

Large print and other languages

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এই তথ্যগুলো সহজে পড়া যায় অথবা বৃহৎ প্রিন্টের মত বিকল্প ফরম্যাটে পাওয়া যাবে, এবং অনুরোধে অন্য ভাষায়ও পাওয়া যেতে পারে। আরো তথ্যের জন্য আপনার ক্লিনিক্যাল টিমের সাথে কথা বলুন।

Na żądanie te informacje mogą zostać udostępnione w innych formatach, takich jak zapis większą czcionką lub łatwą do czytania, a także w innych językach. Aby uzyskać więcej informacji, porozmawiaj ze swoim zespołem specjalistów.

Macluumaadkaan waxaa loo heli karaa qaab kale, sida ugu akhrinta ugu fudud, ama far waa weyn, waxana laga yabaa in lagu heli luuqaado Kale, haddii la codsado. Wixii macluumaad dheeraad ah, kala hadal kooxda xarunta caafimaadka.

Bu bilgi, kolay okunurluk veya büyük baskılar gibi alternatif biçimlerde sunulabilir, ve talep üzerine Alternatif Dillerde sunulabilir. Daha fazla bilgi için klinik ekibinizle irtibata geçin.

یہ معلومات متبادل فارمیٹس میں دستیاب کی جا سکتی ہیں، جیسا کہ پڑھنے میں آسان یا بڑا پرنٹ اور درخواست پر متبادل زبانوں میں بھی دستیاب ہو سکتی ہیں۔ مزید معلومات کے لیے، اپنی کلینکل ٹیم سے بات کریں۔

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Patient Advice and Liaison Service (PALS)

Please contact us if you need general information or advice about

Trust services: www.bartshealth.nhs.uk/pals

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All our patient information leaflets are reviewed every three years.

Patient information



Intrauterine Contraception or 'coil' insertion at the time of caesarean section

A guide for patients

Type of IUC inserted:

Date of Insertion:

Licensed Duration of use:



Intrauterine contraception, commonly known as a 'coil', is one of the most effective ways of preventing or delaying a further pregnancy. It is possible to have this fitted at the time of a caesarean section. It is inserted through the opening in the womb, after the placenta (afterbirth) has been removed. It is contraception that stays inside the womb.

Why might this be good?

- Either the hormonal coil (IUS- intrauterine system) or hormone-free copper coil (IUD – intrauterine device) can be fitted at this time – both are safe to use while breastfeeding
- Very safe procedure
- Provides long term and effective contraception straight away
- Painless - you will already have anaesthetic for the operation
- Quick – only takes a few minutes
- Convenient – you won't usually need another appointment to sort out your contraception

Where can I find out more about it?

You can have a look at the information leaflet on Postnatal Contraception provided by your midwife or doctor or go to the Contraception Choices website where you can find information about the different types of coils and about alternative methods of contraception.

This website can be accessed by visiting <https://www.contraceptionchoices.org/>.

If you have any further questions you can speak to your midwife or obstetrician or contact the team at All East (sexual health clinic) using the details on the back of this leaflet.

ALL EAST SEXUAL HEALTH SERVICES

1. Ambrose King Centre, Royal London Hospital, Whitechapel, E1 2BB
2. Sir Ludwig Guttman Sexual Health
Olympic Park, 40 Liberty Bridge Rd
E20 1AS
3. Forest Road Medical Centre, 354-358, Forest Road, London E17, 5JL

How do I make an appointment?

Online: <https://www.alleast.nhs.uk/appointments>

Phone: **0207 480 4737**

GP referral: Your GP can directly make a referral to our clinic if they are unable to assist or need a specialist input.

This leaflet should only be used by women giving birth by caesarean section in Barts Health.

Guide to IUC at CS v3. December 2022

What happens in the Sexual Health clinic?

A clinician will examine you and trim the coil threads if necessary. She may refer you to have an ultrasound to check position of your coil. Sometimes a clinician is not able to see the threads during a clinical examination. In such case, you will then be referred for an ultrasound scan to check the position of the coil. You must continue to use condoms while waiting for your appointment.

During an ultrasound, the clinician will be able to assess the position of the coil in the womb. It may be possible that coil is seen correctly placed on ultrasound but the threads are not visible during examination of the cervix. This does not affect how the coil works and most coils can be removed easily when required.

You will have an opportunity to discuss other issues related to sexual health and contraception.

To make an appointment with sexual health: Online:

Appointments can be booked online for a telephone consultation or face to face via <https://www.alleast.nhs.uk/appointments> depending on your need.

Phone:

Appointments can be made via calling the call centre on **0207 480 4737**

Please note some appointments may initially be telephone appointments. If you need to be seen face-to-face this will be arranged for you thereafter.

I had a coil fitted during my caesarean section – what happens next?

The hormonal coil and the hormone-free copper coil have different effects on your body and periods. Please read the information about the coil which was inserted. This is given to you at the time of discharge from your maternity unit.

You will need to perform a self-check to ensure the coil is correctly positioned around 6 weeks post insertion. Full details on how to perform this are provided below. If you do not feel comfortable doing this, or are unable to do so, please make an appointment with your GP or your sexual health clinic (Ambrose King Centre or Sir Ludwig Guttmann Centre, Forest Road Medical Centre) who can do this for you.

How do I perform a self-check for my coil?

Coils sit in the womb cavity and have threads attached to their bottom end that travel through the neck of the womb and sit at the top of the vagina. These threads allow you to check that the coil is correctly placed by feeling for them and are used to remove the device when you decide to have the coil taken out.

You can check for threads in different positions by either squatting, standing with one leg resting on a chair, or sitting on the toilet. After washing your hands, insert a clean finger into your vagina. You should be able to feel your cervix (neck of the womb) as a firm round structure and you should be able to feel your coil threads coming from it. Once you have felt the threads, you should continue to check them each month and contact your GP or sexual health clinic if you have any concern.

If you can feel the threads, and they are not protruding out of the vagina, the coil is likely to be correctly placed inside the womb and you do not need any routine follow up.

I cannot feel the coil threads – what should I do?

Around 50% of women may not be able to feel their coil threads so do not panic. When the coil is placed inside the womb at the time of caesarean section, there may be a higher chance that the threads will not be felt during self-examination or check-up. Most of the time, the coil is correctly sited within the womb and the threads are coiled inside the neck of womb but there is a small possibility that the coil has come out on its own known as “expulsion” which needs to be excluded.

This is what you need to do next:

- You will need to be seen at the sexual health clinic for a clinical examination and ultrasound scan where necessary to check the position of the coil.
- Book an appointment with local sexual health clinic (see below) or your GP can book an ultrasound examination or make a referral to a sexual health clinic.
- Use condoms until you have your appointment.

The threads are hanging out of my vagina – what should I do?

If the threads are hanging outside of your vagina do not panic. Coil threads are deliberately left long when inserted during caesarean section as your womb is expanded. As the womb returns to its normal size, the threads can then drop out the vagina. This does not mean the coil is going to come out.

This is what you need to do next:

- Making sure to avoid pulling on the strings, you can gently trim the threads close to the vaginal entrance or push the threads inside the vagina as far as you can using a clean finger.

- You will need to be seen by a clinician to have the threads trimmed to a shorter length and subsequently an ultrasound scan to confirm that the coil is in the right place.
- Book an appointment with the sexual health clinic (see below) or your GP can make a referral to a sexual health clinic for you

I think I can feel part of my coil – what should I do?

Very occasionally the coil will completely or partially come out of the womb, and this is known as “expulsion” (fall out). This may be slightly more likely when a coil is inserted immediately after having a baby. If you can feel part of the coil coming out of the neck of the womb as a hard plastic matchstick at the top of the vagina or have any pain or are experiencing discomfort during sex you need to do the following:

- You need to be examined by a clinician who can remove and replace the coil for you if appropriate or provide an alternative method of contraception.
- Book an appointment with your local sexual health clinic (see below) or your GP can make a referral for you.
- Use condoms whilst you wait for your appointment.

I am worried about my coil – what should I do?

If you have any other concerns that you think may be related to your coil such as pelvic pain, heavy bleeding, no bleeding, or anything else or if you would like to have the coil removed but cannot feel the threads please see your GP or book an appointment with a sexual health clinician.