

Intrauterine contraception or 'coil' at caesarean section

Perinatal Services - Maternity

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

Introduction

This leaflet is to help women having their baby by planned caesarean section decide if they want to have intrauterine contraception inserted into their womb at the same time.

What is intrauterine contraception?

Intrauterine contraception, commonly known as a 'coil' is where a small device is put in the womb. It is one of the most effective ways of preventing or delaying a further pregnancy. It is possible to have this fitted at the time of a caesarean section. It is inserted through the opening in the womb, after the placenta (afterbirth) has been removed.

Consent

We must seek your consent for any procedure or treatment beforehand. Your obstetrician will explain the risks, benefits and alternatives before they ask for your consent. If you are unsure about any aspect of the procedure or treatment proposed please do not hesitate to ask for more information. You will be asked to record your consent for this procedure on the consent form for caesarean section.

What are the benefits of this procedure?

- Provides contraception straight away
- Painless – you will already have an anaesthetic for the operation
- Quick – only takes a few minutes
- Convenient – less visits / examinations at a later date
- Very safe procedure
- Either the hormone coil (Levosert) or hormone-free copper coil can be fitted at this time – both are safe to use while breastfeeding.

What are the risks of this procedure?

- When the coil is placed inside the womb this way, there may be a higher chance that the threads used to remove the device when you no longer want it, will not be seen at the check-up visit. This does not affect how the coil works. Most can be removed easily when required
- After any coil fitting, there is a chance that the coil may be expelled (fall out) from the womb (1 in 20). This may be more likely when it is fitted at the time of a caesarean section than when it is fitted a few weeks after pregnancy. If the coil is not in your womb it will not prevent pregnancy. You can have another coil fitted or use another type of contraception.

What are the alternatives?

If you do not want intrauterine contraception, you can use another method of contraception while you want to avoid having another pregnancy.

Which coil is best for me?

- The copper coil does not contain any hormones. It can make you periods heavier than normal This can be used for up to 10 years
- The hormone coil (Levosert) usually makes periods lighter but more irregular or they may stop completely. This can be used for up to 8 years.

The choice about which treatment is best for you will be made together with your doctor. This will be based on the risk and benefits of the treatment and your individual circumstances.

What happens after the coil is fitted?

You will need to have a check-up after around **six weeks** to make sure the coil threads can be seen. You will be sent an appointment to come to the Embrace Clinic at the Fowler Centre New Cross Hospital. If the threads cannot be seen at this time you will be offered an ultrasound scan to check that the coil is still inside the womb. If you have not heard from them after six weeks phone 01902 444444 to arrange an appointment for a coil check.

If for any reason a health professional examines your vagina before this check up, they may be surprised the threads are so long. Explain to them that the device was fitted at caesarean section (when the womb was bigger). The long threads are not a sign the device is falling out. The doctor at the Embrace Clinic will shorten the threads for you.

I want to have this done, what should I do next?

You should let your obstetrician (maternity doctor) know. They can discuss with you whether you want a device containing hormone or not. There is a checklist for the doctor to complete with you to help you understand the procedure and make sure this is the right procedure for you.

I am not sure – where can I find out more information?

- There is information about contraception on your maternity Badger app
- Call the Maternity Unit on 01902 695037 and ask to speak with a Midwife in the Fetal Assessment Unit
- Talk through any questions with your maternity doctor
- For more information about the different type of coils, visit <https://www.sexwise.org.uk/contraception/contraceptive-choices-after-youve-had-baby>.

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。