

## IUD (Coil) Fitting Information

You have an appointment to attend Enfield sexual health and contraception services to have a hormonal or copper intrauterine device (IUD, also known as a “coil”) fitted.

### Before your appointment:

It is important that you are **not at risk of pregnancy** on the day of your IUD fitting.

Please see the guidance below:

- **Not using any contraception/using fertility awareness methods /using withdrawal method/using condoms:** Abstain (no sex) 3 weeks before your fitting appointment
- **Using a hormonal/copper IUD (coil) that is not expired:** Abstain (no sex) 7 days before your appointment
- **Using a hormonal/copper IUD (coil) that is expired:** Abstain (no sex) 3 weeks before your fitting appointment
- **Using a hormonal/copper IUD (coil) and you have been told it is in the wrong position:** Abstain (no sex) 3 weeks before your fitting appointment
- **Using an implant that has not expired:** No requirement to abstain
- **Using an implant that has expired:** Abstain (no sex) 3 weeks before your fitting appointment
- **Using hormonal contraception (pills/patches/ring/injection etc.):** No requirement to abstain if the method is being used correctly and in the case of the injection, is not overdue

**If you are unsure, it is safest to abstain for 3 weeks before your fitting appointment.**

### On the day of your appointment:

Where possible, we will fit the IUD at your appointment. However, there may be reasons why the fitting may need to be deferred. If this happens, the doctor or nurse will explain why. On the day of your appointment:

- Please arrive 10 minutes before your appointment for registration
- Please inform us beforehand if you require an interpreter or have any vulnerabilities/special requirements
- We recommend that you eat and take simple pain relief (e.g. paracetamol/ibuprofen) 30-60 minutes before your appointment
- Where possible, we advise that you do not bring young children with you to the appointment
- Please bring sanitary protection (pads), as you may experience some bleeding after the procedure
- We may require a urine sample before the procedure. Please arrive with a full bladder

If you have any questions or you would like to cancel/reschedule your appointment, please contact us.