

Dear Patient,

I understand that you have requested to be fitted with either an Implant, copper coil or a Mirena IUS. You should have received some written information about the coil/Implant but please feel free to ask any questions that you might have when you attend for the fitting.

Having a coil fitted may sometimes be uncomfortable or even painful and we therefore suggest that you take some simple pain relief such as Ibuprofen or Paracetamol about half an hour before your appointment. If you are booked for a change where we remove an existing Coil/Implant and re-fit you with a new one, please be aware that it is not always technically possible to re-fit at the same appointment and we may need to re-book you for the re-fitting.

We book a double appointment for a fitting and, in addition, an appointment with the nurse who assists the doctor, so please let us know if you cannot attend your fitting appointment to ensure that three slots are not wasted.

Below is a table with instructions regarding the timing of fittings. Please do not hesitate to contact Dr Shobowale, Dr Shankari or our Nurse Practitioner, Sharon if you have any questions about this.

Method of contraception being used now	Instructions
Condoms alone No method used IUD fitted more than 10 years ago IUS (Mirena) fitted more than 5 years ago.	No sex from the first day of your most recent period. If you are not having periods, no sex for three weeks before your appointment.
Combined pill	As long as no pills have been missed, you can have sex as normal in the lead up to your appointment.
Progesterone only pill (mini-pill)	No sex for three weeks before your appointment.
Injection or implant that has not yet expired.	You can have sex as normal in the lead up to your appointment.
IUD (coil) or IUS (Mirena)	No sex for the seven days before your appointment. If you have worries that the IUD is falling out/strings feel longer than usual, no sex until your appointment.
Zero contraception	Refrain from sex for three weeks before appointment.

It is important that there is no chance of you being pregnant, so we normally suggest that coils are fitted just at the end of a period, or that you do not have intercourse from the end of the period until the coil is fitted.

If you are not having periods, because you are breast feeding or have a Mirena IUS, we suggest that you do not have intercourse for 21 days before the coil fitting appointment. This is also important if you are coming to have a Mirena changed for a new one.

It is really not appropriate for babies or small children to accompany you into the consulting room, so please make arrangements for childcare if you can.