

THE LAWSON PRACTICE

Advice for patients prior to a coil fitting

- The coil cannot be fitted if there is any chance of pregnancy. Please ensure you are using effective contraception prior to the appointment (and have had no burst condoms or missed pills). Alternatively, please book the fitting for after your next period and abstain from sexual intercourse until the fitting
- If you are attending to change your coil you must abstain from sexual intercourse or use condoms for the 7 days prior to your coil replacement appointment
- If you are concerned about any risk of sexually transmitted infections please contact the practice to arrange a self-taken vaginal swab prior to your appointment
- Please read through the linked information on types of coil prior to your appointment

Copper coil (non-hormonal) <https://www.nhs.uk/conditions/contraception/iud-coil/>

Mirena coil (hormone coil) <https://www.nhs.uk/conditions/contraception/ius-intrauterine-system/>

- You will require a 20 minute appointment with one of our doctors who has specialised in coil fittings. Please speak to our reception manager Yasmin to arrange this.

On the day of your appointment

- Please take some over the counter painkillers 1-2 hours before your appointment eg 1g of Paracetamol or 400mg of Ibuprofen
- Please do not bring children to the coil fitting appointment