

Contraceptive coil (IUD/IUS) insertion at the time of Caesarean section

Information for patients

This leaflet is for women considering the insertion of the contraceptive coil at the time of Caesarean section.

It explains:

- What a contraceptive coil is.
- The risks and benefits of the contraceptive coil.
- The advantages and disadvantages are of having a contraceptive coil inserted at the time of Caesarean section.
- The different options of contraceptive coil.
- Follow up after having a contraceptive coil.
- Contact details if you have any further questions.

Introduction

An intrauterine contraceptive device also known as contraceptive 'coil' is a safe and reliable contraceptive. Most women are suitable to have one inserted, if they wish, straight after giving birth. It can easily be inserted into your womb at the time of your Caesarean section.

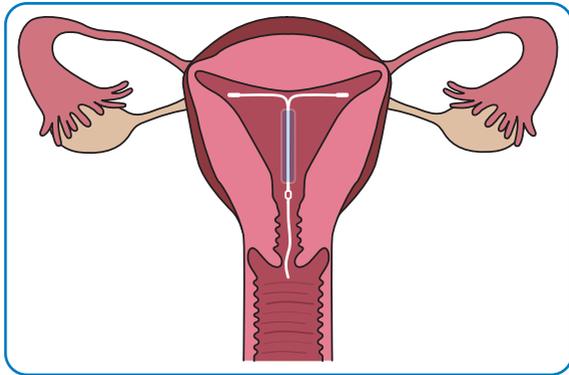
Please speak to your doctor or midwife if you have any particular questions or would like to consider this method of contraception.

How soon can I get pregnant after having my baby?

You can get pregnant as soon as three weeks (21 days) after having your baby. It is, therefore, important to start using contraception soon after having your baby if you are not planning to conceive.

What is a contraceptive coil?

A contraceptive coil is a paperclip-sized device that is put into the uterus (womb) to prevent pregnancy.



There are many different contraceptive coils but they can be divided into two main types, those that contain hormone (progestogen) and those that do not, which contain copper. The ones containing hormone can also be used to treat heavy periods.

Two big advantages of the contraceptive coil are that you do not need to remember to use it just before having sex and it is effective for several years.

However, the contraceptive coil doesn't protect you from sexually transmitted infections, so you may need to use condoms as well.

How is a contraceptive coil inserted or removed?

The contraceptive coil can be inserted at the time of Caesarean section. This does not significantly increase the amount of time taken to perform a Caesarean section or the risks associated with having a Caesarean section.

There are threads attached to the contraceptive coil which hang through the cervix (opening of the uterus). These threads are cut so that they hang as far as the top of your vagina. As your uterus contracts and returns to its pre-pregnancy size after having your baby (this takes about six weeks), you may need to have the threads cut further. This can be done at your GP surgery during your postnatal review.

If you want the contraceptive coil removed or replaced a doctor, nurse or midwife can remove it by pulling gently on the threads.

Can anyone use the contraceptive coil?

Most people with a uterus can have a contraceptive coil inserted at the time of Caesarean section.

Your doctor, midwife or nurse will ask you about your medical history to check if the contraceptive coil is suitable for you. Please inform them of any illnesses or operations you've had.

You shouldn't use a contraceptive coil if you:

- have an untreated sexually transmitted infection or pelvic infection.
- have symptoms of an untreated sexually transmitted infection or pelvic infection.
- have structural problems with your uterus or cervix e.g. heart shaped uterus.

- have unexplained bleeding from your vagina (for example, between periods or after sex) that has not been investigated.

In addition, you may be advised not to use the hormonal contraceptive coil if you (see section: The Hormonal Contraceptive Coil below for more information on hormonal contraceptive coil):

- have breast cancer or have had it in the past.
- have serious liver disease.
- have arterial disease or a history of serious heart disease or stroke.

Are there any risks to having the Contraceptive Coil inserted at the time of Caesarean section?

The following risks are slightly higher in women having the contraceptive coil inserted at the time of Caesarean section:

Lost threads - the threads of the contraceptive coil normally hang out of the cervix and into the top of the vagina. This is so that the coil can be easily removed when required. However, after having your baby these threads can sometimes settle up into the womb. This doesn't reduce the efficacy of the coil but can mean removal is a bit more difficult.

Expulsion/falling out - There is a one in 20 chance of the contraceptive coil coming out/ being expelled from the womb after insertion in women having the coil inserted during a planned Caesarean or when not pregnant. The chance of expulsion is higher if the coil is inserted in women who have had a Caesarean section in labour. This is probably because the cervix (neck of the womb) is open, making it more likely for the contraceptive coil to fall out.

The following risks are present with the same likelihood whether the coil is inserted at the time of Caesarean section or not:

Effectiveness - It is just as effective when inserted at the time of Caesarean section as at other times.

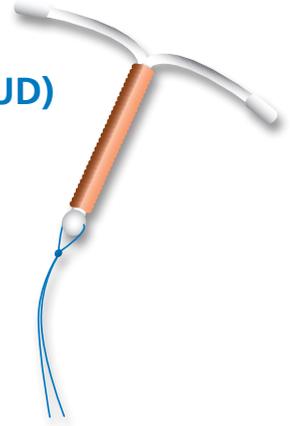
Injury/trauma - There is less than one in 1000 chance of injury to the womb (perforation) at the time of insertion.

Infection - There is a less than one in 100 chance of small risk of infection in the first few weeks following insertion of the device.

Vaginal bleeding - There is no greater risk of heavy bleeding soon after delivery as a result of inserting a contraceptive coil at the time of Caesarean section.

The Copper Contraceptive Coil (also known as intrauterine device or IUD)

The IUD is a small plastic and copper device that is put into the uterus. The copper prevents sperm from surviving and alters your cervical mucus to prevent sperm from reaching an egg. It may also stop a fertilised egg implanting in the uterus.



How long it lasts	Five or 10 years, depending on the type, but can be taken out sooner. Copper T Safe works for 10 years.
How it affects periods	Some women find that their periods become heavier, longer or more painful
Advantages	<ul style="list-style-type: none">• Effective from the moment it's inserted.• You can breastfeed safely.• Its effectiveness is not affected by other medicines.• Your fertility returns to normal as soon as the IUD is removed.
Disadvantages	<ul style="list-style-type: none">• Periods may be heavier, longer or more painful. This can improve over months.

The Hormonal Contraceptive Coil (also known as intrauterine system or IUS)



An IUS is a small, T-shaped plastic device which releases the hormone progestogen that is put into the uterus (womb).

This thins the lining of the uterus to prevent a fertilised egg implanting and thickens cervical mucus to prevent sperm reaching an egg.

How long it lasts	<p>Five years but can be taken out sooner. Examples of this type of coil are Levosert, Mirena and Kyleena.</p> <p>If fitted after age 45, Mirena can stay in place for contraception until after the menopause, when contraception is no longer needed.</p>
How it affects periods	<p>Periods often become much lighter and shorter and sometimes less painful. Some women find their periods stop completely after the first year of use. The IUS may, therefore, be useful if you have heavy, painful periods.</p>
Advantages	<ul style="list-style-type: none">• Two types of IUS (Mirena and Levosert) can be used specifically to treat heavy periods.• Effective from the moment it's inserted.• You can breastfeed safely.• Its effectiveness is not affected by other medicines.• Your fertility returns to normal as soon as the IUD is removed.

Disadvantages

- Your periods may change in a way that isn't acceptable to you
- Some people may get side effects like acne, headaches or breast tenderness which tend to improve after the first few months.
- Some people develop small fluid-filled cysts on their ovaries. These aren't dangerous and usually don't need treatment.

Are tampons safe if I have an IUS?

Yes. It's safe to use tampons or a menstrual cup.

Make sure that the menstrual cup is put in the correct place and not too high in the vagina.

Take care not to pull on the IUS threads when you're removing tampons or a menstrual cup.

What if I think I'm pregnant when I have the in?

The IUD/ IUS are very effective so it is unlikely you'll get pregnant.

However, if you do, there's a small increased risk of ectopic pregnancy. An ectopic pregnancy develops outside the uterus, usually in a fallopian tube. If you think you might be pregnant and/or have a sudden or unusual pain in your lower abdomen, seek medical advice as soon as possible.

If you get pregnant and want to continue the pregnancy, talk to a doctor or nurse as soon as possible. If it's early in the pregnancy it's usually recommended to remove the IUD/IUS as soon as possible. The doctor or nurse will discuss this with you.

What if I want to stop using the IUD/IUS?

If you want to stop using the IUD/IUS, go back to the doctor or nurse and ask for it to be taken out. Your fertility will return to what it was when the IUD/ IUS is removed. If you don't want to get pregnant, use additional contraception, such as condoms, or avoid sex, for seven days before the IUD/ IUS is taken out and use another method of contraception from the day it's removed.

What is the follow up after insertion of IUD/IUS after Caesarean Section?

The next part of this leaflet will contain information on how to check your own coil. Your GP can also perform a coil check at your postnatal check.

If you have any concerns the contact details for the Leeds Sexual Health team are on page??.

Important information after your Coil has been inserted at C-section

Coil type:

Kyleena/Mirena/Levosert/T-safe

This will be due removal or replacement by:

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Leeds Sexual Health contact number: 0113 39 2033

Checking the coil threads

- It is important to check the coil threads to make sure it is still in place, especially in the first three months.
- Check your coil by feeling for your threads as described below.
- If your threads cannot be felt, feel longer than usual, or you can feel something hard it could be that the coil is coming out. Do not rely on it for contraception, use condoms, and contact your GP or Leeds Sexual Health for a coil check.
- If your coil is going to come out it is more likely to do so in the first weeks after fitting so it is important to check it in this time and contact your GP or our clinic if you have any concerns.

How to check for coil threads

- Choose somewhere warm comfortable and private. You may find it easier lying on your back or squatting.
- Gently insert 2 fingers into the vagina as if you were trying to insert and push a tampon up to the top.
- The cervix points out into the vagina and feels a bit like the tip of your nose but with a dimple in the middle (this is the 'os' or opening to the womb).
- The threads should be coming out of the dimple.
- After a while they get very soft and difficult to feel - you can tell they are there by rolling your finger around the dimple (os). You should be able to feel the threads move under your fingers so you know the coil is still in place.

What should I do if my coil threads are very long?

- Occasionally the coil threads may be very long and even protrude from the vagina.
- If this happens, try to avoid pulling on them as this may dislodge the coil.
- Contact your GP or Leeds Sexual Health to arrange an examination.
- The threads can be trimmed at the appointment.

What should I do if I can't feel my threads?

- Use condoms or don't have sex until you have had a coil check.
- Contact your GP or Leeds Sexual Health for an examination.
- If the threads are not visible on examination an ultrasound scan will be arranged to ensure the coil is still in the womb.
- You will be offered alternative contraception while you are waiting for the scan.

What will my periods be like with the coil?

- If you have a hormonal coil (Kyleena/Mirena/Levosert) it is normal to have some irregular spotting or bleeding for the first 3-6 months.
- After this you may have no periods, or they may be very light.
- If you have a copper coil your periods should still come as normal for you, although there may be a delay in your periods coming back, especially if you are breast-feeding.

- Your periods may become heavier or more painful with a copper coil.

Is there anything else I need to look out for?

- Within the first three weeks after having your coil fitted there is a small chance of infection.
- If you feel unwell within this time with severe abdominal pain, fever, and/or a smelly discharge you must seek medical advice.

Coil removal

- Coils require a professional to perform the fitting and the removal procedure.

Please do not attempt to remove it yourself - that's what we're here for!

Consent Checklist for IUD/IUS at time of Caesarean Section

(Please tick the boxes once each point has been discussed):

Benefits:

- Effective - very low failure rate- less than one out of 100 women, over one year
- Long acting - works for between five and 10 years depending on the contraceptive used
- Do not have to remember to take it just before sex
- The hormonal contraceptive coil e.g. Levosert, makes periods lighter, shorter and sometimes less painful.

Risks (slightly greater at time of Caesarean section than when inserted at other times):

- Expulsion - one in 20 women who have IUD/IUS inserted during planned Caesarean section or when not pregnant. Risk is higher if IUD/IUS is inserted if a woman recently been in labour.
- Lost threads- this does not affect how effective the coil is but can make its removal slightly more challenging.

Risks (no greater risk at the time of Caesarean section than when inserted at other times):

- Less than one in 1000 chance of injury to the womb (perforation) at the time of insertion.
- Pelvic/ uterine (womb) infection (one in 100) in the first few weeks following insertion.

- The copper coil e.g. T-safe, can make periods longer, heavier and more painful.

Coil accepted:

- Hormonal coil** - This includes Mirena/Kyleena/Levosert
- Non-hormonal copper coil**

Print name (patient):

Signature (patient):

Date:

Print name (clinician):

(Role):

Signature (clinician):

Date:

Contact details:

Leeds Sexual Health

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