

## Coil and implant fitting at the York Medical Practice

Long acting methods of contraception such as the implant and coil are convenient, highly effective, low risk and very popular. Both types of coil and the implant can all be started at any age and can be continued until the menopause. All methods can be removed early if you change your mind.

We are proud to have a weekly dedicated coil and implant clinic at the surgery on Tuesday evenings (4:30-7pm) which runs in parallel to our walk-in family planning clinic. You are required to book your appointment ahead and to have decided which method you would like to use. We would be happy to discuss the options with you in person either during our walk-in family planning clinic or by a booked appointment with one of our doctors or nurses. Below is some information about the various coils available and the implant.

### **Intra-uterine system (IUS)**

These are small plastic devices which sit inside the uterus and slowly release progesterone over a number of years. They normally stop your periods and are popular with women who have heavy or painful periods. They last for 5 years (Mirena) or 3 years (Jaydess).

### **Copper coil (IUD)**

These can last for 5 or 10 years depending on the type used. Copper ions work as the contraceptive method which means no hormones and no change to your monthly cycle. Periods can sometimes be slightly heavier initially. The copper coil is great for women who have had problems with hormones in the past.

### **Implant**

These are thin plastic rods, the size of a match stick, which are inserted under the skin in your upper arm. They are not visible, but you have the reassurance of being able to feel them under your skin. They last for 3 years and work by gradually releasing progesterone. They often make periods lighter and less frequent.

### **What to do next:**

When you have decided on your preferred method of long acting contraception, you can book an appointment in our Tuesday evening clinic. Below is some important information for your appointment.

### **Advice for patients before coil or implant fitting:**

- Before coming for a coil fitting please ensure there is no risk you could be pregnant. This involves either abstaining from sex or using a **reliable** method of contraception from the first day of your last period. (This does not include condoms or other barrier methods).
- It is advisable to take a painkiller (such as Paracetamol) at least half an hour before the fitting, to reduce the cramps afterwards.

- The coil can be inserted during your period as long as you are not bleeding heavily (ie. Not usually on the first 2-3 days of your period).
- If you are having a **change of coil**, please **abstain** from sexual intercourse for seven days before. This is in case the old coil is removed but the new one is not inserted successfully, which would present a risk of pregnancy.
- Do not skip a meal, it is best to have eaten prior to the fitting.
- Please allow about an hour for the appointment. Although the procedure only takes half an hour some women can feel faint afterwards and need time to recover.
- Try not to bring small children or babies with you.
- Please bring a sanitary towel with you as there is often some bleeding after coil insertion. Tampons should not be used for 3 days after insertion.
- Please do not go away within the first few weeks after coil insertion. This is the period of time when any complications of the coil fitting are most likely to emerge and you should be able to consult us should there be any concerns.

**Advice for patients after coil or implant fitting:**

- The IUS and implant are effective for contraception after 7 days, the IUD is effective immediately. We normally advise that you abstain from sex or using tampons for the first 3 days after coil fitting.
- It is important to return for a “coil check” appointment about 6 weeks after it is fitted. You can do this in the walk-in family planning clinic or at a pre-booked appointment. No routine checks are required for the implant.
- Please phone us after one week for the results of your STI screen which is carried out at the time of coil fitting. If any infection were found, you would be prescribed treatment.
- You should check yourself for your coil threads once a month, normally after your period (if you are having them). If you are unable to feel the threads please let us know.
- If you have pain or bleeding after coil fitting please contact the surgery.