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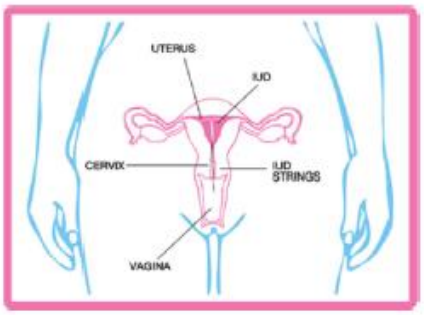
bucks sexual health and wellbeing

NHS
Buckinghamshire Healthcare
NHS Trust

Patient advice sheet

Intrauterine device (IUD):
Copper IUD; Levosert; Benilexa; Mirena; Kyleena, Jaydess



Advice after a coil is fitted

How should I feel afterwards?
Most people experience some period-like discomfort for 24-48 hours after fitting, but then it usually settles. There may be some bleeding or spotting for a few days. If an IUD is fitted during a period, the period may be heavier and last slightly longer than usual. If the pain is severe, gets worse or does not settle after 3 days you should contact the clinic or your GP.

What should I do afterwards?
- Take simple painkillers such as paracetamol and/or ibuprofen (as long as you are not allergic to these products).
- Rest for several hours after fitting and avoid strenuous activity for the rest of the day.
- Using a hot water bottle may help.
- You should avoid the use of tampons and menstrual cups in the first 28 days after having a coil fitted, so use pads only. After this you can resume use.

When can I resume sex?
A copper IUD is effective straight away as contraception.
An IUS (Levosert/Benilexa/Mirena/Kyleena or Jaydess) will not work as contraception for the first 7 days and you should abstain from sex or use another contraceptive alongside.

Is there anything I should look out for?
Change in bleeding pattern occurs frequently after your coil insertion. This should settle after 3-6 months.

If you think you may have an infection, please attend the clinic or see your GP as soon as possible. Symptoms of an infection may include:
- Persistent or worsening lower abdominal pain
- Abnormal vaginal discharge
- Fever
- Pain during sexual intercourse

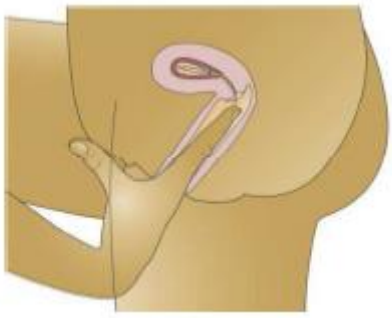
When does the coil need changing?
The date at which the coil needs to be removed or changed will be given to you on a card/leaflet or via SMS after your coil has been inserted.

It is your responsibility to attend your GP or local sexual health clinic before this date to have your coil removed or exchanged before this date.

If you want to try for a pregnancy, please arrange an appointment at your local Sexual Health clinic or your GP to have the coil removed.

Checking your threads

Gently put your finger inside your vagina. Feel for your cervix (which feels firm, like the end of your nose). Gently roll your finger over your cervix and you should feel your threads. You should check for your coil threads once a month.



It is unlikely that your coil will fall out, but if you cannot feel your threads, or if you feel they have become longer, or feel that the coil may have moved, please abstain from sexual intercourse or use condoms and make an appointment to attend the clinic or see your GP to have the device checked. If you think you may have had sex since the coil has moved, you may need emergency contraception. Please seek advice as soon as possible.

Was your Levosert/ Benilexa/ Mirena IUS fitted after your 45th birthday?

If you are using it for contraception it can stay in until your 56th birthday.

We do not arrange any formal follow up but if you have any concerns regarding your coil, please visit any of our clinics.

Additional advice

If you are aged 25 or over, make sure you have regular cervical smears, as part of the National Cervical Screening Programme.
Have regular sexual health checks, as you should, whether or not a coil has been fitted.
For more information about the IUD/IUS in general, look at:
https://www.nhs.uk/contraception/methods-of-contraception/iud-coil/
https://www.nhs.uk/contraception/methods-of-contraception/ius-hormonal-coil/

Please visit www.sexualhealthbucks.nhs.uk or phone 0300 303 2880 for clinic opening times.

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Please remember that this leaflet is intended as general information only. We aim to make the information as up to date and accurate as possible, but please note that it is subject to change. Please therefore always check specific advice on any concerns you may have with your doctor.

How can I help reduce healthcare associated infections?

Keeping your hands clean is an effective way of preventing the spread of infections. Please follow our infection prevention and control guidelines when visiting our healthcare sites. Further information is available on our website.

Patient Advice Sheet

If you would like a copy of this information on audiotape, in large print or translated, please call the Patient Advice Liaison Service on 01296 831120 or email bht.pals@nhs.net