**Leaflet for women who are going to have a coil fitted**

We cannot fit a coil if there is any possibility that you may be pregnant. Therefore in order to fit on the day of your appointment you need to either:

* Be on a reliable method of contraception such as the pill (with no missed pills) or using condoms every time you have sex.
* Or not have had sex since your last period.

If you are having a coil removed and refitted at the same time, you need to abstain from (stop having) sex for 7 days prior to fitting the new coil.

It is a good idea to take some pain killers about 1 hour prior to the fitting. Please bring a sanitary towel with you for afterwards as you may experience some vaginal bleeding.

Please look at the consent forms prior to your appointment on our website. These can be found by following the links below:

Copper coil:

<https://www.springgardensmedicalpractice.co.uk/s/coil-consent-for-copper.docx>

Hormonal coil:

<https://www.springgardensmedicalpractice.co.uk/s/coil-consent-hormonal-coil.docx>