 899111) if you are unable to attend, so that we may re-allocate the appointment.**

### **Testing for Chlamydia:**

There are two ways of taking the swab, the choice is yours (unless you have been specifically advised otherwise), or you can submit a urine sample

1. Self-taken swab. This can be collected from reception or from the Doctor/Nurse at the time of your discussion. You can then take the swab in the comfort of your own home (simple instructions are on the

packet) and drop it back to the surgery with your name, date of birth and date of test on the outside (at least 7 days prior to your appointment). Or you can take it behind the screens in the consulting room during your discussion appointment

2. Swab taken by Nurse. This involves an internal examination rather like having a smear. The nurse takes the swab from the neck of the womb (cervix).
3. Urine Sample. Ideally the first urine passed in the morning, can be collected in a white-topped container (available from reception or at your doctor/nurse appointment) and returned to surgery before 12pm Monday –Friday with your details on the bottle. This is slightly less accurate than the swab so is ideal if you think you are at lower risk. Please let the Receptionist know what the test is for.