



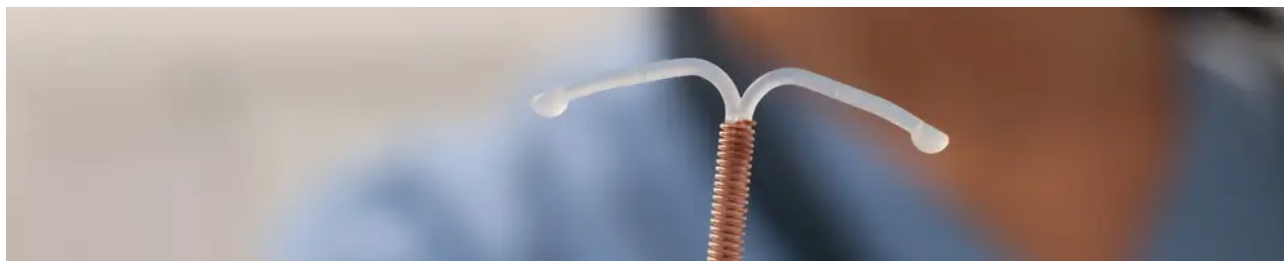
# Lancashire Gynaecologist

*Eric Mutema*

Everything you need to know  
about getting a coil

## Everything you need to know about getting a coil: tips, risks and what to expect

Getting a coil (IUD) is a popular choice for women seeking reliable contraception. While most women have a smooth experience, it's helpful to understand what might happen before, during and after the procedure. Here's a guide to help you stay informed and confident.



### What usually happens during and after coil fitment?

#### **Managing discomfort: What to expect during insertion**

Feeling some discomfort is normal, but there are ways to make the experience more comfortable. Healthcare providers often offer pain relief options, such as local anaesthetics, premedication, or cervical blocks which are considered a significant part of care. These options help manage pain during and after the procedure, making the process smoother and more tolerable.

It's important to discuss these options with your healthcare provider beforehand to ensure you receive the appropriate pain management tailored to your needs.

#### **Keeping an eye out for early signs of infection**

Infection risk is low but real, especially in the first few weeks. Watch for unusual discharge, pain, or feeling unwell and seek help if these occur.

#### **When the coil might shift or come out**

Sometimes, the coil can be expelled or move from its original position, especially early on. If you notice the coil is missing or can't feel the threads, contact your GP.

#### **Understanding rare but serious risks**

Perforation of the uterus is uncommon but serious. It's more likely if you're breastfeeding or recently had a baby. Severe pain or discomfort warrants immediate medical attention.

#### **Post-fit cramping and bleeding: what's normal?**

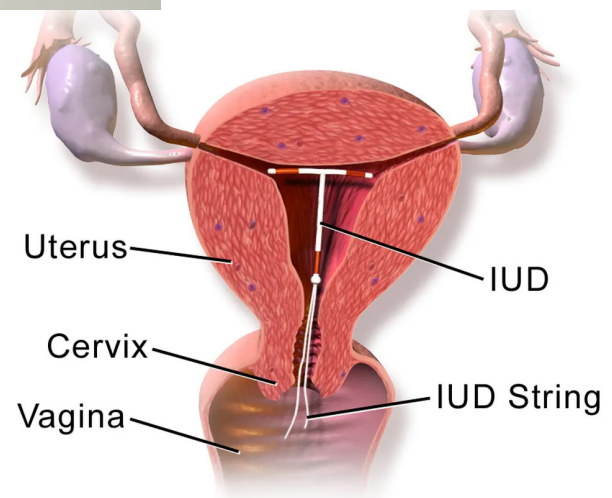
Mild cramping and spotting are typical, but heavy bleeding or prolonged discomfort should be checked promptly.

#### **Sex and the coil: will it affect your experience?**

Some women notice discomfort during intimacy or feel the coil threads during sex. If this bothers you, discuss options with your GP or gynaecologist.

#### **Feeling for the coil threads: when to worry**

If you can't feel the threads or suspect the coil has moved, don't delay see your GP or gynaecologist for an assessment.



## Your top questions about coil fitting answered

**Q: Is the fitting process painful or uncomfortable?**

**A:** Some discomfort is common, but pain relief options can help. Talk with your GP or gynaecologist about how best to manage any pain.

**Q: When is the ideal time to get a coil?**

**A:** The best window is towards the end of your period or within the first few days after it, reducing pregnancy risk during fitting.

**Q: Can I have a coil fitted after giving birth?**

**A:** Yes, but it's best to wait at least six weeks postpartum for your uterus to heal properly.

**Q: Is it safe to have a coil while breastfeeding?**

**A:** There's a slightly increased risk of perforation, so discuss your situation with your GP to weigh the benefits and risks.

**Q: What should I do if I can't feel the coil's threads?**

**A:** Check the threads if you're comfortable, but if you're unsure or worried, see your GP promptly.

**Q: How long does recovery take after fitting?**

**A:** Most women feel fine within a day or two but avoid strenuous activity or sex for a few days as recommended.

## Practical tips for a smooth coiling experience

**Timing is key** – Schedule your fitting during a safe window in your cycle to minimize pregnancy risk.

**Stay attuned to your body** – Seek help if you experience severe pain, heavy bleeding, or unusual symptoms.

**Check the coil regularly** – If comfortable, gently feel for the threads to confirm the coil's position.

**Follow post-procedure advice** – Rest, maintain good hygiene, and avoid tampons or sex immediately after the procedure until advised.

**Remember** – While coil fitting is safe and effective for most women, understanding potential issues and when to seek help ensures a positive experience. Always discuss your concerns with your healthcare provider – they're there to support your health and choices.



Mr Eric Mutema  
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## The Lancashire Gynaecologist

Mr Eric Mutema is a highly experienced and respected Consultant Obstetrician and Gynaecologist. He founded his private practice, the Lancashire Gynaecologist, to provide a service to women in Lancashire and beyond and respond to the shortage of specialist gynaecological services available to women missing out on individualised care and treatment.

The Lancashire Gynaecologist offers patients individual attention, an empathetic, compassionate approach and patient-centred care. His patients will receive a full consultation that takes their overall health into account and subsequent treatments will be tailored to meet the needs of the individual woman.

So please don't wait and put off seeking treatment; we're available, convenient and we can help you.



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