

Patient Guide to Intrauterine Device (IUD) fittings and removals

How to arrange a coil fitting

We offer traditional copper IUDs and Intrauterine Systems (IUS) - Mirena and Jaydess. To arrange fitting of any of these please see Dr Topping, or one of our nurses for an initial consultation and they will discuss it with you. You will then need to speak with Dr Topping to arrange a suitable time for fitting. You can do this via a telephone consultation which can be arranged with reception.

Information about IUD/IUS fitting

The IUD/IUS is fitted inside the uterus. The doctor will examine you internally to find the position and size of your uterus before they put in an IUD/IUS. Sometimes they will check for any possible existing infection. This can be done before or at the time of fitting the IUD/IUS.

Fitting an IUD takes about 10–15 minutes. It can be uncomfortable or painful for some women, and you might want to take some simple pain relief such as Ibuprofen or Paracetamol prior to your appointment. You may get a period-type pain and some light bleeding for a few days after the IUD is fitted. Pain-relieving drugs can help with this.

How to arrange a coil removal

An IUD or IUS can be removed in any normal appointment by Dr Topping or Dr Webster. Please ensure that you use additional contraception, such as condoms, 7 days before removal unless you wish to become pregnant. This will ensure that you are able to have it removed at this appointment.

Information about IUD/IUS removal

A trained doctor or nurse can take the IUD out at any time by pulling gently on the threads. It is a very quick and usually painless procedure and involves a simple internal examination.

For more information about these methods of contraception please ask for a leaflet or go to:

<http://www.fpa.org.uk/contraception-help/iud-intrauterine-device>