

WHAT TO EXPECT AFTER YOU HAVE HAD A COIL FITTED

The first 24 hours

It is normal to have some period-like symptoms such as bleeding and stomach cramps. Taking ibuprofen, paracetamol or whatever painkillers you normally take will help with the discomfort. Some people are fine after a coil fit and go straight back to work or college, but others need to rest for a few hours. You must do what is best for you.

We recommend for the first 24 hours:

- Pads for sanitary protection
- No sex
- No strenuous exercise or swimming

The next few days/weeks

The cramps and bleeding should gradually settle. This may take a few days for some people. After 24 hours tampons may be used and once your coil is working you can have sex. If you aren't sure about when your coil starts to work then it is safest to wait 7 days. Moon cups can be used from 6 weeks after fitting but using them may make it more likely that you will pull your coil out or down.

If you have a hormone coil light irregular spotting may continue over the next few weeks/months. If you have a copper coil you should settle into a regular cycle.

Coil checks

If by 4 weeks after fitting you are happy that the pain and bleeding have settled and that you can feel your coil strings, then you do not need to return to the clinic. (Check your strings by putting 1 or 2 fingers into the vagina to find your cervix (neck of the womb). It feels like your nose. The strings can be at the top of the vagina or tucked round the cervix.) You should continue to check your coil strings regularly at the end of your period or after a bleed. If you have a hormone coil and don't have bleeding, then just check your coil strings every 4 – 6 weeks.

When to contact the clinic

If you have any of the following at any time you should stop having sex and contact the clinic on 0300 124 5010:

- A sudden increase in pain. This could be crampy or a continuous aching. Sometimes you could feel feverish or notice a smelly discharge at the same time.
- Heavy bleeding (more than a period)
- You think your coil strings feel longer or you can feel the coil coming down
- You think your coil strings are shorter or you can't feel them at all
- If you have a positive pregnancy test. (if you have a positive pregnancy test over a weekend then call your out of hours doctor as you need an urgent ultrasound scan)

For more information about coils and coil fitting have a look at the SWISH website on the following link [Visiting SWISH for an IUC | SWISH \(swishservices.co.uk\)](https://www.swishservices.co.uk)

