

THE RIVERSIDE CLINIC

COIL REMOVALS

A coil can be removed by a trained doctor or nurse. The doctor or nurse at your GP practice would also be able to do this for you.

- If you are having your coil removed, and not having another coil put in and you **don't want** to become pregnant soon after the coil removal, avoid sex for 7 days before you have your coil removed.
It is possible to get pregnant as soon as the coil has been taken out.
- If you wish to use another form of contraception following the removal of your coil please inform the receptionist making your appointment about this, as extra time will be needed for your appointment.

You may wish to start an alternative form of contraception before the coil is removed to ensure that it is effective immediately after the coil is removed. This can be arranged either by your GP surgery or at this clinic.

If you wish to have your coil removed and replaced with another, please discuss this with the receptionist while making your appointment, as she will be able to instruct you accordingly.

If you have had a copper coil fitted for emergency contraception and then want to have it removed, the coil will need to be retained until pregnancy has been ruled out. This could be after the start of your next period or after you have had a negative pregnancy test 3 weeks after the episode of unprotected sex that prompted the coil fit as emergency contraception.

If you are planning to become pregnant please speak to the nurse or doctor about starting folic acid, stopping smoking and reducing alcohol intake.

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