

For more information you can speak to your midwife or obstetrician, or contact the dedicated team from 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 vaginal birth



A guide for women

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

Guide to IUC at Vaginal Birth. July, 2017 v2.0 (MC)

Intrauterine contraception, commonly known as a ‘coil’, is one of the most effective ways of preventing or delaying a further pregnancy. It is now possible to have this fitted shortly after your baby is born.

Why might this be good?

- Provides contraception straight away
- Quick procedure – only takes a few minutes
- Convenient – one less visit/examination at a later date
- May be less painful due to pain relief used during labour
- Safe to use while breastfeeding
- Either the hormone coil (Mirena®) or hormone-free copper coil can be fitted at this time

What else do I need to know?

- You will still need to have check-up at around 4 weeks to make sure the threads can be seen and to trim them if needed
- There may be a slightly higher chance of the coil becoming expelled as your womb returns to its non-pregnant size. Most women will be aware if this happens. We will be able to check this for you at your 4-week check and fit another coil for you if needed

NHS Lothian Sexual Health Webpage:
www.lothiansexualhealth.scot.nhs.uk/Contraception/ContraceptionFollowingBirth/PPIUC/Pages/default.aspx

What happens after the coil is fitted?

You will need to have a check-up at around 4 to 6 weeks to make sure the coil threads can be seen, and to trim them if needed. This can be done at a time that suits you and you can bring your baby with you if you wish. If the threads can not be seen you will need an ultrasound scan to check that the coil is still inside the womb. This is usual after any coil insertion and can usually be done at the same visit.

We would recommend that you use an additional form of contraception e.g. condoms, until you have been seen to check that the coil is in the correct place.

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 procedure and are suitable. A trained doctor or midwife will then fit this for you shortly after your baby is born.

If for any reason you can’t have your coil fitted at this time, we can arrange an appointment for you to have this done a few weeks later.

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.

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