

**INTRAUTERINE CONTRACEPTION DEVICE (COIL)
ADVICE AND REMINDERS BEFORE IT IS FITTED**

Contraception

- If you are using condoms or other non-hormonal methods, please do not have sex from the menstrual period before your appointment, up to the date of your appointment.
- If you are using a hormonal method such as pills, patch, ring, implant or injections, please continue these until the appointment
- If you already have a coil (IUC) fitted, please do not have sex in the seven days before your appointment

On the day

- Please have something to eat and drink, and take pain relief such as Ibuprofen (if this is suitable for you) about an hour before your appointment.
- It is a good idea to have someone you can contact or bring with you to take you home if required, though most women are able to drive or walk home.
- Please do not bring babies or small children to the appointment if possible. If this is unavoidable or you are breastfeeding, please bring someone to care for them whilst you are undergoing the fitting procedure.

After the appointment

- We will provide you with sanitary pads to wear home, but you may need some to use for a few days afterwards.
- Please do not use tampons or have unprotected sex for seven days to avoid the risk of infection
- Try to have a restful day, avoiding any strenuous activities.
- Please seek medical advice if you have excessive abdominal pain or bleeding, abnormal vaginal discharge or fever in the days following your coil fit.

For more information please look at the Sexwise website

sexwise.fpa.org.uk/contraception
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