

If you have any questions or concerns, please contact the dedicated team from Chalmers Centre using the details below.

In case of an emergency, or if you feel unwell, you should contact your GP or NHS 24.

Contact information:



PPIUC Team Mobile
07973760871

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

This leaflet is intended for use by women who have had a coil inserted at the time of vaginal birth in Lothian.

Advice after IUC at Vaginal Birth. Oct 2018, v5.0 (MC)



Advice for women following coil fitting at the time of vaginal birth



You have been fitted with a:

Date of insertion:

Date for change/removal:

Follow-up appointment:

What will happen now?

In the first 24 hours after a coil fitting you might experience mild, cramping abdominal pain. Simple painkillers can help with this if needed.

During the first few weeks, there is a slightly higher risk of infection developing inside the womb. Signs to look out for include: pain that does not go away, fever or feeling generally unwell, heavy bleeding or a vaginal discharge which may have a smell.

If you are worried or develop any of these symptoms you should contact your doctor or the dedicated team at Chalmers Centre (contact details on back of this leaflet).

When should I have my first check-up?

It is important that you are seen at around 4 to 6 weeks to have your coil checked. At this visit, we will be able to confirm that the coil is in the correct position and trim the threads if needed.

You should use condoms until this check-up visit as there is a small chance the coil may not be in the correct position.

What will happen to my bleeding?

- **If you have had a Mirena/IUS fitted:**
 - The normal bleeding you experience after having probably be lighter than normal and may stop earlier
 - After that it is normal to experience irregular bleeding or spotting for up to 6 months
 - This usually settles and in time your periods will become lighter or may stop altogether
- **If you have had a copper IUD fitted:**
 - When your periods return they may be a day or two longer than they used to be and can be a bit heavier, although this is not the case for everyone

Is it OK to use tampons?

We recommend that you avoid using tampons in the first few weeks after your coil fitting because of the slightly higher risk of infection. It is fine to use tampons after this although do take care as occasionally the threads of coil may be long at the start and can become entangled.

I think I can feel my threads – is that normal?

Often when a coil is fitted at the time of vaginal birth the threads are left long and come down into the vagina as your womb returns to normal size. We can check this for you at your check-up appointment and trim the threads if necessary. However, if you feel or see the threads before then you should contact us sooner to have them trimmed. Try to avoid pulling on the threads yourself as the coil may be removed by accident.

I think my coil might have fallen out – what should I do?

Although uncommon, sometimes the coil can become expelled from the womb. If you suspect this might have happened it is important that you contact us as soon as you can and avoid any unprotected sex until this has been checked.

Can I start having sex again?

You can start having sex again whenever you feel ready although the timing of this will vary for each woman. Both types of coil are very good at preventing pregnancy and will start working straight away if the coil is in the right place. We will be able to confirm this for you at your first check-up.

However, if you do have sex before your first check-up, we would recommend that you use condoms (or alternative contraception) until we can make sure that the coil is in the correct position.