



Gosforth and Jesmond Health

After Your IUD/IUS Fitting

Device Details

Type of device fitted:

Device expiry date:

Device lot number:

Date device needs to be changed:



Gosforth and Jesmond Health

Patient Information

What should I expect after my fitting?

It is common to experience:

- Period-like cramping for a few days
- Light bleeding or spotting for a few days or weeks
- Mild dizziness or faintness immediately after fitting
- Changes to your bleeding pattern, particularly during the first few months with a hormonal coil (IUS)

You may take paracetamol or ibuprofen (if suitable for you) to help with discomfort. Rest and a hot water bottle may also help. You should avoid using mooncups or tampons for 4 weeks after fitting.

Routine follow-up is not usually necessary.

When does my coil start working?

Copper Coil (IUD)

- Works immediately once fitted.

Hormonal Coil (IUS)

- You may need to use additional contraception for the first 7 days, depending on when in your cycle it was fitted.
- Your clinician will have advised you if this applies to you.



Checking your coil threads

Your coil has two fine threads that extend through the cervix into the top of the vagina.

- ☑ Check for your threads about once a month, ideally after your period.
- ☑ Contact your GP practice if you cannot feel the threads, if they feel longer or shorter than before, or if you can feel the hard part of the device itself.

Seek medical advice urgently if you have:

- Severe or worsening lower abdominal or pelvic pain
- Heavy bleeding
- Fever or feeling unwell
- Unusual or unpleasant-smelling vaginal discharge
- Pain during sexual intercourse
- Concerns that your coil has moved or fallen out
- A positive pregnancy test or symptoms of pregnancy such as missed periods with a copper IUD

Who should I contact?

This coil fitting was provided by Gosforth Jesmond Health PCN Enhanced Access Service but if you have any concerns after your fitting, please contact your own registered GP practice in the usual way.

When your practice is closed:

- Contact **NHS 111** for urgent medical advice.
- Attend an **Urgent Treatment Centre** or **Emergency Department** if your symptoms are severe or you feel acutely unwell.



Gosforth and Jesmond Health

Gosforth Jesmond Health

Enhanced Access Women's Health Service

200 Osborne Road, Jesmond, Newcastle upon Tyne

gosforthjesmondhealth.co.uk

GP Practices in Gosforth and Jesmond work together to deliver high-quality primary care for patients.

Brunton Park
HEALTH CENTRE

Park
Medical Group
FAWDON & KINGSTON PARK

 **regent**
medical
centre

The Grove
MEDICAL GROUP


JESMOND
HEALTH PARTNERSHIP

 **Roseworth Surgery**



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