

# Having a coil fitted during a caesarean section for contraception

Department of Maternity

Information for Patients

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## Introduction

During your pregnancy you may want to think about family planning and contraception so that you do not become pregnant earlier than you had planned. We can easily and safely insert a coil at the time of your caesarean section if you wish. It is important that you read the following information before deciding and are aware of what the procedure involves when you come in. You can speak to your Doctor or midwife if you have any questions.

## Why might this be good?

- Very safe procedure
- Painless – you will already have an anaesthetic for the operation
- Quick – only takes a few minutes
- Convenient – one less visit/ examination at a later date
- Long acting, reversible contraception.
- Fertility returns immediately after removal
- You don't have to remember to use it before having sex

## Risks

There is risk of the contraceptive device coming out (expulsion) from the womb after insertion. The rate of expulsion in ALL women who have a contraceptive coil inserted is about 1 in 20. The research shows that the rate is similar (1 in 20) for those who have the coil inserted at the time of a planned caesarean section.

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.leicestershospitals.nhs.uk](http://www.leicestershospitals.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [InformationForPatients@uhl-tr.nhs.uk](mailto:InformationForPatients@uhl-tr.nhs.uk)

## The coils we offer are:

- Intrauterine device (IUD): non-hormonal coil, a copper coil (such as T-safe- lasts 10 years)
- Intrauterine system (IUS): hormone-containing coil (such as Levosert- lasts 5 years).

There are threads attached to all the contraceptive coils. These come out through the cervix into the vagina. The threads are there so that the coil can be easily removed by a health professional when required.

Which coil you decide to use depends on the benefits and side effects. For more information see Contraception options after having a baby (leaflet 1232). It is your choice as to which method you choose.

## What happens after the coil is fitted?

- You will need to have a check-up after around 4 to 6 weeks as your uterus returns to its pre-pregnancy size after having your baby and
- to make sure the coil threads can be seen, and to trim them if needed.

However, after having your baby these threads can sometimes settle up into the womb. This does not reduce how well the coil works but can mean taking it out is a bit more difficult.

We will arrange for this check up to be with the Orchid team (Leicester Royal Infirmary) at a time that suits you, (or your GP may be happy to do the check for you).

If the threads cannot be seen clearly at this time you will need a quick ultrasound scan to check that the coil is still inside the womb. The Orchid team are able to do this scan at the same time as your check-up.

## Contacts:

**Orchid team 07867528791 or 0116 258 5939**

**Consultant's secretary: 0116 258 7770**

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