

Park Lane Surgery

IUD/IUS Mirena Advice sheet

Before you have your coil fitted

Ideally a coil is fitted between day 3-12 of your cycle to ensure you are not pregnant and the neck of the womb (cervix) is more likely to be a little open and therefore the coil is easier to fit.

If your appointment is for a coil change, **you need to avoid sexual intercourse for the week (7 days) before fitting, in case, for any technical reason, a new coil can't be inserted once the old one has been removed.**¹

If you are having a mirena coil fitted please avoid having sex from the first day of your period and for the first week after the coil is fitted.

Please take 2 paracetamol or ibuprofen about 2 hours before your appointment, as you may experience abdominal cramps similar to period pain, post fit. Please bring a sanitary towel to your appointment.

Post coil fit

Contact the surgery if -

Bleeding is unexpectedly heavy or smelly, severe pain develops or you are worried in any way.

- Do not use tampons until you have had your first check after coil fitting as this may increase infection risk.
- Also to reduce infection risk avoid sex for the next 7 days
- Cramp and period type pains with spotting are quite normal after a coil fit. Paracetamol or ibuprofen should help the pain settle.
- Removing the coil is generally straightforward and causes much less discomfort.
- It may take up to 3 months for some spotting and bleeding to settle after sex, exercise or around periods. If symptoms don't settle contact the surgery and speak to the doctor or nurse for advice.
- You should check your threads every month. If you are unable to feel the threads please see a nurse or doctor and use additional contraception such as condoms until you have been checked.

¹ New version November 2017 FSRH CEU statement Oct 24, 2017.