**Information and Consent for Mirena or Jaydess Coil**

Please read this information carefully, and ask your doctor if there is anything that you do not understand.

**What does insertion of an IUS (a coil containing progesterone hormone: Mirena or Jaydess) involve?**

* You need to book a double appointment with a nurse first in order for her to test with swabs for any infections and treat them before your procedure.
* The nurse will issue you with a prescription for the coil that she will send to the chemist.
* On the day of the procedure you need to bring the Mirena coil with you.
* It is recommended you take some pain relief paracetamol and/or ibuprofen if you able to take this about an hour before the procedure.
* The doctor will need to examine you to establish the position of your womb. She will then use a speculum (the device used to do a smear) to find your cervix.
* The area will then be cleaned.
* To introduce the coil safely she will use a special instrument to hold on to the cervix and another one to measure the length of your womb.
* She will then insert the coil.
* The procedures are not usually very painful and the insertion of the coil will feel like a sharp period pain.

**Is coil insertion safe?**

Coil insertion is generally safe.

The most common complications are irregular bleeding, perforation, infection, and expulsion.

It is common to get irregular bleeding with the Mirena coil for 3-6 months after insertion. After 6 months most women (95%) have either no periods, very infrequent periods or very light periods.

The risk of perforation of (making a hole in) the womb or cervix is uncommon (up to 2 per 1000 insertions).

There is an increase in risk of pelvic infection in the 20 days following insertion of intrauterine contraception. To prevent infection swabs before the coil insertion and any infections found are treated.

The risk of expulsion (the coil coming out) is 1 in 20 and most common in the first year. The coil has threads so that the nurse can check at your coil check 3-6 weeks following insertion that the coil is still present. You can also feel for the threads to check it is present.

**When can I have a coil fitted?**

Insertion is best done towards the end of your period.

This is because we can be sure you are not pregnant at this time, and also the fitting itself is more comfortable for you, as the neck of the womb is a little more “open”. A few days after the end of your period is fine also.

If you are using Condoms, a Diaphragm, “natural methods” or having unprotected sex, you MUST abstain altogether from sexual intercourse between the first day of your period and the day of your fitting.

If you are using a hormonal method (the Combined Contraceptive Pill, ProgesteroneOnly-Pill, injection method or implant), the IUD or IUS can be fitted at any convenient time, as long as you are not bleeding too heavily. You must continue taking the pill for 7 days after your coil is fitted.

If you have a coil already it will be removed and a new one fitted, this can be done on any day except a day of heavy bleeding. You should not have sexual intercourse for the seven days before the fitting. This is to ensure that there is no sperm in your body that could result in a pregnancy, if it is not possible to fit a new device after the original one is removed.

MIRENA COIL LASTS FOR 5 YEARS

JAYDESS COIL LASTS FOR 3 YEARS

Please make sure you have filled in the consent form

<https://portcullis-surgery.co.uk/consent-for-mirena-coil/>