

For more information regarding the coil please visit  
[www.fpa.org.uk/resources/leaflet-and-booklet-downloads](http://www.fpa.org.uk/resources/leaflet-and-booklet-downloads)  
Please select 'IUD' or 'IUS' links.

You may also find it useful to watch this short video using the link below  
[www.sexualhealthdorset.org/contraception/coil-iud-ius](http://www.sexualhealthdorset.org/contraception/coil-iud-ius)

The information in this leaflet is available in additional languages and alternative formats. Please contact the Trust for further details.

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<https://sexualhealthdorset.org/>



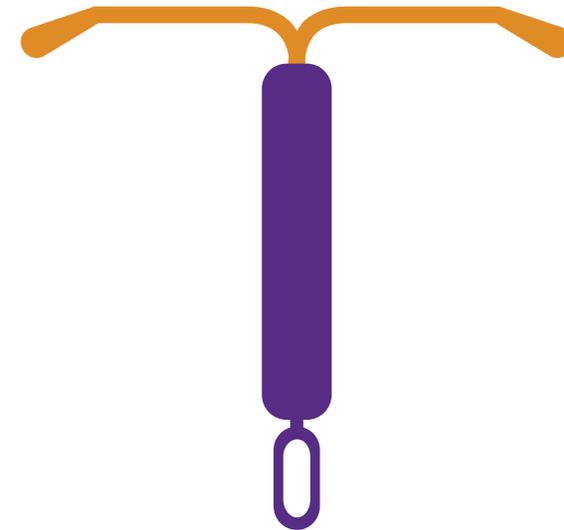
[dorsethealthcare.nhs.uk](http://dorsethealthcare.nhs.uk)



**Sexual Health  
Dorset**

# Intrauterine Contraception

## Advice Before the Fitting



IUD/IUS

### Dorset HealthCare University NHS Foundation Trust

#### Sexual Health Dorset Services

SHD @Bournemouth  
66-68 Palmerston Road  
Boscombe  
Bournemouth, BH1 4JT

SHD @Weymouth  
Weymouth Community Hospital  
3 Melcombe Avenue  
Weymouth, DT4 7TB

**Tel: 0300 303 1948**

## When to book your appointment?

- A. A swab test for Chlamydia should be performed in advance (about 1 week) with the result available for the fitting date. If your GP has already done this please bring a copy of the result with you to your clinic appointment.
- B. Fitting can be carried out at any time of the menstrual cycle providing there is no risk of pregnancy i.e. not had sexual intercourse or are reliably using any of the following methods of contraception:
- An in date contraceptive injection (Depo Provera®, Noristerat®, Sayana Press®)
  - An in date implant (Implanon®, Nexplanon®)
  - The pill (combined or progestogen only)
  - A Ring (NuvaRing®)
  - A Patch (Evra®)
  - Consistent, correct and reliable condom use.
  - An in date IUS/copper IUD and no sexual intercourse in the last week.

Sexual Health Dorset has partnered with SH:24 to enable Dorset residents to have free access to home kits for STI testing (<https://sh24.org.uk/>). If you have had a chlamydia test through SH:24 save their text message to show at your clinic appointment.

### Please note the following:

- **This depends on the discretion of the clinician at the time of the consultation.**
- **Withdrawal and natural family planning are not considered to be reliable methods in this instance.**

- C. If you are planning to travel abroad it is preferable to allow at least 3 weeks after having the device fitted to have a follow up visit. Hopefully this should avoid experiencing post insertion problems abroad.

## Contraceptive Effect

Each of the intrauterine devices will be effective from the time shown below:

IUCD/Copper Coil	Immediate
IUS (Any hormone containing device) up to & including day 7	Immediate
IUS (Any hormone containing device) after day 7	7 days

## If you are having an IUS/Mirena

If you are not using the reliable methods of contraception listed in point B it is essential to make sure that there are no sperm in your body at the time the device is fitted, so please do not have sexual intercourse from day 1 of your period until the day of your appointment.

If you are having a device replaced (the old one taken out and a new one fitted) do not have sexual intercourse for 7 days before the procedure.

## On the appointment day

Do not miss a meal; it is best to have eaten before you attend.

Take a painkiller such as ibuprofen 400mg at least half an hour before your appointment. This is to help reduce cramping pains afterwards.

Please allow 2 hours for your appointment. Although the procedure does not take this long, a few women feel faint afterwards and need time to rest and recover. Some women find that bringing a partner or friend with them can be helpful.

Please do not bring small children with you unless you are accompanied by someone who can care for them during the procedure.

You will need a sanitary towel, so please bring one with you. Tampons are not recommended for 4 weeks following an IUD/IUS insertion, however, after that they can be used.