You have had the following intrauterine device (IUD) inserted today:

<table>
<thead>
<tr>
<th>Device</th>
<th>Life Span</th>
</tr>
</thead>
<tbody>
<tr>
<td>Copper T 380 A/S</td>
<td>10 years</td>
</tr>
<tr>
<td>Nova T 380</td>
<td>5 years</td>
</tr>
<tr>
<td>Mirena IUS</td>
<td>5 years</td>
</tr>
<tr>
<td>Gynefix IUD</td>
<td>5 years</td>
</tr>
<tr>
<td>Other (specify)</td>
<td></td>
</tr>
</tbody>
</table>

How should I feel afterwards?

Most women experience some period-like discomfort for 24-48 hours after fitting, but then it usually settles.

There may be some bleeding or spotting for a few days. If an IUD is fitted during a period, the period may be heavier and last slightly longer than usual.

What should I do afterwards?

Take simple painkillers such as paracetamol and/or ibuprofen (as long as you are not allergic to these products).

Rest for several hours after fitting, and avoid strenuous activity.

Using a hotwater bottle may help.

You should avoid the use of tampons for this bleed and your next period, so use pads only. After this you can resume tampon use.

When can I resume sex?

You can resume sexual intercourse when you feel up to it, but you should use another method of contraception until your 6 week check (in case of un-noticed expulsion).

Is there anything I should look out for?

If you feel unwell during the 3 weeks after fitting, with severe pelvic pain, fever and/or foul smelling vaginal discharge, you must come back to the clinic or see your GP without delay. Although the coil does not cause pelvic infection with longterm use, there is a small increase in the risk of infection at fitting, or within the first 20 days after fitting.

What about any swab results?

Please remember to chase up the results of any swabs taken at the time.
of clinic. You need to telephone the clinic where the coil was fitted, 2 weeks after these were taken.

**When do I need to be seen again?**

For a routine copper or hormone coil insertion:

- You need to make an appointment for check-up 6 weeks after insertion. At this visit the doctor or nurse will examine you to check that the coil threads are visible.

- After this, it is advisable for you or your partner to check that the threads can be felt once a month. Ideally this should be after a period, or on a chosen day e.g the first day of each calendar month.

- If you cannot feel the threads you should use a condom or abstain from sexual intercourse, and make an appointment to come to the clinic, as the coil may have become dislodged (expelled.)

- After the 6 week check, there is no need for you to be seen routinely, but please come back to the clinic for a coil check if you have any concerns, for example if you were late for a period and could be pregnant, or if you have any irregular bleeding, pelvic pain or unusual discharge.

**Emergency contraception and copper coil**

If you have had a copper coil fitted as a means of emergency contraception:

- Please take the full course of the antibiotics you have been given.

- Please return to clinic at, or just after your next period, if you wish to have the IUD removed.

- If you would like to keep the IUD as a long term method of contraception, then please see the advice regarding the 6 week check, for routine coil users, written above.

**When does the coil need changing?**

- The date at which the coil needs to be removed or changed can be found at the start of this information sheet.

- It is your responsibility to seek help for coil removal on or just before this date, from your local Contraception & Sexual Health clinic, or your GP.

**Additional advice**

- If you are aged 25 or over, make sure you have regular cervical smears, as part of the National Cervical Screening Programme.

- Use a condom with a new sexual partner.

- Have regular sexual health checks, as you should, whether or not a coil has been fitted.

For more information about the IUD/IUS in general, look at The Family Planning Association (FPA) website at: [www.fpa.org.uk](http://www.fpa.org.uk)