**Coil Fitting**

Please read the information below carefully. If you have any questions or concerns, please ask to speak to a GP in good time before the fitting.

* All coils are now being fitted in a purpose-built facility at the **Marksbury Road Practice** for your comfort and safety.
* Please turn up on time for your appointment.
* **Do not have sex for 7 days before** your coil fit. This is to ensure there is no risk of pregnancy which would mean we cannot fit the coil for you.
* **Please note there is no need to cancel your appointment if you are having your period at the time of the coil fit-we can still do coil fits during this time**
* If you have been asked to do a **swab**, please do this and hand it in to your practice as soon as possible.
* We have a waiting list for appointments. If you are **unable to attend** your coil fitting appointment, please inform reception so that we can offer the appointment to another patient at least 7 days prior to the appointment. If you cancel on the day we are usually unable to fill these appointments at short notice.
* Please take some **painkillers 30-60 minutes** before your appointment to help the discomfort that can be associated with coil fitting. Paracetamol and ibuprofen are good options if you can take these without adverse reactions.
* If you have any concerns after your coil fit please contact your GP practice for advice.
* Unsure when your coil was fitted and due to expire? Please contact reception and we may be able to advise you of the date.

**Are you currently using contraception?**

Specific instructions to follow depending on your current choice of contraception

**No current contraception**

Please ensure you do not have any unprotected sex from the date of your last menstrual period until your coil fit. You can use condoms in this time if they are used for the whole time, every time. Accidents with condoms can happen. If this is the case, we may not be able to fit your coil safely, so please speak to a GP before your fitting appointment.

**Using Condoms**

Use condoms for the whole time, every time. Accidents with condoms can happen. If this is the case, we may not be able to fit your coil safely, so please speak to a GP before your fitting appointment.

**Mirena Coil** (with hormone, light or no periods)

If it was fitted within the last 8 years, this will cover you (for contraception) until you have the new coil fitted, however please ensure you do not have sex in the 7 days before the coil fit so that we ensure there is no risk of pregnancy if we encounter problems during the coil fit.

If not within 8 years, please ensure you are using condoms continuously or abstain from sex until the coil is fitted.

**Copper coil** (no hormones, normal periods)

If your current coil was fitted within 5 or 10 years depending on the type of coil, then you will be covered until the coil fit. Please ensure you do not have sex in the 7 days before the coil fit so that we ensure there is no risk of pregnancy if we encounter problems during the coil fit.

If not within 5 or 10 years, please ensure you are using condoms continuously or abstain from sex until the coil is fitted.

**Implant**

If fitted within the last 3 years, you will be covered until the coil fit. It will need to be removed after your coil is fitted, which we will arrange at an appropriate time following the coil fit. Please do not have sex within the 7 days before the coil is fitted.

If not within 3 years, please ensure you are using condoms continuously or abstain from sex until the coil is fitted.

**Depo injection**

If your last injection was within the last 12 weeks or less, you will be covered until your coil is fitted. Please do not have sex in the 7 days before the coil is fitted.

**Combined pill** (21 pills in a pack with a 7 day break and bleed)

Continue taking the pill until your coil is fitted and your GP will advise if you need to continue after the fitting. Please ensure you do not miss any pills in the pack before your coil is fitted. Speak to a GP if this happens.

**Mini Pill / Progesterone only pill** (28 pills in a pack, taking continuously)

Continue taking the pill until your coil is fitted and your GP will advise if you need to continue after the fitting. Please ensure you do not miss any pills in the pack before your coil is fitted. Speak to a GP if this happens.