



## INFORMATION FOR PATIENTS

# Your appointment to have your coil fitted

### When does my coil need changing?

The length of time your coil will give you effective contraception for may have increased since you had it fitted. This means fewer procedures are needed in your lifetime for effective contraception. Below is a table which outlines how long each coil is effective for and when it would need to be replaced or removed.

Coil type	Coil name	Age at time of fitting	Replace or remove
<b>Hormonal</b>	Mirena Levosert Benilexa	Under 45	Replace after 8 years
	If using these as part of hormone replacement therapy (HRT) regardless of your age replace every <b>FIVE</b> years.	45 and over	Remove age 55
<b>Hormonal</b>	Kyleena	Any age	Replace after 5 years
<b>Hormonal</b>	Jaydess	Any age	Replace after 3 years
<b>Copper (non-hormonal)</b>	10 year copper coil	Under 40	Replace after 10 years
		40 or over	Remove age 55
<b>Copper (non-hormonal)</b>	5 year copper coil	Under 40	Replace after 5 years
		40 or over	Remove age 55

If you have booked an appointment and your coil does not need changing, please contact us to cancel.

If you have booked an appointment and you are not sure if your coil needs changing, please contact the service which fitted your coil to ask which type you have. Sexual Health Services are not likely to have access to details from other services or your GP.

If you are not able to find out which type of coil you have, please attend your appointment as planned.

Having a coil fitted means you are going to have an excellent method of contraception that can last between 3 and 15 years if you are happy with it. At your appointment we will tell you how long your coil will last for.

If you follow the information on this sheet, you should only require one face-to-face appointment at the clinic. We aim to be able to fit your coil at that face-to-face appointment.

### Contraception prior to a coil fit

We need to be certain that at the time the coil is fitted, you are not in the very early stages of a pregnancy, nor are there any sperm in your body, which could result in a pregnancy.

Fitting a coil when you are in the first **SEVEN** days of your menstrual cycle is an ideal time, so do not worry if you are on your period when you attend for your appointment.

If you are currently using contraception, follow the guidance below. If you have not used your contraception correctly (e.g. it expired or you have missed pills) in the **THREE** weeks prior to your appointment, it is possible that we will be unable to fit your coil at that visit.

- **Using the pill, patch, ring, injection or implant:** Continue to use your contraception correctly until after your coil has been fitted.
- **If you already have a coil and it is in date:** Do not have unprotected sex in the **SEVEN** days before your appointment, use condoms or do not have sex. There could be a risk of pregnancy from the sex you have in the week before the appointment if we cannot fit the new coil as planned.
- **If you already have a coil and it is overdue a change:** Do not have unprotected sex for at least 21 days before your appointment, use another contraception method or condoms or do not have sex (i.e. do not rely on withdrawal or emergency pills).
- **Using only condoms:** If the condom splits, slips off or is damaged in the **THREE** weeks prior to your appointment we may not be able to fit your coil.
- **Not using any contraception/using withdrawal:** If your appointment is after your period, do not have sex between your period and your appointment.

Guidance on how to use your contraception correctly and information about the different types of coils can be found at [Home | Contraception Choices](#)

### Before having a coil removed

If you do not want to become pregnant, avoid sex completely or use an alternative method of contraception or condoms for **SEVEN** days before your appointment.

The coil can be removed at any time in your cycle (without avoiding sex beforehand) if you no longer need contraception or wish to become pregnant.

To support your baby's development please take folic acid and vitamin D for three months before removal if planning a pregnancy.

### Planning for your appointment:

- Please have something to eat and drink (non-alcoholic) before to your appointment.
- It is sensible to take a painkiller at least half an hour before the fitting to reduce cramps afterwards, e.g. ibuprofen 400mg or paracetamol 1gm.
- It is best not to bring children or babies to the fitting. If needed, please bring a friend to take care of them outside the room. We may not be able to fit your coil if you are the only adult looking after your child on the day.
- Please know the start date of your last period.
- Please bring a list of current medical conditions and medicines.
- It is common to have some bleeding or spotting after the procedure, so you may wish to bring your own sanitary pad with you. The clinic will have pads available if you forget or prefer. We advise you do not use tampons or a moon cup immediately after the coil has been fitted.
- Please allow at least an hour for the appointment. Although the procedure does not take this long, a few people feel faint afterwards and need time to recover. It is recommended that you have someone you can contact by phone, who would be able to collect you, in case you feel unwell.
- Although most people are well after the procedure, it is sensible to ensure that you have no major commitments afterwards, as you may need to take it easy and relax for the rest of the day.
- You may be asked to continue with your current contraception for up to **SEVEN** days after your appointment.
- Please be at your appointment 10 minutes early to register.

If you change your mind and you do not want to have a coil fitted or the appointment is not convenient, please telephone us to either cancel or rearrange on **0300 131 7010**.

### Further sources of information

#### Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service:

- **Nottingham University Hospitals:** 0800 183 02 04  
Email: [nuhnt.PALS@nhs.net](mailto:nuhnt.PALS@nhs.net)

- **King's Mill Hospital:** 01623 672222  
**Newark Hospital:** 01636 685692  
**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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