

Information about the coil

IUCD- copper coil

This is the non- hormonal coil which is made up of a polyethylene T shaped structure with copper wire wrapped around the shaft. It works by the copper having an inhibiting effect on fertilisation, an effect on the cervical mucus to prevent sperm penetration, and by causing a local inflammatory effect in the lining of the womb to prevent implantation. The contraceptive effect is immediate.

The coils used in the clinic last for 5 years. There are 10 year coils which can be ordered for you if required- this would need to be discussed in advance of your appointment to ensure availability on the day.

IUS- the Mirena or Kyleena

This is the hormonal coil, which slowly releases Levonorgestrel, a progestogen. It works by thinning the lining of the womb and thickening the cervical mucous to prevent sperm from entering the womb. If it is inserted on D 1-7 of your cycle (day 1 is the first day of your period), then it is effective immediately, at any other time, it takes 7 days to be effective so use alternative methods (ie condoms) or continue with your current method of contraception for 7 days.

The **Mirena IUS** - 52 mg LNG, 32 x 32 mm, inserter size 4.4 mm diameter. Can be used for 5 years for contraception, treatment of heavy menstrual bleeding and also for endometrial protection in conjunction with Oestrogen HRT. If you are 45 or over at the time of insertion of a Mirena IUS, you can continue to use it for contraception until the age of 55. If you Mirena is being used for endometrial protection / HRT it should be replaced after 5 years.

The **Kyleena IUS**- 19.5 mg LNG, 28 x 30 mm, inserter size 3.8 mm diameter. Lower dose and smaller frame compared to the Mirena. Can be used for 5 years for contraception.

Coil Insertion

Prior to inserting a coil, you will have a consultation to determine if it is suitable for you. A coil cannot be inserted if there is a risk you might be pregnant at the time. A pregnancy test may be carried out prior to your coil insertion if required. It is advisable not to have unprotected sex between your last period and your appointment at the clinic, If you are not having regular periods, use contraception or avoid sex for 3 weeks prior to your appointment.

You will have a pelvic examination prior to insertion of the coil. Local anaesthetic is used- there are two different types available at the clinic- a gel and an injection.

The coil threads are trimmed to about 2 cm so you will be able to self check the threads. It is advisable to self check the threads after your period.

If you are unable to feel your coil threads, use additional contraceptive methods until you can be seen as it may be a sign of expulsion or perforation. You may experience some cramp and bleeding for a few days after insertion.

You can take paracetamol or ibuprofen 1 hour prior to your appointment to help with pain relief and have a light meal.

Coils do not protect against sexually transmitted infections.

Coil Removal or replacement

There is a pregnancy risk if there has been unprotected sex in the 7 days prior to a coil removal or replacement, so it is advisable to use additional contraception (ie condoms) or avoid sex in the 7 days before your appointment.

Most coil removals are fairly quick with minimal discomfort.

Removal of a coil can be more difficult if the threads of the coil are not visible. Occasionally an ultrasound can may be required to see where the coil is located. You may also require local anaesthetic during the removal.

You may experience some spotting or bleeding after the coil removal.

Side effects

During insertion or removal, you may feel pain, dizziness or experience bleeding.

Sometimes a coil insertion/ removal may take longer if the threads are not visible or there are other issues such as cervical spasm. Please ask for additional local anaesthetic if you feel you need it. Very rarely, the coil cannot be inserted/ removed.

IUCD- During the first few months after an IUCD insertion, there may be some bleeding or spotting between periods as well as some cramp- this usually settles within 3-6 months.

Your period may be heavier and more prolonged.

IUS-The common side effects seen with the IUS are acne, breast tenderness, headache and irregular bleeding. The side effects tend to settle with time. Most women find that after a few months, bleeding becomes lighter and after 1 year most women have infrequent or no bleeding.

Women who experience recurrent thrush or bacterial vaginosis may want to consider alternative methods of contraception.

Risks of using a coil

- Infection- the highest risk is in the first 6 months after insertion. It may be associated with a sexually transmitted infection. If you think you may be at risk of having a sexually transmitted infection, you could consider having tests done prior to having a coil inserted.
- Expulsion- about 1 in 20, highest in the first year after insertion, often with menstruation.
- Perforation of the uterus or cervix- about 2 per 1000. The risk is around 6 times higher if you are breastfeeding or have recently given birth- you should wait at least 4 weeks after delivery before having a coil inserted.
- Ovarian cysts may occur in some women using the IUS, most cysts are asymptomatic and resolve by themselves.
- Pregnancy- very low risk. If a pregnancy does occur with an IUD in place, there is a 6% chance that it is an ectopic pregnancy.
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Seek medical assistance if there is concern of pelvic infection, pelvic pain, abnormal bleeding and a missed period, a positive pregnancy test, and non palpable threads or if you can feel the stem of the coil.

Benefits of using a coil

- Long lasting contraception
- Very effective at preventing pregnancy- 0.1 - 1% risk of pregnancy.
- The IUS (hormonal coil) can make your periods lighter and decrease painful periods, and pain associated with endometriosis and adenomyosis. It can reduce the risk of endometrial cancer

- The IUCD may reduce the risk of cervical and endometrial cancer.

Do not use a coil

If you are pregnant or may be pregnant.

If you are within 4 weeks of having a baby.

If there is an infection in the womb or pelvis

If you have any undiagnosed abnormal bleeding

If you have an untreated gynaecological cancer.

If you have Wilsons disease (copper coil)

If you are allergic to any of the component of the IUCD/ IUS

If you have certain cardiac conditions, or are on long term steroids, it is recommended that you have your coil inserted in a hospital setting not in an outpatient setting such as this clinic.

More information on IUCD and IUS can be found on
Sexual Health Scotland- sexualhealthscotland.co.uk
NHS Inform- nhsinform.scot
www.nhs.uk