IUD/Ss (coils) and implants
Fitting and removal at Burrell Street clinic

This leaflet explains more about how and when you can have an intra-uterine device (a copper or hormone coil) or an implant fitted at our clinics. If you have any further questions or concerns, please do not hesitate to contact us on the details given at the end of this leaflet.

What are intra-uterine devices and implants?
These are the most effective methods of contraception.

Intra-uterine devices (also called intra-uterine systems, or IUSs), are small plastic and copper or hormone devices which are fitted inside your uterus (womb) through the vagina. They last for either five or ten years, depending on the type you have fitted.

An implant is a small flexible rod that is placed just under the skin on the inner side of your upper arm. It lasts for three years.

When can I have an IUD/S or an implant fitted?
You can have one fitted at any time in your cycle as long as we can be certain that you are not already at risk of pregnancy. This is the case when:

- you are using a reliable form of contraception – the combined pill, the patch or vaginal ring, the progesterone only pill, the injection or the implant. Condoms are not usually safe enough – please speak to a member of staff for more information.
- you are within the first five days of your cycle (your period started up to five days previously)
- you have not had sex since your last normal period.

Emergency contraception
The copper coil (IUD) is the most effective form of emergency contraception and can be fitted up to five days after unprotected sex or up to 19 days after the first day of your period (for women with a 28 day cycle) even if you have been having unprotected sex early in your cycle. Please speak to a member of staff if you think you need this.

When can I have an IUD/S removed or changed for a new one?
If you are arranging to have an IUD/IUS removed or changed, you should not have sex for seven days before the procedure. This is to ensure there are no sperm in the vagina that could result in pregnancy as soon as the device is removed. IUD/Ss can be removed in any clinic as long as you have not had unprotected sex in the last 7 days.

Very occasionally it is not physically possible to fit a new device.
**What can I do today?**
Talk to our clinic staff to discuss your choice of contraception.

You may need emergency contraception today.

You may need a sexual health screen before your fitting, which can be done today.

Your implant / IUD/S may be inserted (or removed) today depending on your circumstances and on the availability of trained staff in the clinic. At a minimum we can offer you contraception to begin using immediately, so that you are protected while you arrange an appointment to have your implant / IUD/S fitted at a time that is convenient for you.

Summary information about contraception and links to the Family Planning Association can be found at [www.sxt.org.uk](http://www.sxt.org.uk) or by sending a text to 07781470056.

**Your IUD fitting appointment and follow-up**
Your appointment with the doctor or nurse will usually last approximately half an hour. A few women (one in thirty) feel unwell afterwards and may need to stay in the clinic for a little while longer until they have recovered. It is normal to get cramp-like period pain after the procedure. This can start immediately or up to three days afterwards – you can use your normal pain relief to treat this.

We offer you an appointment six weeks after your fitting to ensure that you are able to feel the threads to check the position of your IUD.

**Your implant fitting/removal appointment**
Your appointment should last between 15 and 30 minutes. Following the procedure you will have a bandage covering a small wound on your arm. This needs to stay on for 24 hours. There will be a dressing under the bandage which you need to keep dry for the next 48 hours. You may get bruising in your arm which should fade over the following couple of weeks.

**Which clinic should I come to?**
A trained member of staff can fit an IUD/S and fit or remove an implant during the following clinics:

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<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thurs</th>
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<th>Sun</th>
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<tr>
<td>12pm until 4pm, Burrell Street</td>
<td>8.30am until 12pm, Burrell Street</td>
<td>N/A</td>
<td>4pm until 7pm, Burrell Street</td>
<td>12pm until 4pm, Burrell Street</td>
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<tr>
<td>Appointment only</td>
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<td>4.30pm until 7pm, Burrell Street</td>
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IUDs can be removed in any clinic as long as you have not had unprotected sex in the last seven days.
Contact us
If you have any questions or concerns about our contraception services or about the content of this leaflet, please contact us on the numbers below.

**Burrell Street sexual health clinic**, 4–6 Burrell Street, London SE1 0UN
**t:** 020 7188 6666

**Lloyd clinic**, Guy’s Hospital, 2nd floor, Southwark Wing, Great Maze Pond, London SE1 9RT
**t:** 020 7188 6666

Further sources of information

**Pharmacy Medicines Helpline**
If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.
**t:** 020 7188 8748 9am to 5pm, Monday to Friday

**Patient Advice and Liaison Service (PALS)**
To make comments or raise concerns about the Trust’s services, please contact PALS. Ask a member of staff to direct you to the PALS office or:
**e:** 020 7188 8801 at St Thomas’  **t:** 020 7188 8803 at Guy’s  **e:** pals@gstt.nhs.uk

**Knowledge & Information Centre (KIC)**
For more information about health conditions, support groups and local services, or to search the internet and send emails, please visit the KIC on the Ground Floor, North Wing, St Thomas’ Hospital.
**t:** 020 7188 3416

**Language support services**
If you need an interpreter or information about your care in a different language or format, please get in touch using the following contact details.
**t:** 020 7188 8815  **fax:** 020 7188 5953

**NHS Direct**
Offers health information and advice from specially trained nurses over the phone 24 hours a day.
**t:** 0845 4647  **w:** www.nhsdirect.nhs.uk

**NHS Choices**
Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.
**w:** www.nhs.uk

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