

COIL INSERTION AT THE TIME OF CAESAREAN SECTION



Information for patients

Intrauterine contraceptives (coils) are safe and reliable. If you are having a caesarean section, we can place one inside the womb during your operation.

- Please read the following information which will be used when you discuss this option with your doctor at the time that your caesarean section is booked. If you have any questions, please write them down and bring them with you to discuss at your next appointment.

The coils we offer are:

- **A non-hormonal (copper) coil.** This lasts for 10 years and has no hormonal side effects.
- **A hormone-containing coil (Levosert).** This last for 5 years, and can also treat heavy periods.

Which one is right for you depends on the additional benefits or potential side effects. More information can be found in the contraceptive options leaflet or by discussing with your doctor or midwife.

Important information

- No contraceptive method is 100% effective but coils have a very low failure rate (less than 1 in 100 women over 1 year). There is a very low risk (less than 1 in 1000) of injury to the womb (perforation) at the time of insertion.
- There is a risk of the device coming out or being expelled from the womb, particularly in the first 3 months after insertion. This risk is approximately 1 in 20 or lower.
- There is a small risk (1 in 100) of infection in the womb in the first few weeks after insertion. This is not any higher than if the coil were fitted later on and is lower than the infection risk associated with caesarean section.
- As your womb contracts following your caesarean section, the threads of the coil may retract into the womb where they can no longer be seen when you are examined. This doesn't reduce the coil's contraceptive reliability, but it can make removal more difficult.

- Some women find the copper coil makes periods heavier, longer or more painful but many women do not notice these changes and they often resolve with time.
- Hormone-containing coils can cause irregular bleeding, particularly in the first few months. They can cause hormonal side effects such as headaches, acne and breast tenderness, but these symptoms often settle after a few months.
- A check-up will be needed after 6-8 weeks, at which point the threads can be trimmed if necessary. You will automatically receive this appointment at Locala Sexual Health, Bradford. If the threads are not visible, an ultrasound will be arranged to confirm the coil is still in place.
- Both the copper and hormone-containing coils are safe to use if you plan to breastfeed and will not affect milk supply or quality.

Coil selected:

- ☐ Levosert IUS (hormone-containing coil, normal dose, 5 years)
- ☐ T-Safe IUD (non-hormonal copper coil, 10 years)

If you do not receive your appointment automatically at Locala, please contact them at:
 Locala Sexual Health,
 Howard House,
 2nd Floor,
 Bank Street,
 Bradford BD1 1EE
 Telephone: 0303 330 9500

Accessible information

If you need this information in another format or language, please ask a member of staff.

Smoking

Bradford Teaching Hospitals NHS Foundation Trust is a smoke-free organisation. You are not permitted to smoke or use e-cigarettes in any of the hospital buildings or grounds.

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