



Rose Clinic Bray

Copper Coil Insertion

Copper Coils or Intrauterine Devices (IUD) are inserted for women for contraception, both regular and emergency contraception.

Please remember to bring the device with you.

What is a copper coil?

A copper coil is a small, flexible, plastic frame with copper wire which sits inside the womb. There are two threads attached to it which pass out through the neck of the womb. They do not hang outside the body and your partner should not be able to feel them during sexual intercourse.

The copper coil works by stopping sperm surviving in the cervix or womb. This means that the sperm is unable to travel to the fallopian tube to fertilise an egg. The copper coil will also prevent a fertilised egg from implanting onto the wall of the womb. The IUD can last between three and ten years depending on the device.

The copper coil can also provide 'after sex' contraception (emergency contraception), if it is inserted within 5 days of the episode of unprotected intercourse.

The coil is a very effective method of contraception. It is over 99 per cent effective in preventing pregnancy. The copper coil works immediately after it is fitted. Fertility returns as soon as the coil is removed.

You can use sanitary towels or tampons for your period with an IUD in place. A cervical smear can also be taken.



Rose Clinic Bray

How to Prepare for Your Visit:

In preparation for your visit we ask that you eat a snack or a meal about 1 hour prior to your appointment time. Immediately following this we recommend that you take 500mg of Naproxen (on prescription) or 400mg of Ibuprofen. If you are unsure if this is safe for you to take, please consult with your GP or pharmacist. Please bring a sanitary pad with you to your appointment as you may have some bleeding after insertion.

Screening for chlamydia and gonorrhoea can be done during your appointment if you feel you may be at risk.

If you are using a birth control pill/patch or ring continue using it until your appointment and plan to continue for 7 days after insertion of your IUD.

You can expect to be in our clinic for approximately 45mins for your appointment. You will receive comprehensive counselling from our Doctor and will be asked to sign a form of consent.

After insertion of a copper coil some women are able to resume normal activities immediately and others may need to plan for reduced activities for 1-2 days. Occasionally some women can feel faint or nauseous after insertion, having a good meal prior to insertion and taking pain relief can help.

We request where possible, you bring a driver to your appointment.

*****Please Note: It is not possible to insert a Copper coil if there is any possibility that you may be pregnant.***

If you are going to insert the copper coil for emergency contraception you must be within five days of when unprotected sex took place.

Otherwise we ask that you arrange your coil insertion for within 7 days of the start of your normal menstrual period or that you avoid unprotected sexual intercourse from the start of your last normal period. If you are getting a coil removed and immediately replaced, it is important to avoid unprotected sexual intercourse for 7 days before and after your appointment. Your doctor may do a pregnancy test (using a urine sample) prior to your procedure.**



Rose Clinic Bray

What are the side-effects or risks of the copper coil?

- Irregular bleeding

Your periods may become heavier, longer or more painful with the copper coil. However, this change can be only very slight and most women find that they don't notice the slight increase in blood loss. If it is a problem you may want to change the type of device. If you experience heavy bleeding or a marked change in bleeding pattern you should discuss this with your doctor.

- Ectopic Pregnancy

A pregnancy developing outside the womb, usually in the Fallopian tube, is known as an ectopic pregnancy and is very unusual with the coil. If you do develop one-sided abdominal pain with bleeding you should discuss this with a doctor.

- Expulsion

The coil may come out without you noticing. This happens to 1 woman in every 20. It usually happens in the first year, particularly in the first three months, during your period.

- Damage to the womb

The fitting of an intrauterine contraceptive can very rarely make a small hole in the womb - this is called perforation. It protrudes through the wall of the womb and can escape into your abdominal cavity. This happens in fewer than 2 women per 1,000, usually at the time of fitting. The main symptom is not being able to feel the threads. Your womb will heal on its own but you may need an operation to remove the IUS. An ultrasound scan will be carried out to find a lost IUS. If ultrasound does not find the IUS, an X-ray will be ordered.

- The copper coil does not contain any hormones

- There is no evidence that women with an IUD put on weight.

- The IUD does not protect you against any sexually transmitted infections.



Rose Clinic Bray

You should consult a doctor if any of the following occur:

- ***Prolonged tummy (abdominal) pain after an IUD is inserted.***
- ***Vaginal discharge with or without pain. This may indicate infection.***
- ***You can't feel your threads and suspect that the IUD has come out or is coming out.***

If you cannot feel the threads or feel something that feels like the head of a match, then use other contraception (such as condoms) or do not have sex until you have been checked by a doctor or nurse.