

# Intrauterine contraception insertion after childbirth

## Obstetrics and gynaecology Patient information

### What are copper coils and Mirena coils?

Intrauterine contraception is also known as a coil and can be inserted into your womb (uterus) after childbirth if you decide this is an option for you.

There are two different types:

- Copper coil (no hormones - also known as an intrauterine device or IUD)
- Mirena coil (contains a low dose of the hormone progesterone - also known as an intrauterine system or IUS)

### Why would I choose to have a coil inserted after childbirth?

If fitted at the time of a caesarean, or within the first 48 hours after vaginal birth, your coil will be immediately effective as contraception.

What aftercare is needed with a coil?

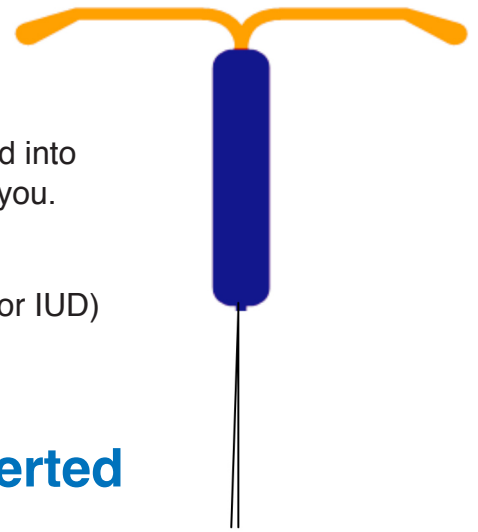
- After your coil has been fitted you will be given a leaflet detailing which type of coil you have chosen and when it will need changing.
- Either type of coil can be removed at any time by your GP if you decide you want to try for a pregnancy.

### What are the complications of having a coil?

We must, by law, obtain your written consent to this procedure before carrying it out. Staff will explain all the risks, benefits, and alternatives before asking you to sign a consent form. If you are unsure about any aspect of the treatment proposed, please do not hesitate to speak with a senior member of staff.

Coils fitted immediately after birth have a slightly higher chance of complications than those fitted six weeks or more afterwards. If you experience any problems with your coil within 42 days of it being fitted, please contact the maternity unit on **0300 019 8584**. After this time please contact your GP who can refer you to our gynaecology service if necessary.

- The chance of your coil being expelled is 1 in 7. Please check your sanitary pads, especially in the first few weeks, to check it has not fallen out as your uterus returns to its usual size.



- Avoid using tampons or menstrual cups while you are bleeding after childbirth to reduce the risk of infection. Once your periods return, you can use tampons or menstrual cups as long as you are careful not to pull on the coil threads when you insert or remove them.
- Threads are found at the base of the coil which should come through your cervix and into your vagina as your uterus shrinks back to its normal size. You can check the threads are present yourself, or see your GP who can check them for you.
- If you can feel or see threads outside of your vagina, the threads will need to be trimmed. Please contact the maternity unit on **0300 019 8584** at any time and arrange a convenient time to come in for one of the doctors to do this for you. Try to avoid pulling or catching the threads when wiping yourself as this might dislodge the coil.
- If your threads can't be felt or seen, you may need an ultrasound scan to check the position of your coil and to ensure it hasn't fallen out. If this happens, use alternative contraception until your coil is confirmed to be in the correct place. You can contact the maternity unit on **0300 019 8584** at any time if you are within 42 days of birth, or your GP after this time.

If you feel unwell or feverish, or have abdominal pain or heavy bleeding within 42 days of delivery, contact Labourline on **0300 369 0388** at any time.

## Contact details

Central Delivery Suite  
St. Mary's Maternity Unit Poole  
**0300 019 8584**

---

Poole Hospital, Longfleet Road, Poole, Dorset, BH15 2JB

Author: **Christina Baker** Date: **February 2022** Version: **One** Review date: **February 2025** Ref: **003/22**

t: 01202 665511 w: [www.uhd.nhs.uk](http://www.uhd.nhs.uk) : @UHD\_NHS : @UHDTrust : @uhd\_nhs