

# Information for women who have had an intrauterine device (IUD) fitted

## Sexual Health Service

Date fitted: .....

Type of coil: .....

This coil is effective for: ..... years

This coil is effective from: .....

## Is it normal to experience pain and bleeding?

It is quite normal for you to experience some period-like pain or discomfort for a few days after insertion. You may find taking a painkiller such as Paracetamol or Ibuprofen, or whatever you would normally take for period pain, useful.

You are likely to have some light bleeding for up to a week as a result of the coil insertion. With a hormone releasing coil, you may have daily or irregular bleeding for several weeks.

## What symptoms should I worry about?

Should you have any of the symptoms below at any time after fitting you should contact umbrella or a local out of hours service as soon as possible as they could be signs of a pelvic infection:

- Low abdominal or pelvic pain, which is becoming more severe
- Unusual vaginal discharge
- A high temperature

## Checking your coil threads

We advise that you check you can feel the threads of your coil after each period, or once a month. You can do this most easily by squatting down and inserting one or two fingers into your vagina and feeling for nylon threads which come from the cervix (neck of the womb).

If you think you can feel the plastic stem of the device, or are unable to feel the threads, or the threads feel longer or shorter than normal, please come to the Sexual Health clinic or your GP for a coil check. You may require emergency contraception. You should use additional contraception until you have been seen.

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