Having a check up

Do I need to come back to the clinic?
• You need to have a check up at your local contraception clinic four to six weeks after the IUD/IUS is put in. It is possible for your GP to do this

How long will the device last for?
• You will be told this at your appointment because it depends which IUD/IUS is used. They last between 5 and 10 years
• When it is due to be changed, please return to your local contraception clinic three months before the change is due

What if I have any problems?
• After the IUD/IUS has been put in, if you have any pain (worse than period pain), any vaginal discharge or you are unhappy, you should return to your usual contraception clinic. Your GP may also be able to help

Please keep this information safe in case you need to refer back to it.

For more information contact
Gateshead Sexual Health Services:
0800 42 20 200 or 0191 2831586

NHS South of Tyne and Wear (serving Gateshead Primary Care Trust, South Tyneside Primary Care Trust and Sunderland Teaching Primary Care Trust) is committed to raising the standard of written information for patients, their carers, people who use the NHS and the general public.

This information can be made available in another format or language on request. Please contact the Communications and PR Team Tel: 0191 529 7118 Email: mopil@sotw.nhs.uk
**What to expect**

**Will I have the copper coil (IUD) or the hormone coil (IUS or Mirena)?**
- This will be discussed with you at your appointment and the best one chosen, depending on the answers to some of the questions you will have answered.

**Can I do anything before I come for my appointment?**
- Please eat breakfast, or lunch and take a mild painkiller like Paracetamol. This helps relieve any cramp you may have after the IUD/IUS is inserted.
- Both the IUD and IUS can be fitted at any time of your cycle if there is no risk of pregnancy. (i.e. you are using a reliable method of contraception or have not had sexual intercourse since your last period before insertion). Condoms are not classed as a reliable method of contraception. We try and avoid the days you have a heavy period flow. You will be advised about the time of insertion at initial counselling.

If you are already using an IUD or IUS and are coming for this to be changed, please use condoms or do not have sexual intercourse for one week before your appointment.

**What will happen at my appointment?**
- Your appointment will last about 30 minutes, and you will see a nurse and a doctor.
- You will be asked some questions about your health, your family's health and the method of contraception you are using now.
- We will also ask you about your periods to make sure you are not pregnant.

**How is the Coil (IUD/IUS) put in?**
- You will be asked to lie on a couch and the doctor will do a vaginal examination (sometimes known as 'internal')
- A speculum (the instrument used when you have a smear taken) is inserted into the vagina and this stays in place until the IUD/IUS is fitted.

**What will I feel?**
- Some women get a cramp feeling, similar to a period pain.
- It may hurt and there are forms of pain relief which can be used but they are not always needed.

**What would the pain relief be?**
- An anaesthetic jelly can be put on the cervix. This works locally and provides some pain relief.
- An injection of local anaesthetic (like the dentist uses) can be used. This stings when it is first put in but then removes the pain.

**What happens after the procedure?**
- You will spend 5-10 minutes with the nurse who will explain how to check for yourself that the IUD/IUS is in place by feeling for the threads after each period. She will tell you what to expect after you leave the appointment.

**Do I need to do anything special afterwards?**
- Please avoid having sexual intercourse for seven days after the device has been fitted. It is thought this will reduce the risk of you getting an infection.
- You may be given a calendar to keep track of any period changes which some women can experience.