

For more information you can speak to your midwife or obstetrician, or contact the dedicated team at Chalmers Centre below who will be happy to help.



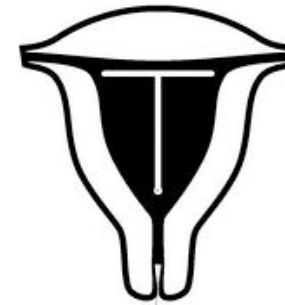
Contact Information:



PPIUC Team Mobile
07973760871

Available Monday to Friday during daytime hours. A message can be left if there is no answer.

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



A guide for women

This leaflet should only be used by women giving birth by Caesarean section in Lothian.

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.

Why might this be good?

- Very safe procedure
- Provides contraception straight away
- Painless - you will already have an anaesthetic for the operation
- Quick – only takes a few minutes
- Convenient – one less visit/examination at a later date
- Either the hormone coil (Mirena®) or hormone-free copper coil can be fitted at this time – both are safe to use while breastfeeding

What else do I need to know?

- You will need to have check-up after around four to six weeks to make sure the threads can be seen and to trim them if needed
- When the coil is placed inside the womb this way, there may be a higher chance that the threads will not be seen at the check-up visit. This does not affect how the coil works and most can be removed easily when required
- After any coil fitting, there is a chance that the coil may be expelled (fall out) from the womb. This may be less likely when it is fitted at the time of a C-section.

What happens after the coil is fitted?

You will need to have a check-up after around **four to six weeks** to make sure the coil threads can be seen, and to trim them if needed. This may be able to be done by your GP, or at the local sexual health clinic at a time that suits you.

If the threads can not be seen clearly at this time you will need a quick ultrasound scan to check that the coil is still inside the womb. This is usual after any coil insertion. If your check-up has taken place at the local sexual health clinic, this can usually be done at the same visit.

I’m keen to have this – what should I do next?

You should let your midwife or obstetrician know. There is a quick checklist for you to complete to make sure you understand the method and procedure. The doctor performing your surgery will check this with you again on the day of your operation and fit the coil for you if you wish.

I’m not sure – where can I find out more about it?

You can have a look at Lothian Sexual Health website where you will find more information about the different types of coil available or ask your midwife for a leaflet.

If you have any further questions you can speak to your midwife or obstetrician, or contact the dedicated team at Chalmers Centre using the details on the back of this leaflet.